

LEVEL 3

AGILITY - MINEFIELD WITH TARGETS

— HURLING / FOOTBALL



This exercise to develop agility skills is generally suitable for players of 4-6 years

Organisation

- Place lots of obstacles or domes – mines - inside the playing area; include a number of hoops
- Divide the players into 4 teams, one at each side of the playing area; each player has a ball
- The players must dodge the ‘mines’ as they travel from one side of the playing area to the other bouncing the ball in any hoop they pass
- Initially one team at a time navigates the minefield; gradually increase the number of teams navigating the minefield at the same time

Key Points

- Ensure the players have enough room to move around safely

Notes

- No pushing or bumping

Equipment

- An inventory of equipment to support ABC exercises is available in the Resources section