LEVEL 1

BALANCE - WALK LIKE AN ANIMAL

— HURLING / FOOTBALL

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This is an exercise to develop balance and co-ordination skills

Organisation

- The players mimic the movements of common animals such as the dog, the limping dog, the crab, the snake and the rabbit
- To further progress these exercises get the players to change from mimicking one animal to another on a signal or once they have reached a marker or cone
- Introduce animal relay races to further challenge the players

Key Points

- Ensure the players have enough room to move around safely
- Change pathways to avoid other players
- No bumping

Equipment

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

Notes