LEVEL 1

BALANCE - WREST THE BALL

— HURLING / FOOTBALL

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This exercise to develop balance skills is generally suitable for players of

4-6 years

Organisation

- Two players attempt to wrest a ball from each other; use a swiss ball or stability ball

Key Points

- Ensure that there are safety mats in place and that the players are suitably matched
  Place the feet wide apart with one foot in front of the other to provide a strong base

Equipment

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

Notes