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