LEVEL 1

BALANCE - THE PARCEL

— HURLING / FOOTBALL

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

Organisation

- One player lies on the ground holding a ball while curled up as tight as possible
- A second player must attempt to wrest each limb of the player from around the ball one by one until they can take the ball from their possession
- Once a limb has been wrested away the player holding the ball cannot move it back to protect the ball

Key Points

- Ensure that there is no rough handling and that the players are suitably matched
- The wresting player should 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