LEVEL 1

BALANCE - THE POSTAGE STAMP

— 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 their back pretending to be stuck to the ground
- A second player attempts to wrest each limb of the player from the ground one by one; the first player resists
- Once a limb has been lifted from the ground the player cannot replace it
- Once all limbs are lifted switch roles

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