LEVEL 2

BALANCE - SQUAT BALANCE

— HURLING / FOOTBALL

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

4-6 years

Organisation

- The players raise their hands out to the front and squat down by bending their knees
- Raise the hands above the head and stand up on the toes
- Repeat the sequence with their eyes closed

Key Points

- Lean slightly forward but keep the head up
- Do not bend the knees beyond 90 degrees

Equipment

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

Notes