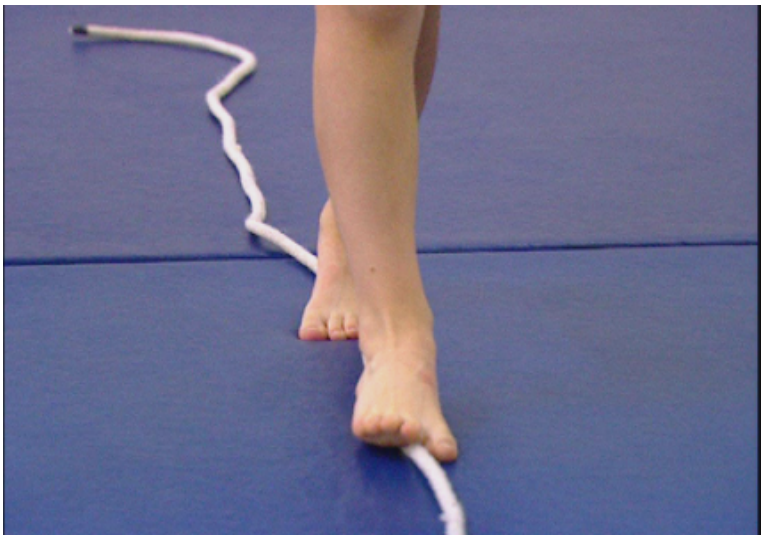
LEVEL 2

BALANCE - TIGHT ROPE

— HURLING / FOOTBALL



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

4-6 years

Organisation

- The players walk a rope placed along the floor
- Challenge them to walk the rope backwards or sideways
- Further challenge them to complete the task with their eyes closed

Key Points

- Stand Upright
- Raise your arms to the sides to help maintain your balance

Equipment

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

Notes