LEVEL 2

BALANCE - BODY BALANCE II

— HURLING / FOOTBALL

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

4-6 years

Organisation

- Sitting on the ground the players raise their hips to balance on their hands and feet
- Raise each leg alternatively off the ground
- Then challenge them to raise both feet momentarily

Key Points

- Make each movement at a slow steady pace

Equipment

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

Notes