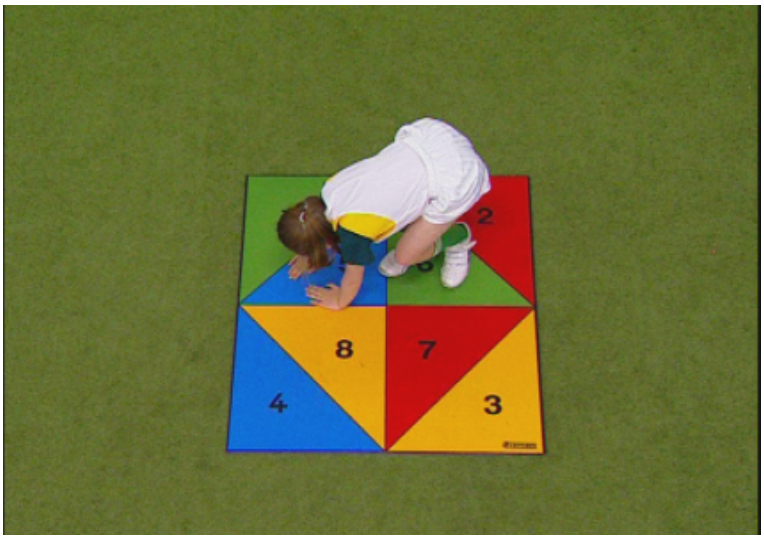
LEVEL 2

BALANCE - ON THE NUMBER

— HURLING / FOOTBALL



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This is an exercise to develop agility and balance skills

Organisation

- Use a numbered mat or mark out sections on the floor
- The coach or another player calls moves for the player on the mat, e.g. left hand to number 4
- Include hopping, jumping, and moving the hands and legs individually and in combination

Key Points

- Visualise the move before completing it

Equipment

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

Notes