

LEVEL 2

BALANCE - MULE KICKS

— HURLING / FOOTBALL



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

4-6 years

Organisation

- To begin the players go down on all fours
- Raise the knees to move into the press up position
- Then jump both feet up in the air while keeping their hands on the ground
- Eventually kick one foot into the air followed by the other

Key Points

- Initially kick the legs up only a small distance before gradually increasing the height

Equipment

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

Notes
