LEVEL 2

BALANCE - SIT & BALANCE

— HURLING / FOOTBALL

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This exercise to develop core stability and balance skills uses a stability ball or swiss ball

Organisation

- The player sits on a stability ball or swiss ball and moves through a series of balance positions
- Begin by sitting on the ball and raising the arms out to the side
- Walk the feet forward and lie back on the ball; walk the feet back and attempt to place the hands on the ground behind the head
- Now sit on the ball with the feet together
- Lift both feet off the ground and balance on the ball without using the hands
- To vary this exercise kneel and balance on the ball

Key Points

- Ensure that there are safety mats in place
- Tighten the stomach muscles

Equipment

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

Notes