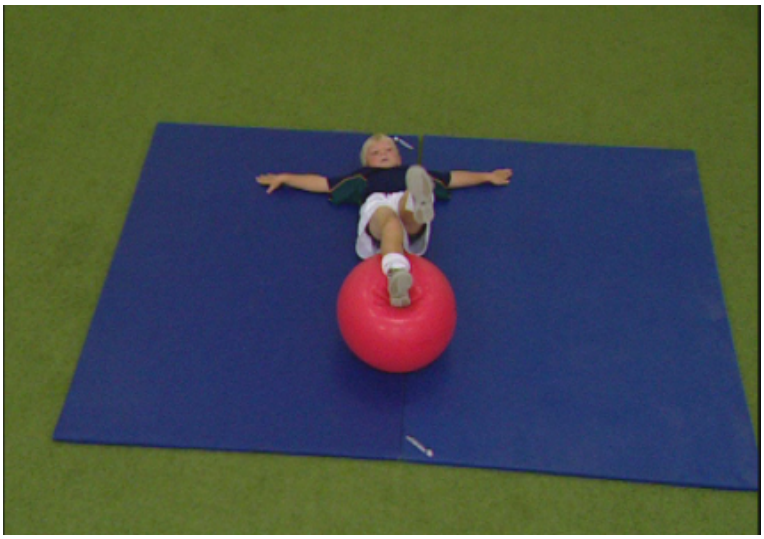
LEVEL 2

BALANCE - BELLY UP

— HURLING / FOOTBALL



N

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

4-6 years

Organisation

- The player lies on their back with their feet on the stability ball
- Raise one foot and then the other
- Lift the hips off the ground

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