LEVEL 2

BALANCE - STABILITY BALL PRESS UP

— HURLING / FOOTBALL

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

4-6 years

Organisation

- Lying on a stability ball the player walks forward to place their hands on the ground
- Continue forward until the lower legs are resting on the ball
- Challenge the players to do a press up

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