

LEVEL 3
BALANCE - CHANGE THE SHAPE
 — HURLING / FOOTBALL



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

4-6 years

Organisation

- The player lies face down on the ground
- Raise the arms and legs individually and then together on opposite sides and then the same side
- Move into the press-up position by lifting the body onto the arms and feet
- Rotate the feet to the side while continuing to balance on the arms; raise the top foot into the air
- Return to the press-up position; lift the feet to balance on the knees

Key Points

- Make each movement at a slow steady pace

Equipment

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

Notes
