LEVEL 3

BALANCE - SUPERMAN

— HURLING / FOOTBALL

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This exercise to develop balance skills can be performed on the ground or using a stability ball

Organisation

- Lie over the ball with both feet on the ground
- Lift the opposite arm and leg alternatively, holding the position for as long as possible
- Then raise both arms out to the side

Key Points

- Ensure that there are safety mats in place

Equipment

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

Notes