LEVEL 3

BALANCE - MIRROR BALL

— HURLING / FOOTBALL

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

4-6 years

Organisation

- The players work in pairs, facing each other and supporting the stability ball between them
- One person leads the movement while the other must mirror the movement to ensure the ball remains aloft

Key Points

- Make each movement at a slow steady pace
- Place the hands slightly below the middle of the ball

Equipment

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

Notes