LEVEL 3

BALANCE - TUG OF WAR

— HURLING / FOOTBALL

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This is an exercise to develop balance and strength skills

Organisation

- The players work in pairs, each standing on an unstable object like a wobble board or cushion and holding a rope between them
- The aim of the exercise is to dislodge the other player from their wobble board

Key Points

- Ensure that there are safety mats in place
- Stand upright; place one foot in front of the other and bend the knees slightly

Equipment

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

Notes