LEVEL 3

BALANCE - WOBBLE & STRIKE

— HURLING

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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
- Stand on an unstable object like a wobble board or cushion and strike a balloon or ball to each other
- Standing on two feet begin by using a bat or striking implement with a large head and short handle, and a balloon or light ball
- Progress the exercise by requiring the players to use a hurley

Key Points

- Stand upright
- Do not over reach

Equipment

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

Notes