LEVEL 1

COORDINATION - LOG ROLL

— HURLING / FOOTBALL

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This exercise to develop coordination skills is generally suitable for players of 4-6 years

Organisation

- The players roll along the ground with their arms and feet extended
- Progress to perform the roll while attempting to keep the arms and feet off the ground

Key Points

- Ensure the players have enough room to move around safely
- Hold the arms together and the legs together

Equipment

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

Notes