LEVEL 1

COORDINATION - BODY BALANCE I

— HURLING / FOOTBALL

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This is an exercise to develop balance and coordination skills

Organisation

- The players balance on their hands and feet
- On all fours lift one arm up and out to the front, then the other
- Now lift one leg off the ground, then the other
- Lift the opposite arm and leg at the same time and vice versa
- Finally lift the arm and leg at the same side and vice versa

Key Points

- Make each movement at a slow steady pace

Equipment

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

Notes