LEVEL 1

COORDINATION - ROLEY POLEY

— HURLING / FOOTBALL

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This is an exercise to develop balance and coordination skills

Organisation

- Lying on their backs on the ground the players curl into a ball
- At first roll side to side, then roll forward and back

Key Points

- Attempt to achieve a rhythm without losing balance

Equipment

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

Notes