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