LEVEL 1

COORDINATION - BOP ALONG

— HURLING / FOOTBALL

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

Organisation

- The players sit with their legs out in front
- Beginning slowly swing each hand up to the side of the head in turn as if running
- Speed up as technique improves
- Progress the exercise by getting the players to swing their arms while in a standing position

Key Points

- Sit upright
- Attempt to achieve a rhythm without losing control

Equipment

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

Notes