LEVEL 1

COORDINATION - OBSTACLE COURSE

— HURLING / FOOTBALL

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This is an exercise to develop coordination, balance and running skills

Organisation

- Place different obstacles, for example a tunnel, cones and jumps around the playing area
- The players negotiate the course as quickly as possible

Key Points

- Ensure the players have enough room to move around safely
- Provide safety mats where necessary

Equipment

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

Notes