

## LEVEL 1

**COORDINATION - MARCHING**

— HURLING / FOOTBALL



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This is an exercise to develop coordination and running skills

**Organisation**

- Marching on the spot, the players bring their knees up high and swing the arms, bending at the elbows
- Progress to a walking march

**Key Points**

- Stand upright with the head up
- Synchronise arm and leg movement, i.e. lift the right knee and right arm simultaneously and vice versa

**Equipment**

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

Notes

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