LEVEL 1

COORDINATION - STEPPING STONES

— HURLING / FOOTBALL

N

This is an exercise to develop agility and coordination skills

Organisation

- Place a number of caps or markers around the playing area
- The players move from one marker to another using one step or leap
- Use different coloured markers and challenge individual players to cross the playing area 'stepping' from markers of one colour only

Key Points

- Look ahead to plan your route
- Use steady measured movements to maintain balance

Equipment

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

Notes