

LEVEL 1

# COORDINATION - STEPPING STONES

— HURLING / FOOTBALL



**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

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