LEVEL 2

COORDINATION - TURN THE CAP

— HURLING / FOOTBALL

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

Organisation

- Place a number of caps or domes around the playing area
- The players run around the playing area turning the caps or domes
- The exercise can be run using two teams; one team attempts to turn all the caps up while the other attempts to turn all the caps down

Key Points

- Ensure the players have enough room to move around safely
- No pushing or bumping

Equipment

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

Notes