

LEVEL 2

COORDINATION - LADDER HOPSCOTCH

— HURLING / FOOTBALL



This is an exercise to develop coordination and balance skills which uses a training ladder

Organisation

- The players hop in and out of every second space on the ladder
- Bring the feet together when hopping into the ladder and spread them to hop out of the ladder
- To vary the exercise, the player uses one foot when hopping in the space

Key Points

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Use the arms to maintain balance
- Move at a controlled pace

Notes

Equipment

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