



# COORDINATION - STEP & FOLLOW

## — HURLING / FOOTBALL





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# This is an exercise to develop coordination and running skills

# Organisation

- The players move through a ladder placing both feet in every space
- · Lead with one foot and follow with the other
- Remember to practice leading with both the left and right foot

## **Key Points**

- Stand upright
- Synchronise arm and leg movement, i.e. swing the left arm forward when the right leg and vice versa

## **Equipment**

• An inventory of equipment to support ABC exercises is

Notes			

