LEVEL 2

COORDINATION - BOUNCE ON A BENCH

— HURLING / FOOTBALL

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This is an exercise to develop coordination and balance skills

Organisation

- Use a bench for this exercise; place hoops or round markers on either side as targets
- The player walk along the bench bouncing a ball in each target as they pass
- The player jumps off at the end

Key Points

- Ensure safety mats are in place
- Move at a steady sure pace

Equipment

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

Notes