

**LEVEL 2**  
**COORDINATION - CRAZY BALL**  
 — HURLING / FOOTBALL



**This exercise to develop hand-eye coordination skills uses a ball or bouncy object with an uneven surface**

**Organisation**

- The 'crazy ball' is thrown up in the air by the player and allowed to bounce
- Attempt to catch the ball after a set number of bounces
- Initially practice with two hands before progressing to one hand

**Key Points**

- Ensure the players have enough room to move around safely
- Move to catch the ball at the top of the bounce

**Equipment**

- An inventory of equipment to support ABC exercises is

**Notes**

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available in the Resources section