LEVEL 2

COORDINATION - SKIPPING

— HURLING / FOOTBALL

N

Skipping exercises are a great way to develop coordination and jumping skills

Organisation

- Use a variety of different techniques, such as a 2-footed jump, jogging through the rope, crossing hands and skipping backwards
- Encourage the children to make up single, pair and group skipping games

Key Points

- Ensure that the rope is a suitable length for the player; it should reach from the ground to approximately hip height when held in both hands with the elbows slightly bent
- Stand Upright
- Swing the rope from the wrist

Equipment

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

Notes