

LEVEL 3

COORDINATION - GENUFLECT & ROLL

— HURLING / FOOTBALL



This is an exercise to develop balance and coordination skills

Organisation

- In a genuflecting position the player rolls sideways to return to genuflecting position
- To progress, the player catches a ball passed by the coach as they come out of the roll
- To vary the exercise, get the player to catch the ball on the way into the roll

Key Points

- Genuflect with the knee on the roll side of the body

Equipment

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

Notes
