LEVEL 3

COORDINATION - VOLLEYBALL PUSH

— HURLING / FOOTBALL

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This is an exercise to develop coordination skills

Organisation

- Each player has a ball
- In a stationary position push the ball above the head using the fingertips
- Attempt to keep the ball up for as long as possible without catching it

Key Points

- Bend the knees and elbows
- Move quickly underneath the ball after each push

Equipment

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

Notes