

LEVEL 3

COORDINATION - LADDER SHUFFLE

— HURLING / FOOTBALL



This is an exercise to develop coordination skills which uses a training ladder

Organisation

- The player moves through the ladder sideways placing each foot in every space
- Remember to practice this technique leading with both the left and right foot

Key Points

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Use the arms to maintain balance
- Do not cross the legs

Equipment

- An inventory of equipment to support ABC exercises is

Notes

available in the Resources section