

LEVEL 3

COORDINATION - PASS IN A LADDER

— HURLING / FOOTBALL



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

Organisation

- The players work in pairs; one ball per pair
- Move through the ladder sideways while passing the ball to one another

Key Points

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Do not cross the legs
- At first concentrate on moving through the ladder and stopping to pass the ball; gradually increase the pace

Equipment

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

Notes
