LEVEL 3

COORDINATION - LADDER LINE DANCE

— HURLING / FOOTBALL

N

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

Organisation

- Move through the ladder sideways leading with the left or right foot
- Bring the trailing foot through and across the front of the body into the next space
- Vary the exercise by challenging the players to bring the trailing foot through behind the lead foot

Key Points

- Stand Upright
- Use the arms to maintain balance
- Move at a controlled pace

Equipment

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

Notes