LEVEL 3

COORDINATION - BALANCE & STRIKE

— HURLING

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This is an exercise to develop balance, coordination and striking skills

Organisation

- Use a bench for this exercise; the player stands on the bench and strikes balls thrown by the coach or another player
- If the ball comes to the left strike to the left and vice versa

Key Points

- Ensure safety mats are in place
- Move at a steady sure pace

Equipment

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

Notes