LEVEL 1

JUMPING - MOBILITY EXERCISES

— HURLING / FOOTBALL

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These are warm-up exercises that may be used before any other ABC or Have-a-Ball exercise. They include pulse raising and mobilisation exercises.

Organisation

- Begin with moderate exercises such as walking or light jogging before moving on to more intense activity
- Incorporate mobilisation exercises at regular intervals between the pulse raising exercises
- Include basic jumping movements to prepare for jumping exercises to follow

Key Points

- Gradually increase the intensity of the activity
- Include a moderate version of activities to be performed later in the session

Equipment

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

Notes