

LEVEL 1
JUMPING - LATERAL BOUNCE
 — HURLING / FOOTBALL



This exercise to develop jumping skills is generally suitable for players of 4-6 years

Organisation

- Jump from side to side, taking off and landing on both feet
- Initially practice in a slow and gradual manner before challenging the players to perform at speed
- Introduce a line or marker on the ground to jump across
- Eventually introduce a raised obstacle

Key Points

- Keep the centre of gravity over the centre of the obstacle
- Land softly with bent knees, straight back and head up

Notes

Equipment

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