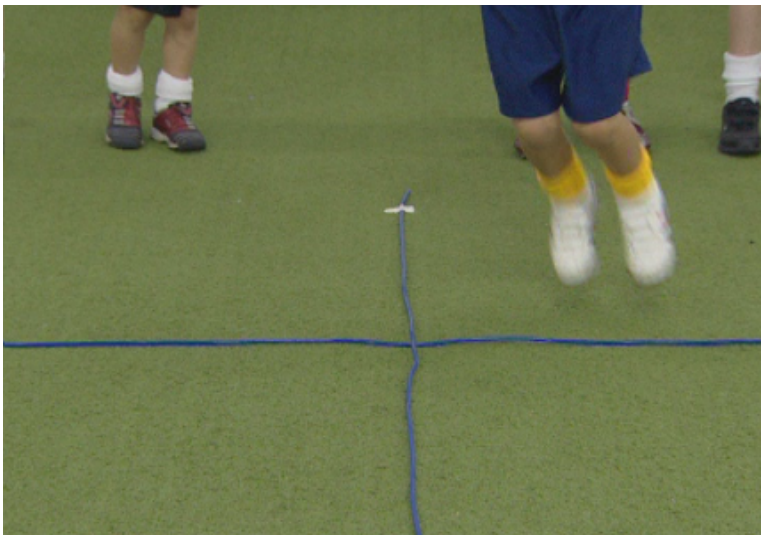
LEVEL 1

JUMPING - CRISS CROSS BOUNCE

— HURLING / FOOTBALL



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This exercise to develop jumping skills incorporates the lateral and linear bounce techniques

Organisation

- Mark a cross on the ground
- Jump around the cross in a clockwise and anticlockwise direction

Key Points

- Use controlled jumps; keep the centre of gravity close to the centre of the cross
- Land softly with bent knees, straight back and head up

Equipment

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

Notes