LEVEL 1

JUMPING - VERTICAL JUMP

— HURLING / FOOTBALL

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This exercise to develop jumping skills challenges the players to jump as high as possible from a standing start

Organisation

- Stand sideways close to a wall
- Bend the knees and bring extend both arms back; perform a two footed jump, springing as high as possible to touch the wall with the hand nearest the wall
- Practice with the opposite hand nearest to the wall

Key Points

- Ensure the players have enough room to perform the exercise safely
- 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