

LEVEL 1

# JUMPING - LOG JUMP

— HURLING / FOOTBALL



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

**Organisation**

- A number of players lie still on the ground with a space between each
- Jump over the series of players one by one
- Rotate the 'jumper' after each 'go'

**Key Points**

- Use a small jump to adjust the footing before jumping over each successive 'log'
- 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

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