LEVEL 2

JUMPING - SCISSORS JUMP

— HURLING / FOOTBALL

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

Organisation

- Standing on the spot jump in the air kicking one leg forward and the other back
- Land with both feet together
- Practice jumping with the right leg forward and the left back and vice versa
- As the players become more proficient challenge them to perform the jump after a short run up

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