LEVEL 2

JUMPING - JUMPING SHAPES

— HURLING / FOOTBALL

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

Organisation

- Jump to make different shapes; use both standing starts and run ups
- Include jumping jacks, star jumps and tuck jumps

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