LEVEL 2

JUMPING - BUNNY HOP

— HURLING / FOOTBALL

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This exercise to develop coordination and jumping skills uses a training ladder

Organisation

- Hop through a ladder placing both feet in every space
- To vary this exercise, hop 2 spaces forward and 1 space back progressing through the ladder

Key Points

- Ensure the ladder is properly laid out; reset it if necessary before each ‘go’
- 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