LEVEL 2

JUMPING - JUMP THE ARC

— HURLING / FOOTBALL

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This exercise challenges the players to jump as if attempting to catch a ball in flight

Organisation

- Imagine the ball approaching on an arc
- Run and jump up the arc to meet it

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