

LEVEL 2

JUMPING - PICKING FRUIT

— HURLING / FOOTBALL



This is an exercise to develop coordination, jumping and catching skills

Organisation

- The players work in pairs; one player in each pair holds a ball above their head in the palm of one hand
- The second player runs from 3 to 4 meters away and jumps to reach and take the ball from their partner's hand
- Return the ball to the initial player and repeat a number of times before reversing roles

Key Points

- Ensure the players are of similar height
- Take off from close the player holding the ball and jump to catch the ball on the way up

Equipment

Notes

- An inventory of equipment to support ABC exercises is available in the Resources section