LEVEL 3

JUMPING - JUMP TO PUNCH

— HURLING / FOOTBALL

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This exercise requires the players to punch an imaginary ball

Organisation

- Run and jump the arc
- Bring one arm back behind the head and punch an imaginary ball at the top of the jump

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