LEVEL 3

JUMPING - FOSBURY JUMP

— HURLING / FOOTBALL

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This exercise requires the players to swing the leg and arm opposite the take off leg high into the air

Organisation

- Runs and jump off one leg, i.e. the take off leg
- Swing the opposite leg and arm high into the air
- Practice jumping off both sides
- Land one foot at a time

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