



## AGILITY - TOE TOUCH HURLING / FOOTBALL



This exercise to develop a	agility	skills is	generally	suitable
for players of 4-6 years				

## Organisation

- The players work in pairs; each player attempts to touch the toes of their partner by moving their feet quickly
- Ensure the players do not stamp on their partner's toes
- Challenge the players to score five touches first
- To vary this exercise the players must attempt to touch each other's knees with theirs

## **Key Points**

- Lightly touch the partner's toes when their foot is placed on the ground
- No stamping, or pushing

## **Equipment**

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

NOIGS			

Notos