LEVEL 3

JUMPING - ADVANCED JUMP & TURN

— HURLING / FOOTBALL

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This is an exercise to develop coordination and jumping skills

Organisation

- Use a bench for this exercise
- Jog along the bench and jump off the end in a variety of different ways
- Use one footed and two footed jumps
- Gradually introduce quarter, half, three-quarter and full turns in a clockwise and anti-clockwise direction

Key Points

- Ensure the players are capable of performing the exercise
- Ensure safety mats are in place
- 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