

LEVEL 3

JUMPING - ADVANCED JUMP & CATCH

— HURLING / FOOTBALL



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

Organisation

- Use a bench for this exercise
- Jog along the bench and jump off the end to catch a pass on or before landing
- Vary the height of the pass
- Introduce a signal for the player to move quickly to the left or right on landing
- 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

Notes

- 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