

LEVEL 1

# RUNNING - MOVE & MOBILISE

— HURLING / FOOTBALL



These are warm-up exercises that may be used before any other ABC or Have-a-Ball exercise. They include pulse-raising and mobilisation exercises.

**Organisation**

- Begin with moderate exercises such as walking or light jogging before moving on to more intense activity
- Incorporate mobilisation exercises at regular intervals between the pulse raising exercises
- Include movement in different directions and in as many different ways as possible, e.g. jogging, hopping, sideways, backwards etc.
- Mobilise the shoulders, the knees, the ankles and fingers

**Key Points**

- Gradually increase the intensity of the activity

Notes

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- Include a moderate version of activities to be performed later in the session

### ***Equipment***

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