LEVEL 1

RUNNING - HERE, THERE & EVERYWHERE

— HURLING / FOOTBALL

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This exercise to develop running skills is generally suitable for players of

4-6 years

Organisation

- The players run to different points in the playing area as the coach points to them

Key Points

- Ensure the players have enough room to move around safely
- No pushing or bumping

Equipment

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

Notes