LEVEL 1

RUNNING - LINEAR RUNNING

— HURLING / FOOTBALL

N

This is an exercise to practice running in a straight line from a standing start

Organisation

- Mark out channels using caps or domes
- Place one foot and the opposite arm forward; the arms should be bent at the elbows with the head up looking forward
- Sprint over a small distance concentrating on technique

Key Points

- Ensure the players have enough room to perform the exercise safely
- Run on the balls of your feet keeping your head up and your back straight
- Synchronise arm and leg movement, i.e, lift the right knee and left arm simultaneously and vice versa

Equipment

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

Notes