

LEVEL 1
RUNNING - OBSTACLE COURSE
— HURLING / FOOTBALL



This is an exercise to develop coordination, balance and running skills

Organisation

- Place different obstacles, for example a tunnel, cones and jumps around the playing area
- The players negotiate the course as quickly as possible

Key Points

- Ensure the players have enough room to move around safely
- Provide safety mats where necessary

Equipment

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

Notes
