

LEVEL 2

RUNNING - HEEL FLICKS

— HURLING / FOOTBALL



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

4-6 years

Organisation

- In a stationary position hold the arms behind the back; one at a time flick the heels up to touch the bottom
- Introduce the arms; perform the exercise using a ladder, putting every foot in every second space.

Key Points

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Stand upright with the head up
- Synchronise arm and leg movement, i.e. lift the right knee and right arm simultaneously and vice versa

Notes

Equipment

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