

LEVEL 2

JUMPING - GEAR CHANGE

— HURLING / FOOTBALL



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

4-6 years

Organisation

- Jog on the sport at a moderate pace; jog on the balls of the feet
- On a signal from the coach change gears, gradually moving the feet quicker and quicker

Key Points

- Keeping the head up and the back straight
- Synchronise arm and leg movement, i.e, lift the right knee and left arm simultaneously and vice versa
- Keep the feet as close to the ground as possible and move the arms as quickly as your feet to maintain balance

Notes

Equipment

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