

LEVEL 2

# RUNNING - JOG THROUGH LADDER

— HURLING / FOOTBALL



This exercise to develop running and co-ordination skills uses a training ladder

### Organisation

- Jog through the ladder placing each foot in every second space
- Speed up as technique improves

### Key Points

- Run on the balls of the feet; keep 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
- Bend the arms at the elbow and use an exaggerated high arm motion

### Equipment

### Notes

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