LEVEL 2

RUNNING - RUN & TURN

— HURLING / FOOTBALL

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This exercise to develop running skills helps improve the ability to change speed

Organisation

- Place cones at varying distances in a straight line
- Sprint out and around each cones and back in turn

Key Points

- Ensure the players have enough room to perform the exercise safely
- Use short strides when turning and longer strides when running in a straight line

Equipment

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

Notes