

LEVEL 3

# RUNNING - BEAN BAG TRANSFER

— HURLING / FOOTBALL



**This is an exercise to develop running and coordination skills**

**Organisation**

- The players work in teams
- Every second player transfers a bean bag from one marker to another before tagging the next player who transfers the bean bag back
- Vary the exercise by transferring a small hoop from one cone to another in relay

**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**

Notes

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