

LEVEL 3

RUNNING - OBSTACLE SPRINT

— HURLING / FOOTBALL



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

Organisation

- Set up the course as shown
- The players sprint out and back, getting through a hoop on both the way out and the way back
- Slow down approaching the hoop; speed up moving away from the hoop

Key Points

- Ensure the players have enough room to perform the exercise safely
- Use shorter strides when slowing down and speeding up

Equipment

Notes

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