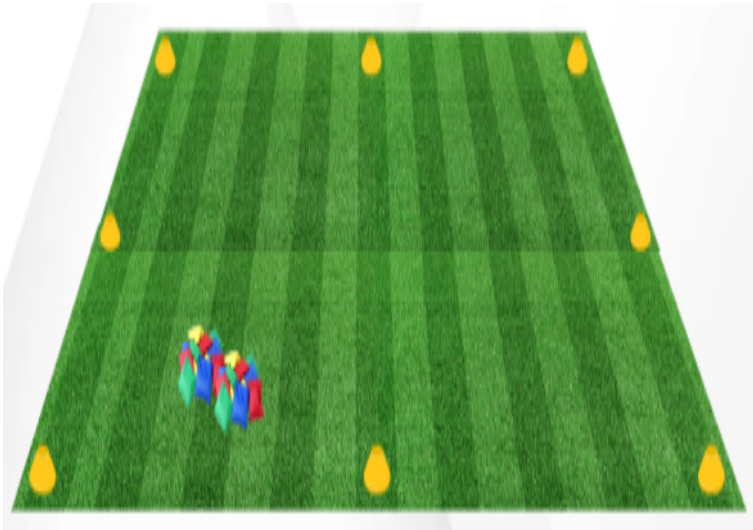


LEVEL 2

BEANBAG BALANCE

HURLING / FOOTBALL / HANDBALL / ROUNDBALL



EQUIPMENT LIST



Beanbags



Cones

Beanbag Balance

Organisation

- Set up area as shown
- Players move around while attempting to balance a bean bag on whatever body part the coach instructions (head, face, shoulder, hand, knee, foot etc.)

Use STEPR to adapt and progress activity

Space, Time/Task, Equipment, People, Rules

Notes

[illegible]