

LEVEL 3

RUNNING - TEAM PURSUIT

— HURLING / FOOTBALL



This is a team relay exercise to develop running skills

Organisation

- Mark out a square or circular circuit using cones
- Divide the players into teams; team members position themselves at equal distances apart around the circuit, one from team A then one from team B and so on
- The objective is to catch up to the player from the other team before reaching your team mate who continues the pursuit
- Tag to release the next player on the team or use a baton or a ball to pass on

Key Points

- Ensure the players have enough room to perform the exercise safely
- Use short strides when turning and longer strides when

Notes

running in a straight line

Equipment

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