

LEVEL 1

CATCHING & PASSING - CIRCLE TIME

— HURLING / FOOTBALL



These are warm-up exercises that may be used before any other ABC or Have-a-Ball exercise.

Organisation

- Sit the players in a circle
- The coach guides them through a series of exercises using the hands and feet
- Include raising the feet off the ground and tapping the hands and feet off the ground

Key Points

- Gradually increase the intensity of the activity

Equipment

- An inventory of equipment to support Have a Ball exercises is available in the Resources section

Notes
