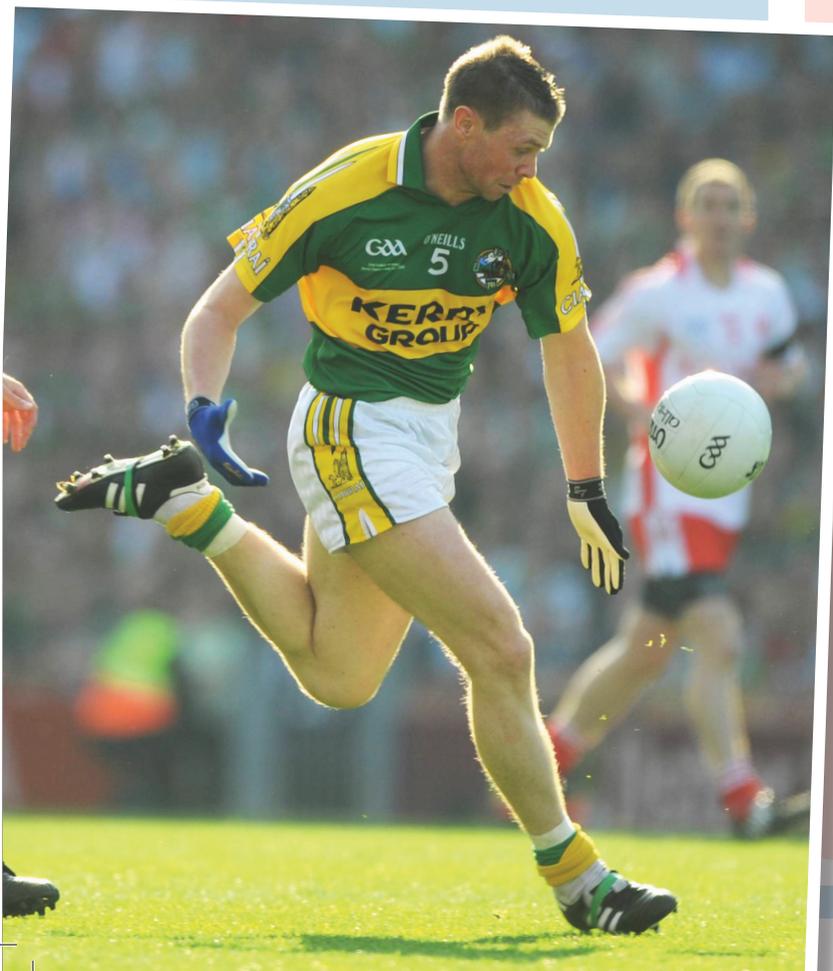


# BALANCE



Balance is the ability to maintain a stable orientation in relation to the immediate environment. Developing good balance skills is important in Gaelic games as players are often required to perform the skills while off balance or while balanced on one foot.



## LEVEL 1 EXERCISES



1

### LEANING TOWER

Players sway or lean away while in a standing position. Lean forwards, backwards, to the sides and with eyes open or closed.



2

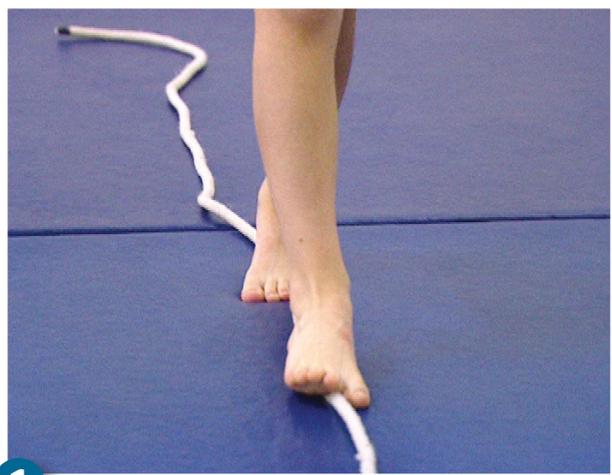
### WALK LIKE AN ANIMAL

Players move around the playing area mimicking the movements of different animals.

To Coach this Skill use the **IDEA** method

- I** NTRODUCE the skill
- D** EMONSTRATE the technique
- E** XECUTE the activity
- A** TTEND and provide feedback

## LEVEL 2 EXERCISES



1

### TIGHT ROPE

Players walk along a rope or line on the floor, forwards, backwards, sideways and with eyes open or closed.



2

### SQUAT BALANCE

Players raise their hands to the front and squat down bending their knees. Raise hands over the head and try with eyes open or closed.



3

### WOBBLE AND BALANCE

Use an unstable object like a wobble board or cushion. Players stand still and then move through different positions. Try with eyes open or closed.

## LEVEL 3 EXERCISES



1

### TUG OF WAR

Players work in pairs on unstable object like a wobble board or cushion.. Aim is to dislodge the other player.



2

### WOBBLE AND CATCH

Players work in pairs on unstable object like a wobble board or cushion. Players throw, hand pass and kick various balls to each other.

## VARIATIONS

The **STEP** method is a simple way to vary any activity, game or drill.

**S**pace **T**ask **E**quipment **P**layers

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- E** alter the equipment - use a bigger or smaller ball, or playing against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.