

# COORDINATION



Coordination is the ability to move different parts of the body simultaneously or in sequence in order to perform a specific task. Gaelic games require a good sense of Coordination as players are required to perform skills that involve hand-eye coordination, hand-foot coordination and foot-eye coordination at various stages.



## LEVEL 1 EXERCISES



1

### MARCHING

Marching on the spot, players bring their knees up high and swing the arms, bending at the elbow.



2

### STEPPING STONES

Place a number of markers around the playing area. Players move from one marker to another using one step or leap.

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

### TURN THE CAP

Place a number of markers around the playing area. Players move around the playing area turning the cap. One team turns the caps up, the other down.



2

### LADDER HOPSCOTCH

Players hop in and out of every second space on the ladder. Bring the feet together when hopping into the ladder and spread them when hopping out.



3

### CRAZY BALL

The Crazy ball is thrown up into the air by the player and allowed to bounce. Attempt to catch after a set number of bounces.

## LEVEL 3 EXERCISES



1

### VOLLEYBALL PUSH

Players push the ball above their head using the fingertips. Attempt to keep the ball up as long as possible before catching it.



2

### PASS IN A LADDER

Players work in pairs. Move through the ladder sideways while passing to one another.

## 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.