

6U/8U - AGILITY & BALANCE

IRISH DANCE

SETUP

- Use soccer ball, plyo box or bleacher step.

① MOVEMENT

- Stand tall maintaining an upright position.
- Alternate tapping bottom of feet on top of the ball.
- Perform as many touches as possible in time allowed.
- Players should make this into a competition with themselves and teammates.
- Each repetition player should try to beat their last score (number of touches).

ADVANCED

Use a soccer ball. With toe on the ball hop in a circle both ways. Hop alternating right foot and left foot taps while moving in a circle.

Keep repetitions to 20-30 seconds of active time followed by 20-30 seconds of recovery time.



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