



OFFALY GAA CLUB FITNESS

The “Offaly Way” Fitness Vision

By David Hare Performance GDA Offaly

DON'T STEADY THE HORSES

During World War II just before the Americans entered the war they were studying the big guns of the Germans. They found that they could fire a shell every 10 seconds. The best the Americans could do was one every 30 seconds.

They assigned a Colonel to study the matter. He found that the gunners were told to wait 20 seconds after firing a shell. When he asked why, everyone said because it is in the manual.

The Colonel went back to examine the World War I manual. It said: "...fire the shot and wait 20 seconds."

Frustrated, he went back to the civil war manuals. They said: "...fire the cannon and wait 20 seconds to steady the horses."



“All truth passes through three stages.

First, it is ridiculed.

Second, it is violently opposed.

Third, it is accepted as being self-evident..”

Arthur Schopenhauer, German philosopher (1788 – 1860)

WARNING

This is not meant to
replace, impose on,
encroach upon great
football and hurling
coaching.



THE VISION?

- **Understand the Why / What / How of S&C for all Offaly Clubs.**
- **“Do the basics savagely well” Mark Verstagen.**
- **Leave with an idea and start the journey for all ages.**

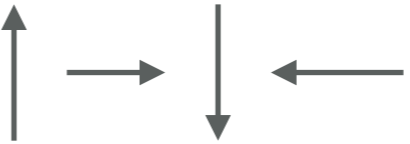
Why Physical Conditioning?



PRACTICAL

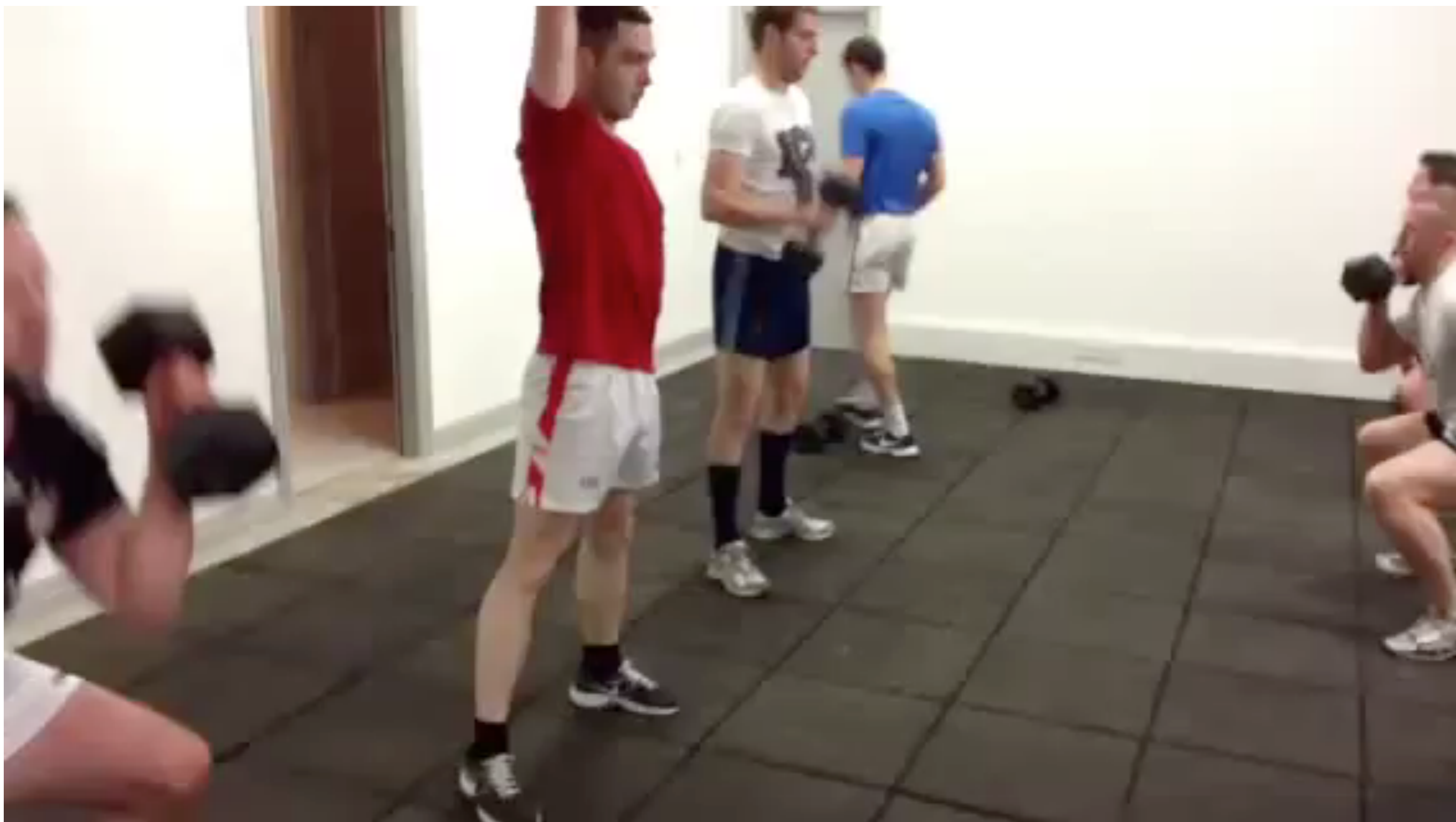
- Learn by doing!
- First phase outside.
- Second phase in the gym.

“GYM WORK?”

- **Push - Pull**
- **1 Leg - Hip Dominant and Knee Dominant**
- **Explosive element**
- **Balance the Arrows -** 
- **Discussion Time in groups**

The What















FITNESS - EUROFIT METHOD

- 1k Time Trial - Get a time - (1000m)
- Get the time - Say it's 3mins 20secs = 200secs
- Distance / Time : $1000/200 = 5\text{m/s}$
- 5×1.20 (as in 120%) = 6m/s
- 6×15 (as in 15secs on) = 90m
- **Discussion In Your Groups**

SAMPLE FORMAT

| Time | |
|----------------|--|
| 7:00 to 7:10pm | Players arrive, Foam roll and Stretch - Get the head right |
| 7:10 to 7:15pm | Dynamic Style Warm Up |
| 7:15 to 7:40pm | Circuits style workout - Push Something / Pull Something do something for your legs |
| 7:40pm | Speed and Agility Training |
| 8:40pm | Fitness Work - MAS / Alactic |

HELP ?

- david.hare.gda.offaly@gaa.ie
- Resources - Please put up in your club