

OFFALY GAA-ASAP PRINCIPLES

A - ACCELERATION

S - SPEED

A - AGILITY

P - POWER

AGILITY

15 YARD TURN DRILL CONE DRILL

PURPOSE

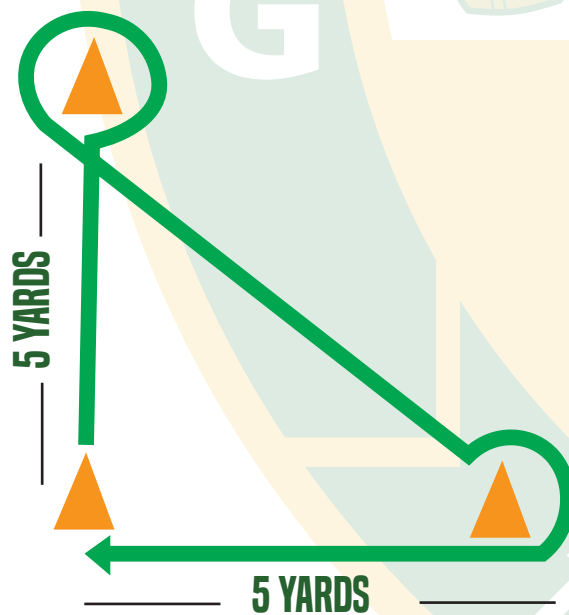
IMPROVE ABILITY TO CHANGE DIRECTION, FLEXIBILITY IN HIPS, AND FOOTWORK

PROCEDURE

- START IN A TWO-POINT STANCE
- SPRINT FORWARD 5 YARDS (4.6 METERS) TO CONE 1 AND MAKE A SHARP RIGHT TURN AROUND IT.
- SPRINT TO CONE 2, LOCATED 5 YARDS (4.6 METERS) TO RIGHT OF THE START AND DIAGONAL FROM THE FIRST CONE, AND MAKE A LEFT TURN AROUND IT.
- SPRINT 5 YARDS (4.6 METERS) THROUGH THE FINISH.

COMPLEX VARIATIONS

- PUT THE INSIDE HAND ON THE GROUND WHEN MAKING TURNS.
- CHANGE DISTANCE TO THE CONES.
- MAKE TURNS ON COMMAND, NOT AT THE CONES.



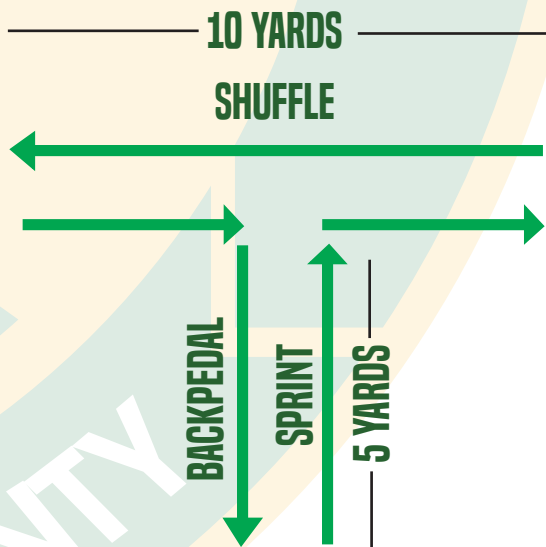
30 YARD T DRILL LINE SPRINTS

PURPOSE

DEVELOP AGILITY, CONDITIONING AND FLEXIBILITY IN ABDUCTORS AND ADDUCTORS; IMPROVE STRENGTH.

PROCEDURE

- START IN A TWO-POINT STANCE.
- SPRINT FORWARD 5 YARDS (4.6 METERS) TO A MARKED SPOT ON THE GROUND
- SIDE-SHUFFLE TO THE RIGHT AND TOUCH A LINE 5 YARDS (4.6 METERS) AWAY WITH THE RIGHT HAND.
- SHUFFLE BACK TO THE LEFT 10 YARDS (9 METERS) AND TOUCH THE FAR LINE WITH YOUR LEFT HAND.
- SHUFFLE BACK TO THE RIGHT 5 YARDS (4.6 METERS) TO THE MARKED SPOT.
- TOUCH THE MARKED SPOT WITH EITHER FOOT AND BACKPEDAL THROUGH THE START LINE TO THE FINISH.



QUICKNESS

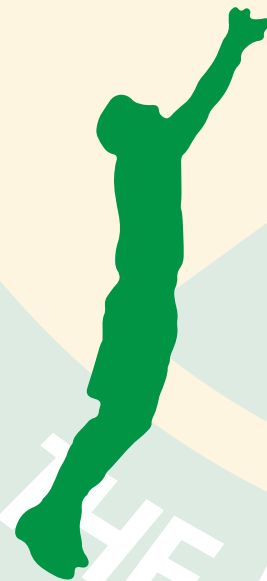
MEDICINE BALL SQUAT, PUSH TOSS, BOUNCE, AND CATCH MEDICINE-BALL REACTION

PURPOSE

IMPROVE REACTIVE, ELASTIC STRENGTH, AND TOTAL-BODY POWER

PROCEDURE

- THIS DRILL IS PERFORMED WITH A RUBBER MEDICINE BALL THAT CAN BOUNCE
- BEGIN BY HOLDING THE BALL CHEST HIGH WHILE SQUATTING DOWN AND THEN THROW BALL FOR HEIGHT AND DISTANCE.
- YOU MUST BE QUICK ENOUGH TO CHASE AFTER THE BALL AND CATCH IT BEFORE IT BOUNCES TWICE
- OBVIOUSLY, A BALL THAT IS TOO LIGHT WILL TRAVEL TOO FAR, MAKING IT VERY DIFFICULT FOR YOU TO RETRIEVE IT IN TIME.



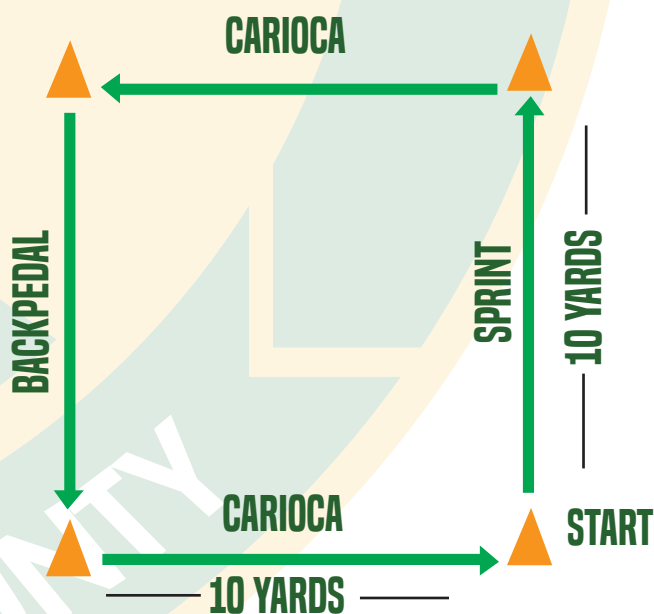
40-YARD SQUARE-CARIOCA CONE DRILL

PURPOSE

IMPROVE ABILITY TO CHANGE DIRECTION, FLEXIBILITY IN HIPS, AND FOOTWORK

PROCEDURE

- PLACE A CONE AT EACH CORNER OF THE SQUARE.
- START IN A TWO-POINT STANCE.
- BEGIN ON THE RIGHT SIDE OF THE SQUARE AND SPRINT FORWARD 10 YARDS (9 METERS)
- AT THE FIRST CONE MAKE A REVERSE PIVOT.
- CARIOCA 10 YARDS (9 METERS) TO THE NEXT CONE.
- REVERSE PIVOT AND BACKPEDAL 10 YARDS (9 METERS) TO THE NEXT CONE.
- REVERSE PIVOT AND CARIOCA 10 YARDS (9 METERS) TO THE FINISH



SPEED

PARTNER RESISTED STARTS RESISTED ACCELERATION

PURPOSE

ENHANCE STARTING POWER AND STRIDE LENGTH

PROCEDURE

- YOU CAN BE RESISTED DURING THE FIRST 8 TO 10 STRIDES BY A PARTNER.
- YOUR PARTNER IS SITUATED IN FRONT OF YOU WITH HIS OR HER HANDS ON YOUR SHOULDERS; OR HE OR SHE WORKS FROM THE BACK, USING HIS OR HER HANDS OR A TOWEL AROUND YOUR WAIST TO RESIST THE START AND ACCELERATION PHASE.
- THE DRILL ENDS AFTER 8 TO 10 STRIDES.



AGILITY

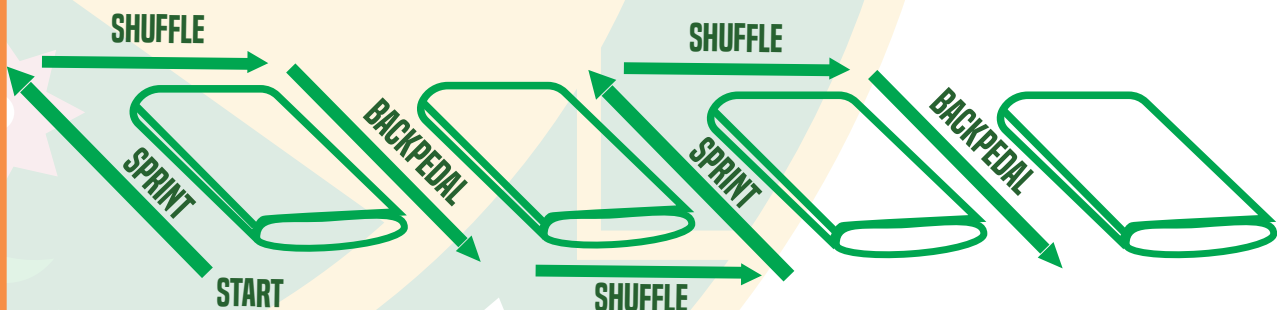
BAG WEAVE BAG DRILL

PURPOSE

IMPROVE FLEXIBILITY, HIGH-KNEE ACTION, AND QUICKNESS OF FOOT MOVEMENTS

PROCEDURE

- START IN A TWO-POINT STANCE.
- STARTING ON THE OUTSIDE OF THE FIRST OF FOUR BAGS, SPRINT FORWARD UNTIL YOU ARE IN FRONT OF THE BAG.
- SHUFFLE THE FEET TO THE RIGHT UNTIL YOU REACH A SPACE BETWEEN THE BAGS, BUT DO NOT CROSS THE FEET WHEN MOVING SIDWAYS.
- BACKPEDAL QUICKLY UNTIL YOU ARE ONE STEP PAST THE BAG.
- REPEAT THIS PATTERN THROUGH ALL BAGS UNTIL YOU REACH THE OUTSIDE OF THE LAST BAG. REMEMBER TO ALWAYS KEEP YOUR SHOULDERS SQUARE AND TO STAY IN A TWO-POINT STANCE WHILE KEEPING YOUR HEAD UP; USE GOOD RUNNING FORM WHILE MOVING AS FAST AS POSSIBLE.



SPEED

FALLING STARTS

BASIC TECHNIQUE ACCELERATION

PURPOSE

ENHANCE QUICK LEG TURNOVER AT START AND TEACH THE PROPER ACCELERATION LEAN.

PROCEDURE

- STAND WITH THE FEET TOGETHER AND LEAN FORWARD UNTIL YOUR BALANCE IS LOST.
- AT THIS POINT, ACCELERATE AT THE FULL SPEED TO CATCH YOURSELF.
- RUN 20 TO 30 YARDS (18 TO 27 METERS).



SPEED

GEARS

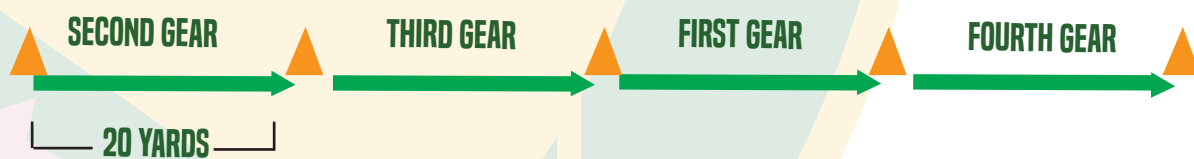
SUPPLEMENTAL ACCELERATION

PURPOSE

IMPROVE TRANSITION ACCELERATION AND ENHANCE ABILITY TO CHANGE SPEEDS

PROCEDURE

- SPACE FIVE CONES 20 YARDS (18 METERS) APART
- VARY RUNNING INTENSITY BETWEEN CONES, WHICH WILL TEACH YOU TO ACCELERATE AND SHIFT (TRANSITION) BETWEEN VARIOUS SPEEDS (OR GEARS).
- FOR EXAMPLE, RUN IN SECOND GEAR (HALF-SPEED) BETWEEN CONES 1 AND 2, THIRD GEAR (THREE-QUARTER SPEED) BETWEEN CONES 2 AND 3, FIRST GEAR (ONE-QUARTER SPEED) BETWEEN CONES 3 AND 4, AND FOURTH GEAR (FULL-SPEED) BETWEEN CONES 4 AND 5.
- YOU CAN CHANGE THE ORDER OF THE GEARS TO ANY ORDER THAT YOU WISH.
- YOU CAN ALSO USE FEWER CONES FOR SPECIFIC TRANSITION WORK OR MORE CONES FOR CONDITIONING WORK.



QUICKNESS

FOOT-TAPPING FREQUENCY LOWER BODY REACTION DRILLS



PURPOSE

IMPROVE QUICKNESS IN THE LOWER BODY

PROCEDURE

- STAND WITH KNEES AND HIPS SLIGHTLY FLEXED, ARMS RELAXED, AND SHOULDERS OVER TOES, PREPARED TO REACT TO STIMULUS TO START.
- ON EITHER A VISUAL OR AUDITORY CUE, BEGIN TO TAP YOUR FEET. ALTERNATELY AS FAST AS POSSIBLE FOR A PREDETERMINED AMOUNT OF TIME.

COMPLEX VARIATION

- MIRROR ANOTHER ATHLETE OR REACT TO ANY FORM OF STIMULI.
- PERFORM Laterally, FORWARD, OR DIAGONALLY.
- ADD A SPRINT IN ANY DIRECTION ON CUE.

QUICKNESS

SIDE SHUFFLE



PURPOSE

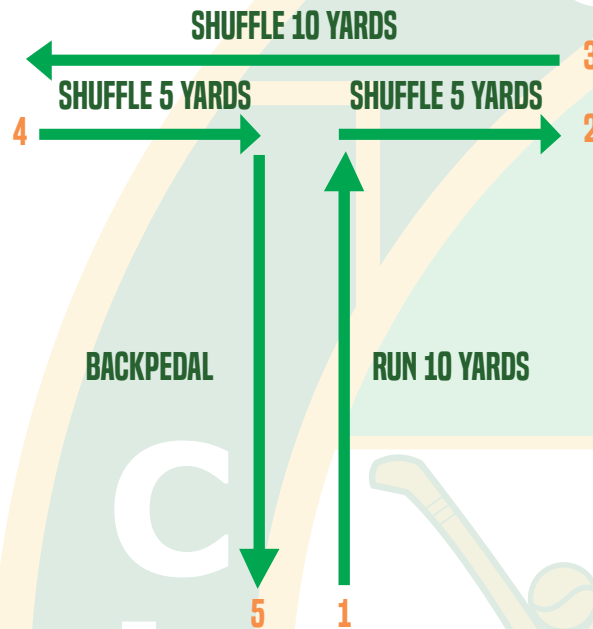
IMPROVE QUICKNESS IN THE LOWER BODY

PROCEDURE

- BEGIN THE ATHLETIC POSITION.
- SHUFFLE INLINE IN A DETERMINED DIRECTION WITHOUT CROSSING THE FEET FROM POINT A TO POINT B.
- THIS SHOULD BE DONE BY ACCELERATING AND THEN DECLERATING IN ORDER
- TO STOP AS CLOSELY TO POINT B AS POSSIBLE
- REPEAT THIS DRILL FOR TIME.

AGILITY

T-DRILL LINE DRILLS



PURPOSE

DEVELOPMENT OF AGILITY, CONDITIONING, FLEXIBILITY IN ABDUCTORS AND ADDUCTORS, AND TRANSITION BETWEEN THE THREE MAJOR SKILLS (RUN, SHUFFLE, AND BACKPEDAL)

PROCEDURE

- START IN A TWO-POINT STANCE
- SPRINT FORWARD 10 YARDS TO A MARKED SPOT ON THE GROUND.
- SIDE SHUFFLE TO THE RIGHT AND TOUCH A LINE 5 YARDS AWAY WITH YOUR RIGHT HAND.
- SHUFFLE BACK TO THE LEFT FOR 10 YARDS AND TOUCH THE FAR LINE WITH YOUR LEFT HAND.
- SHUFFLE BACK TO THE RIGHT FOR 5 YARDS TO THE MARKED SPOT.
- TOUCH THE MARKED SPOT WITH EITHER FOOT AND BACKPEDAL 10 YARDS THROUGH THE START LINE TO FINISH.

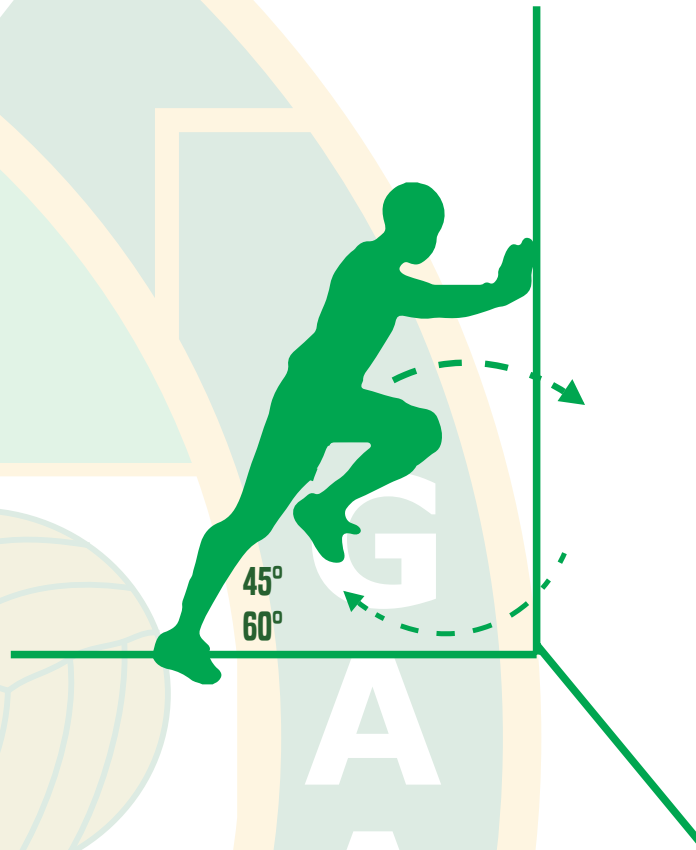
COMPLEX VARIATION

- MAKE THE CONES ANY DISTANCE THAT MIMICS THE "SPORT DISTANCE" YOU ARE WORKING ON.
- VARY THE BIOMOTOR SKILL DURING EACH LEG OF THE DRILL.

SPEED

WALL DRILLS (ACCELERATION MARCHES)

BASIC TECHNIQUE ACCELERATION DRILLS



PURPOSE

ENHANCE MUSCLE STIFFNESS AT ANKLE COMPLEX AND IMPROVE ELASTIC STRENGTH OF THE LOWER BODY

PROCEDURE

- LEAN AGAINST A WALL AT ABOUT A 45- TO 60-DEGREE ANGLE WITH YOUR ARMS SUPPORTING THE BODY.
- STAY ON THE BALLS OF THE FEET AT ALL TIMES.
- BRING ONE KNEE UP, SIMULATING THE ACCELERATION POSITION.
- FROM THIS POSITION, BRING THE RECOVERY LEG DOWN AND THE PLANT LEG UP.
- YOU CAN PERFORM ANY NUMBER OF CYCLES OF THIS PROCEDURE (E.G., 1, 3, 5, OR FOR TIME).

