



Offaly GAA – Club Performance Ideas – Practical Session in the Faithful Fields

Ice Breakers;

Squat Walks with hand shake -
Cone Grab “Knee – Hip – Shoulder”
Jump on backs –
Number game – “get in 3’s”
Make a letter on the ground game –

Movement Prep Paradigm;

Knee Hugs
Knee Cradles
Worlds Greatest
Quad Stretch with reach walks
Lateral Squat to Cross Leg and toe touch
Squat Walks
1 leg Dead Lift walk
Reverse lunge walk

Speed Power Paradigm;

Stand on Frisbee – Pull up zipper – March – Skip – Pop Float Skip
Sideways – March – Skip – Lateral Pop Float Skip
Trapdoor Call – Trapdoor into JUMP and land
Pogo – pogo forward – call STICK (this means they land on one leg)
Shuffle mechanics
Cross in front mechanics
Sprinting

Gym Work;

Goblet Squat
Push Up Rotate
Chin Up
1 Leg Dead Lift
Lunge / Reverse Lunge
Bench with DBS
Band Rows