



OFFALY GAA

COACHING & GAMES

Session template - u15/16

Strength and Conditioning
Sessions

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Strength and Conditioning Sessions

ACTIVITY 1

The Offaly Warm Up



SET UP

1. Players Line up as show in the diagram. The cones are set up 10m apart.
2. The players then begin to go through a series of stretches/movements as listed in the diagram. It is important that you follow the sequence of exercises as shown. Green – Orange – Red
3. The players are constantly moving and they jog back as soon as they finish whatever exercise they are doing to then begin another.
4. Try to limit groups of players waiting a long time, you want constant movement as much as possible.

Video Support

<https://bit.ly/3bk8w67>

VARIATION

WHY?

- This is a great multidirectional warm up drill.
- This prepares players for several movements that they need to execute in Gaelic Games.
- It's simple to do and can accommodate large amounts of players.
- This warm up integrates lots of great exercises in a quick and simple format that all teams can do.
- Add different exercises in the drill.
- Introduce the ball on the jog back.
- Use different size balls.
- Allow one hand catches only.
- Add plyometric work at the end of this sequence such as jumps, bounds or lateral bounds.
- Have 2 groups going at once – Facing each other.

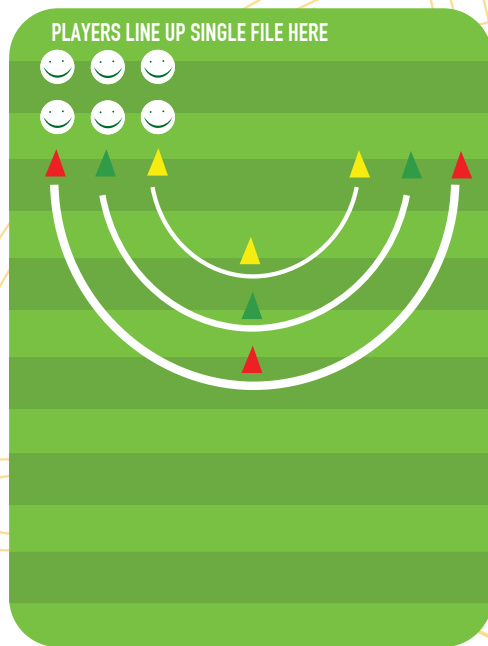
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ACTIVITY 2

Simple Speed Drill – Curved Runs



Video Support

<https://bit.ly/3dk7d8W>

SET UP

1. Place cones down as shown in the diagram, set up a large curve, medium curve and a small curve, make as good a curve for the players to follow as possible.
2. The players then line up as shown and perform a sprint around the curve, each player gets to do 2-3 sprints at each arch.
3. All 3 arches can run simultaneously, the players must ensure there is enough space between themselves and the player ahead of them to avoid collisions.
4. Ensure full recovery between each sprint, and make sure you run equal amount of sprints clockwise and anti-clockwise.
5. Make sure the largest arch is roughly 30-40m

VARIATION

- Do this drill involving the ball.
- Mix up the angles and distance of the curves.
- Add 2 curves or a weave when the players get used to it.

WHY?

- This is a great speed drill.
- Gaelic Games contains lots of curved run but we don't practice this enough.
- To get faster you must move faster.

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ACTIVITY 3

Bodyweight Strength Circuit — Do this circuit 3-4 times

Goblet Squats



*(if you have no weights you can do without — but just add more reps)

Hold the weight as shown, with the weight as close to your body as possible. Set your feet shoulder-width apart, toes slightly turned out. Pull in your lower abs, and keep your eyes forward.

Slowly bend at the knees and drop your hips to lower your body. Keep your heels flat on the floor.

At the bottom of the exercise pause for a moment and strongly push back up to the starting position, mirroring the descent.

Do 8-12 Reps

Push ups on a ball



Start with legs straight and hands on the floor.

Slowly begin to step forward with your hands, while keeping your legs straight.

Walk your hands until your body is parallel to the floor and hands are in front of your head.

Return your hands back to your feet lifting up your hips as you do.

Repeat for reps.

Do 8-12 Reps

Walkouts



Stand upright, with your hands at your hips.

Take a large step backward with your left foot.

Lower your hips so that your right thigh (front leg) becomes parallel to the floor with your right knee positioned directly over your ankle. Your left knee should be bent at a 90-degree angle and pointing toward the floor with your left heel lifted.

Return to standing by pressing your right heel into the floor and bringing your left leg forward to complete one rep.

Alternate legs, and step back with right leg.

Do 8-12 Reps

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Reverse Lunge



Stand upright, with your hands at your hips.
 Take a large step backward with your left foot.
 Lower your hips so that your right thigh (front leg) becomes parallel to the floor with your right knee positioned directly over your ankle. Your left knee should be bent at a 90-degree angle and pointing toward the floor with your left heel lifted.
 Return to standing by pressing your right heel into the floor and bring-

Do 8-12 Reps

Plank Drill



Get your players to start on the floor flat first then assume the position shown.

You should imagine tucking their your tail bone in, meaning they shouldn't have an excessive curved back.

Squeeze your glute muscles and stay tall and long.
 It should work the abdominal region and not the lower back.

Hold for 20-30 Seconds

THE FAITHFUL COUNTY