



# OFFALY GAA

## COACHING & GAMES

Session template - u13/14

Strength and Conditioning  
Sessions

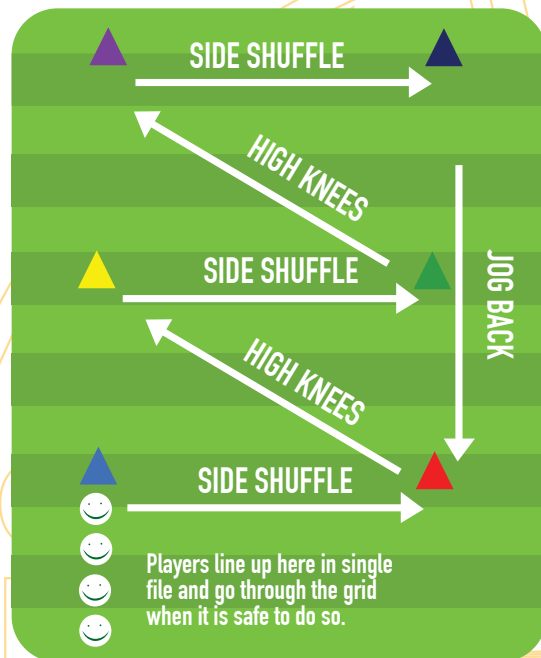
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## ACTIVITY 1

### Zig Zag Movement Prep.



## SET UP

1. Players Line up as show in the diagram. The cones are set up 10m apart.
2. The Players then begin to side shuffle to the cone to their right (red cone).
3. As soon as they hit this cone they quickly change movement skill and cut across the grid as shown performing a fast high knee march (yellow cone).
4. As soon as they hit that cone they go back to side shuffling to the cone to their right (green cone) as shown by the arrows.
5. They complete the grid as shown and continue to jog back to go through the grid again.

## Video Support

<https://bit.ly/33ut49f>

## 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.
- Add different movement skills in the drill like reverse runs, cariocas, sprints or any movement skills you like.
- Introduce a skill drill on the jog back.
- Use different size balls.
- Allow one hand catches only.
- Do stretching/core exercises during the breaks.

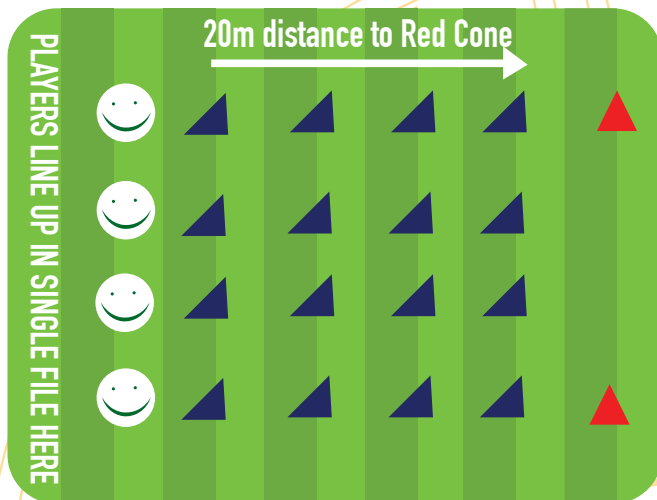
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## ACTIVITY 2

### Simple Speed Drill – Wickets



## SET UP

1. Place mini hurdles or cones down as shown in the diagram, place them apart in a staggered fashion use 4-6 “wickets”.
2. Get the players to sprint through the wickets, they will have to lift their knees up or they will hit the wickets.
3. Coach good technique through the sprints.
4. Start at 70% pace and then progress to full pace when all players are fully warm.
5. Repeat this speed drill 6-8 times, each effort should be maximum so more than 6-8 efforts is not needed.
6. Ensure full recovery between each sprint, at least 1minute.

## VARIATION

- Add another drill on the way back involving the skills of the game.
- Add a couple more wickets.

**Video Support**  
<https://bit.ly/3dd1aTH>

## WHY?

- This is a great speed drill.
- This drill is easy to coach and the wickets ensure that the players have to lift their knees and concentrate.
- To get faster you must move faster.

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### ACTIVITY 3

## Bodyweight Strength Circuit –

Do This Circuit 2-3 Times

### Bodyweight Squats



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 Up Rotate



Lie face down on the floor supported by your hands in the standard push-up position. Perform a powerful push-up and at the top of the exercise lift one arm from the floor and raise towards the ceiling whilst twisting your torso to the side. Roll onto the sides of your feet and keep your body straight at all times. Return to the starting position.

**Do 8-12 Reps**

### Walkouts



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**

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## Reverse Lunges



Stand upright, with your hands at your hips.

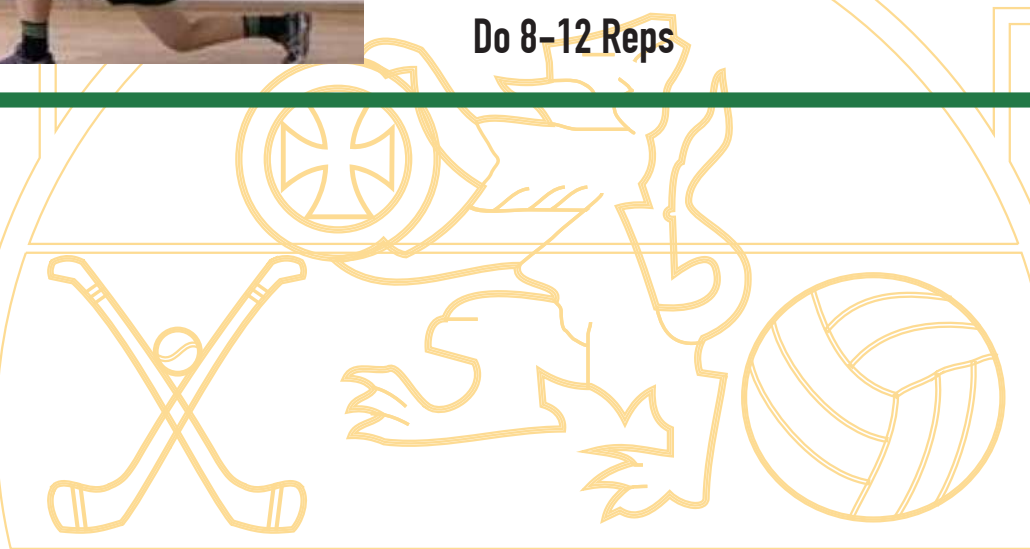
Take a large step backward with your left foot.

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**

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