



OFFALY GAA

COACHING & GAMES

Session template

Sample Recovery Session

Offaly GAA – Sample Recovery Session.

**Start With Foam
Rolling**

**Start At The
Bottom Of The
Body And Work
Your Way Up**

**Finish With Good
Stretching**

Recovery is crucial after hard training block to help players relax and hopefully ease some aches and pains, but what do you do and how do you do it?

Most players also own foam rollers, but do they use them correctly and have they a plan to work off? This document will aim to spell out a simple “recovery” session that all players may find useful.

I recommend to start at the bottom of the body and work your way up, this is just a simple way to ensure your hitting all the areas you need to. I also recommend to start with foam rolling first and then do some stretching for the same reason. This booklet will not use any technical terms as it can become quite a complicated area.

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Base Of The Foot:

The base of any players feet are an often neglected area for any soft tissue treatment. You'll be amazed how many "knots" you find when you roll your feet up and down slowly with either a tennis ball or a lacrosse ball.



Coaching Points:

Roll the base of your feet slowly and feel out any knots you may find. Don't rush the rolls and apply only moderate pressure.

Sets & Reps:

30-60 seconds on each foot, repeat if needed.

Calf Muscles:

The calf muscles can very often be a source of tightness and soreness with GAA Players. It's important to roll this area properly, taking your time and pointing your toes in different directions when you do it as well as taking your time when you roll to have any effect.



Coaching Points:

Prop yourself up on your hands and roll your calf slowly and methodically. Be sure to put one leg on top of the other and gently roll your feet to the left and to the right, this will hit different areas on the calf and expose more tight areas.

Sets & Reps:

30-60 seconds on each foot, repeat if needed.

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Quad Muscles:

The quad muscles (thigh muscles) are also an area you should focus foam rolling on. Like the other rolling methods mentioned it's important to take your time and change the angles of how you roll to hit different areas of tightness.



Coaching Points:

Prop yourself up on your hands and roll your quad slowly and methodically. As shown in the picture focus on one quad at a time. Lifting up your heel as shown in the picture will also change the feeling of the rolling and is beneficial.

Sets & Reps:

30-60 seconds on each quad, repeat if needed.

THE FAITHFUL COUNTY

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Lat Muscles:

This rolling technique is one not typically seen but can be hugely beneficial. Players will be amazed at how many “hot spots” or “knots” will be found in this area.



Coaching Points:

Lie on your side with the roller on the floor and remain sideways like the picture as you gently roll up and down the area under your armpit. You don't need to move that far and avoid the temptation to lean forward as this moves you off the spot you want to hit.

Sets & Reps:

30-60 seconds on each side, repeat if needed.

Upper Back:

The upper back is another potential tight area in GAA Players. Rolling the upper back can bring some relief for players and is usually a very popular foam rolling technique amongst players.



Coaching Points:

Place the roller on the floor and position yourself as shown in the picture. Lift your hips off the floor slightly and hold your head with your hands as shown. Slowly roll up and down the upper back and gently tilt your torso to the left and the right to hit slightly different tight areas.

Sets & Reps:

30-60 seconds rolling up and down, repeat if needed.

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Stretching Session:

Hold all stretches for 20-40 seconds – Repeat the Circuit If Needed.



Quad Stretch Off A Wall:

Do Both Sides

Assume the position as shown in the picture, be sure to squeeze your glute muscle on the side your stretching, so if you are stretching your right quad – squeeze your right glute muscle. The closer your knee is to the wall the bigger the stretch so simply move the knee forward and back to make it harder or easier.



Hip Flexor Stretch:

Do Both Sides

Assume the position as shown in the picture. Drive your knee into the floor and keep your tummy tight, be sure not to arch your back as this won't stretch the area we want. Lift your arm up in the air on the side you are stretching to make it feel better.

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Standing Hamstring Stretch:

Do Both Sides

Assume the position as shown in the picture. Simply lock out both knees, slide down your leg and reach the arm up in the air as straight as possible.



World's Greatest Stretch:

Do 10 Reps Each side.

Assume the position as shown in the first picture and step out with your right foot. The key is to keep your front foot planted on the ground and both hands totally flat on the floor (as if you're pushing the floor away). Next, corkscrew your right hand into the air like the second picture and hold for 3-4 seconds. Repeat the process with the other side.

Summary:

You could do this session 2-3 times a week and would be a great thing to do in a dressing room before collective training. If you find the roller you have too sore on your muscles, simply get a softer rollers to get into the rhythm.