



Home GAA Session

U13 – U16's

Covid-19 Lockdown Home Training Session

The following session plan can be done with all members of the household.

The aim is to keep the children active while at home & also continuing to develop their skills from balance to coordination to running as well as GAA specific skills. Each day the Youth Players should complete some form of physical activity.

Below, there are 2 workouts. Each player should complete a workout on alternative days. Be sure to take 2 rest days per week.

Workout 1 – Skills Based - All parts of Section A and 4 skills of section B (3 Football, 1 Hurling or 3 Hurling, 1 Football). Ideally each day you complete this workout you should alternate the code you do 3 skills of.

Workout 2 - Strength & Conditioning – all parts should be completed.

NB No matter what code you predominantly play, its important for your Motor & Hand-eye Coordination skills at this time. The following activities can be done:

Where: at home, in the garden, against a wall or local open space.

When: Anytime

Why: to practice/develop skills, stay healthy and fight isolation blues.

How: do alone, with a sibling or Parent.

Please be sure to practice social distancing while you undertake these exercises outside the home.

Enjoy & be safe

WORKOUT 1 – Skill Based

Section A

ABC's (Balance, Agility & Coordination) & JR's (Jumping, & Running) & Stretches

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| <ul style="list-style-type: none"> • Agility – <i>Knee/Shoulder/Toe Taps</i> – this should be done with a partner at home. DO NOT DO WITH A FRIEND as social Distancing should continue. Do 2 Mins on each, 30 sec rest between each.
If, you do not have a partner. Use your sidestep, forward and Back to Draw out the numbers 1-10 with your feet. • Balance – <i>Squat Balance & Tall to Squat Landing</i>, 5 on double leg landing & 10 on single leg landing 4(5each side). • Coordination – <i>Volleyball Push</i> – you can use a Football/Sliotar or Balloon. • Jumping – <i>Lateral Bounce</i> – Double Leg over the hurdle. 10 forward, 10 backwards, 10 to left & 10 to right. REPEAT on single leg with 5 of each on each foot. • Jumping – <i>Vertical Jump</i> – get your knee up high to gain height. A parent can advance your jump by throwing a ball to catch at the highest possible point. | <ul style="list-style-type: none"> • Jumping – <i>Jump, turn & Run</i> – on the turn be sure to alternate turning on your Left and Right side. Do 10 on each side. • Stretching
<i>High Knees & Heel Flicks</i>
Calves
Hamstrings
Quads
Groin
Ankles • Running – <i>Shuttle Runs</i> – Place a marker at 10m, 15m & 20m – complete the runs 3 to 5 times – take a 30 second break between each run. • Running – <i>High Knee-Lift Run</i> – 5m of High knees then at 5m mark sprint to 15m. Do 5 runs. • Running - <i>Zig Zag Slalom Run</i> |
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Section B

Football Skills

- Solo – 30 Left & 30 Right
- Toe Tap Pick up - Boys 30 Left & 30 Right – roll the away from you each time.
- Crouch lift - Girls x 30 - roll the away from you each time.
- Solo – 5m, 10m, 15m Shuttle running – Alternate Left & Right Foot. Introduce a football in each hand.
- Near hand tackle – partner to hold the ball and move for the child to dispossess with their nearest hand, 20 Left & 20 Right.
- Punt Kick to Wall/Partner – 30 Left & 30 Right. Use alternative feet.
- Handpass – 30 Left & 30 Right
- Catch – Partner to throw for chest catch, advance to high catch – 30 Chest, 30 High. If you don't have a partner use a wall and vary the throws to test your catching at different angles.

Increase the number on each exercise by 3 a day.

Hurling Skills

- Ground Strike – 30 Left & 30 Right
- Roll Lifts x 30 - challenge by counting how many Lifts in 1 min
- Jab Lifts x 30 - challenge by counting how many Lifts in 1 min
- High throw in the air and catch by jumping off the ground.
- High Throw take the ball down with 1 touch of the Hurley to the hand.
- Handpass x 30 – challenge by counting how many Handpass' in 1 min.
- Strike from the Hand – 30 left & 30 Right – Each Strike should be straight to the hand
- Strike against a wall or with a partner not taking the ball in your hand. (take one touch to control and second to strike back/pass.
- Solo – 5m, 10m, 15m Shuttle running – 3 x ball balancing on the Hurley & 3 x Ball Bouncing on the Hurley.

Increase the number on each exercise by 3 a day.

WORKOUT 2 – Strength & Conditioning

Section A

Section B

Conditioning

Running

- World's Greatest Stretch
 - Deep Squat Rotation
 - Hip Flexor
 - Tall to Squat Landing
 - Glute Bridge
- Stretches – Calves, Hamstrings, Quads, Groin & Ankles*
- **Jumping – Lateral Bounce – Double Leg over the hurdle.** 10 forward, 10 backwards, 10 to left & 10 to right. REPEAT on single leg with 5 of each on each foot.
 - **Jumping – Vertical Jump – get your knee up high to gain height.** A parent can advance your jump by throwing a ball to catch at the highest possible point.
 - **Jumping – Jump, turn & Run – on the turn be sure to alternate turning on your Left and Right side.** Do 10 on each side.

- **Bronco Runs @75% pace.**

Place cones/markers at a start line, 20m, 40m & 60m.

So, from the start line you out to the 20m mark and run back, then to the 40m mark and back and then to the 60m mark and run back. Take a 90 second break and go again.

13 & 14 years old, do this twice.
15 & 16 years old, do it 3 times and move to 4 times after 1-2 weeks.

Section c

Strength

- 16 Shoulder Taps (8 each Side)
- 3 x Plank (15 second hold each time)
- 5 x Eccentric Lowers/push ups (Hold and lower over 5 seconds)
- 5 x Push Ups (Girls can do these on their knees)
- 16 Russian Twists (8 each side) – use a football & be sure the ball touches the ground on each side.
- 20 Lunges (10 each side)
- 20 Squats
- 10 Burpees

To finish off, get 50 touches with a Hurley 7 Sliotar or a Football

To finish off – Freestyle

Get 50-100 touches with a Hurley & Sliotar or a Football

Remember: It is important to eat right during this time & to stay hydrated.
Teenage girls should drink 1.8 liters of water per day and boys 2.6 liters.



YouTube links for exercises

Workout 1 & 2

World's Greatest Stretch – <https://www.youtube.com/watch?v=-CiWQ2lvY34>

Deep Squat Rotation – <https://www.youtube.com/watch?v=enThal66tUs>

Glute Bridge – <https://www.youtube.com/watch?v=YRqoIM0u0PY>

Tall to Squat Landing – https://www.youtube.com/watch?v=g7gG_VA2SIM

Workout 2

Shoulder Taps - <https://www.youtube.com/watch?v=N1fOPufXOuY>

Plank - <https://www.youtube.com/watch?v=pvljsG5Svck>

Eccentric Push up - <https://www.youtube.com/watch?v=OuTULZ8lw9A>

Russian Twists – <https://www.youtube.com/watch?v=JyUqwkVpsi8>

Lunges – <https://www.youtube.com/watch?v=Q0VaHwm-Q6U>

Squats – https://www.youtube.com/results?search_query=squats

Burpees - <https://www.youtube.com/watch?v=dZgVxmf6jka>