

PHASE 1 – RUNNING, CUTTING AND LANDING MECHANICS

OUT



Drill 1 **JOG** 2 reps (focusing on upper body technique)

- Exaggerate arms (hands hip to lip).
- Keep chest open and head up.



Drill 2 **½ PACE RUN** 2 reps (focusing on lower body technique)

- Stay tall through the hips.
- High knee drive.
- Run off the balls of the feet.



Drill 3 **JUMP, CATCH AND LAND** 2 reps

- When landing, keep feet hip width apart.
- Land by flexing hips and knees.
- Keep knees over toes.



Drill 4 **PARTNER SHUFFLE** 2 reps

- Adopt semi-squat position.
- Keep body facing forward.
- Side step with legs.



Drill 5 **SLOW PLANT & CUT** 2 reps

- When planting, pick a spot lateral to cone.
- Drop the inside shoulder.
- Flex knee to load over foot.

IN



Drill 1 **A SKIP** 2 reps

- Co-ordinate arms and legs.
- Pick up knees and toes.



Drill 2 **ICE HOCKEY STOP** 2 reps

- Stop in a lateral lunge at each cone.
- Keep head and back straight.
- Sit down and back on lead leg.



Drill 3 **PICK UPS** 2 reps

- For Gaelic Football: alternate pick-up leg.
- For Hurling: alternate between a jab lift and a roll lift.



Drill 4 **LUNGE STOPS** 2 reps

- Decelerate from jog by dropping into lunge.
- Keep knee in line with foot and hip.
- Prevent knee from drifting forwards of toes.



Drill 5 **SQUAT STOPS** 2 reps

- From a jog, decelerate at each cone by stopping in a squat position.
- Keep feet hip width apart.
- Focus on activation of glutes and hamstrings.

PHASE 2 – STRENGTH, PLYOMETRICS AND BALANCE

Alternate between Circuits 1 and 2 on a monthly basis

CIRCUIT 1



Exercise 1 **ARABESQUE** 5 reps per leg

- Players stand 2m apart and perform Arabesques between hand passes.
- On receiving ball, player extends back leg and tilts forward, keeping a straight back.
- Keep the stance leg in a straight line.



Exercise 2 **LEG SWINGS (FRONT)** 10 swings each side

- Holding your partner's shoulder, swing inside leg forwards and backwards, in sync with outside arm.
- Keep hand high.
- Encourage good hip extension.

CIRCUIT 2



Exercise 1 **ARABESQUE** 5 reps per leg

- Players stand 2m apart and perform Arabesques between hand passes.
- On receiving ball, player extends back leg and tilts forward, keeping a straight back.
- Keep the stance leg in a straight line.



Exercise 2 **LEG SWINGS (LATERAL)** 10 swings each side

- Stand behind your partner and hold onto their shoulders.
- Swing your leg across the body from inside to out.



PHASE 2 – STRENGTH, PLYOMETRICS AND BALANCE

Alternate between Circuits 1 and 2 on a monthly basis

CIRCUIT 1



Exercise 3 10 reps – 5 reps each leg **PARTNER PUSH INTO LUNGE (STRAIGHT)**

- Player drops into a forward lunge after expected straight push in the back from partner.
- Keep front knee in line with hip and ankle.
- Land and push off heel.



Exercise 4 5 reps initially (increase to 10 over time) **NORDIC HAMSTRING CURL**

- Partner keeps feet firmly pressed to ground.
- Head, body and thighs stay in line.
- Movement should only occur in the knees.



Exercise 5 Hold for 10secs (increase to 30secs over time) **FRONT PLANK**

- Assume press-up position with hands under shoulders.
- Keep body in a straight line.
- Tighten abdominals and hold trunk stable.



Exercise 6 10 reps each side **SIDE PLANK WITH LEG LIFT – BENT KNEE**

- Flex lowermost leg to 90°.
- Keep backside tucked in and head back.
- With hips off ground, keep body straight and lift top leg.



Exercise 7 5 reps per leg **SPLIT LEG SQUATS**

- Drop back knee to the ground.
- Prevent front knee corkscrewing towards middle.
- Prevent front knee from passing toes.



Exercise 8 5 reps per leg **LATERAL HOP AND HOLD**

- Land on a slightly flexed knee with weight on forefoot.
- Upper body & hip should remain aligned.



Exercise 9 10 reps **PRISONER SQUATS**

- With feet hip width apart and facing forwards: break at hips to sit back and down.
- Aim to get thighs to horizontal.



Exercise 10 5 reps per leg **COUNTER MOVEMENT JUMP**

- From a semi-squat use arms to jump high in air.
- Keep feet hip width apart.
- Prevent knees coming together when jumping and landing.

CIRCUIT 2



Exercise 3 10 reps **PARTNER PUSH INTO LUNGE (MULTI-DIRECTIONAL)**

- Player drops into a lunge after varied push from behind.
- Prevent knee from corkscrewing in.
- Land and push off heel.



Exercise 4 5 reps initially (increase to 10 over time) **NORDIC HAMSTRING CURL**

- Partner keeps feet firmly pressed to ground.
- Head, body and thighs stay in line.
- Movement should only occur in the knees.



Exercise 5 10 reps holding for 2 secs **FRONT PLANK WITH LEG LIFT**

- Assume press-up position with hands under shoulders.
- Keep body in a straight line.
- Alternate leg lifts without losing form.



Exercise 6 10 reps each side **SIDE PLANK WITH LEG LIFT – STRAIGHT LEG**

- Lie on side and support body on elbow with bottom leg straight.



Exercise 7 10 reps **SCISSOR JUMPS**

- With hands on hips, assume split squat position and jump vertically.
- Knees stay in line with feet and hips during transitions.



Exercise 8 5 reps per leg **DIAGONAL HOP AND HOLD**

- Remember to pause after each small diagonal hop.
- Upper body & hip should remain aligned.



Exercise 9 10 reps **PRISONER SQUATS**

- With feet hip width apart and facing forwards: break at hips to sit back and down.
- Aim to get thighs to horizontal.



Exercise 10 10 reps **COUNTER MOVEMENT JUMP WITH A TWIST**

- From a semi-squat use arms to jump high in air.
- Keep feet hip width apart.
- Prevent knees coming together when jumping and landing.



PHASE 3: AGILITY & POWER

OUT



Drill 1 2 reps **3/4 PACE RUN**

- Staying tall, use arms and high knees, encouraging forefoot contacts.



Drill 2 2 reps **2 FORWARDS 1 BACK**

- With feet hip width apart, use plenty of small steps to change direction.



Drill 3 2 reps **FAST PLANT & CUT WITH BALL**

- Execute at 3/4 pace and retain good plant & cut mechanics.



Drill 4 10 reps **FAST FEET SHUFFLE: FRONT TO BACK (TWO LEGS)**

- Off forefeet, shuffle as quickly as possible front to back.



Drill 5 5 reps each leg **DYNAMIC LUNGE**

- Transfer body weight out and across from back foot to front.
- Think of knee as a spring, absorbing and returning energy.

IN



Drill 1 2 reps **HIGH SKIPS**

- Lead with a high knee to bounce high in air.



Drill 2 2 reps **BOUNDS**

- With a whole foot contact, hit the ground hard and lead with the knee.



Drill 3 2 reps **ONE ON ONE**

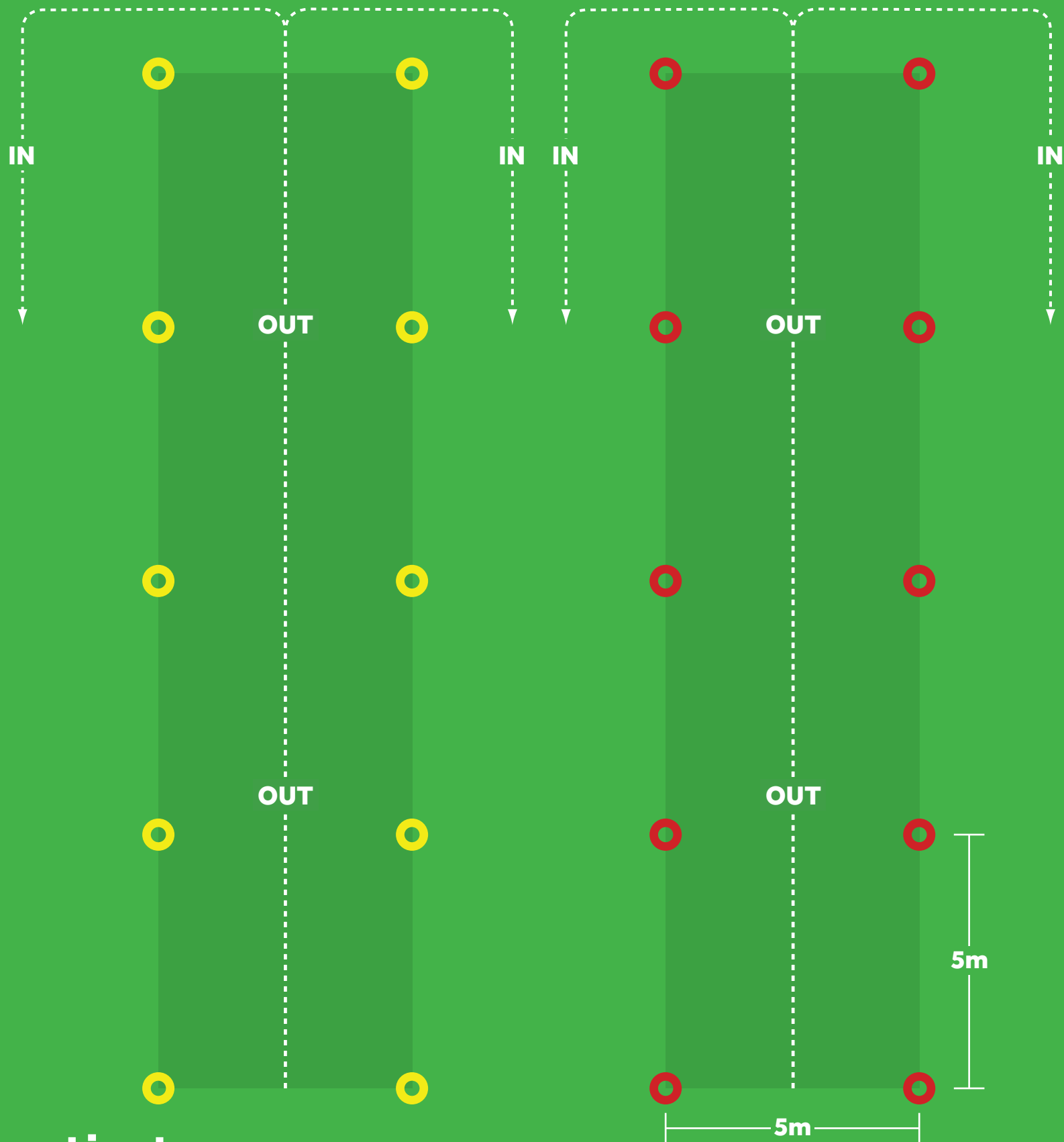
- Players should side step off right and left legs to go past partner.



Drill 4 10 reps **FAST FEET SHUFFLE: RIGHT TO LEFT (SINGLE LEG)**

- Staying solid through the hip, shuffle quickly from right to left off one leg.





activate
GAA warm-up