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|  | Agility | Balance | Co-ordination | Running | Jumping | Throwing |
| Age4 & Under | Fun games full of enjoyment helping new players feel welcome and confident as we try to encourage them to give Gaelic games a go  Physical headings above introduced through: -Simon Says -Sharks & Fishes –Traffic Lights –Collecting/Chasing balls –Basic skill circuits | | | | | |
| Age 4/5 | -chasing/evasion games in wide open space | -stand 1 leg (L+R)  -animal walking  -rope walks | -ladder work (front)  -cups & saucers (cones) | Start/stop games  -marching  -stopping | Off both legs  Forwards & backwards | Target Roll  Bowling/Skittles |
| Under7s | Encourage side step:  -chasing/evasion games  -shadow running | -hop in & out of hoops  -1v1balance game | -ladder work (side)  -skipping -dribble  -bean bag toss/solo | -running forwards, backwards  -sideways shuffle | 1 leg in a variety of directions  -jump jacks | ½ hand throwing  -dodgeball  -target throw |
| Under9s | Push off feet in a variety of directions  -zig zag relay | -one leg hopping  -hop & land on other leg | -ladder work (vary)  -ball from 1 hand to other on the move | Changing speeds  -on the spot  -relay -hurdles | Whilst running:  -power off pivot foot  -both feet off ground | Same as above but using both hands |

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|  | Speed | Strength | Flexibility | Stamina/Recovery |
| Under11s | Running Technique:  -start with opp. hand/foot forward  -hands powering from hip to lip | Intro. Body Resistant Exercise  -fun games incorporating; push, pull, squat, lunge movements | Intro. Warm up & Cool down  -basic static & dynamic stretches & explain targeted muscle group | Endurance games / activities  -relay races –ball drills  -small sided games |
| Under13s | Use of feet:  -quick footwork –short/long steps  -sudden accelerating/decelerating | Body weight circuit training for;  -upper body, legs & back  -develop core strength | Learn GAA 15 injury prevention warm up: -perform each stage correctly | Develop recovery techniques  -breathing correctly during / after sprints -hydration |
| Under15s | Multidirectional:  -game related reaction exercises  -hands and feet used in sync | -range of corestrength exercises  -S&C coach intro techniques for free weights, medicine ball | -GAA 15 before training/games  -use resistance bands to target areas for deeper stretches | Learning to pace oneself for game in its entirety  -see game out -nutrition |
| Under17s | Perfect running mechanics  -multidirectional work 5m-25m  -use strength/recovery work to aid | Perfect technique & control  -S&C coach puts together group & individual programmes | -Use both bands & foam rollers to activate muscles groups and thus improve flexibility | Balancing training, games in congested schedule –rest  –ice baths –nutrition-hydrate |

