



Please see below links to follow up Support Resources from Session 1: Physical Fitness to reinforce learning and aid future development

Physical Fitness

GAA Learning YouTube Channel (GAA Coach Webinar Series - Shane Mangan, Eamon O'Reilly, Damien Young) - <https://www.youtube.com/channel/UCulyy46ph45I9t573fa2Aww>

Camogie Injury Prevention Warm-up - <https://learning.gaa.ie/camogieinjuryprevention>

Fundamental Movement Skills - <https://learning.gaa.ie/abc>

Have a Ball - <https://learning.gaa.ie/haveaball>

GAA Coaching Conference 2018 - <https://learning.gaa.ie/sites/default/files/Croke%20Park%20Conference.pdf> (Adolescent Athletic Development by John Murphy)

Warm Up's

[Camogie Players | GAA DOES](#)

Speed & Agility

Fundamental Movement Skills (A, B, C's)

<https://learning.gaa.ie/abc>

GAA Agility Drills

<https://learning.gaa.ie/planner>

<https://coachingyoungathletes.com/2017/05/04/a-sample-sprints-lesson-plan-for-coaches-of-kids/>

www.simplifaster.com

Fitness Drills & Fitness Games

Partner Resisted Exercises <https://australia.rugby/participate/coach/coaching-resources/coaching-videos---compete-and-perform/compete/physical-development>

Camogie Injury Prevention Warm-up

<https://learning.gaa.ie/camogieinjuryprevention>

GAA E-Learning

<https://learning.gaa.ie/>

