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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 goPhysical 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 legsForwards & backwards | Target RollBowling/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 |

