

BUILDING PHYSICAL SKILLS



***A Strength and Resistance Training
Manual for Young Players***



By Gerard O Connor & Barry Horgan

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GRAB THE BALL

INSTRUCTIONS

- ▶ Players work in pairs with a ball between them. The aim is for each player to try win possession.



COACHING CUE ▶ Do not lift partner ▶ Start when both players are ready

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HELP UPS

INSTRUCTIONS

- ▶ Player A lies on his back on the ground as his partner stands at his feet facing them. Partner then assists him to his feet by pulling using one arm. Repeat with opposite arms.



COACHING CUE ▶ Players should have knees slightly bent
PROGRESSION ▶ Player on ground can only plant one foot to get up

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THE STAMP

INSTRUCTIONS

- ▶ Here one player lies down on the ground with arms and legs spread out. The other player attempts to lift parts of the "stamp" off the ground.



COACHING CUE

- ▶ Hold leg/arm in place once lifted in the air
- ▶ Stop if player is shaking excessively

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TOE TO TOE SQUATS

INSTRUCTIONS

- ▶ Facing towards each other, player A & B sit down with the soles of their feet flat on the ground and toes touching. Feet hip width apart. In a seated position, facing your partner, grab their hands/wrists. In one motion, sit up, pull/row until you stand upright together and then sit back down together for one rep.



COACHING CUE

- ▶ Soles of feet flat on ground
- ▶ Stand up and sit back down together in one movement

OTHER PUBLICATIONS FROM THE DUBLIN GAA COACHING DEPARTMENT

Ready To Play • “Ready to Play” is a much needed resource which has everything you need to plan, prepare and successfully implement nursery programmes in any club. This book is packed with top tips and useful practical advice for your nursery activities.

Available from the Coaching Dept for €6.99



Give us a Game • “Give us a Game” is the latest book with a collection of over 200 Games for football and hurling appropriate for all ages and abilities. The reason we play games is to get players to work together as a team and understand what to do and how to do it.

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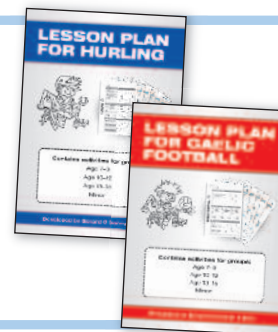
Wall Ball • This wall ball resource for football and hurling provides a range of activities that can be incorporated into any coaching session to improve individual practice. No amount of motivating will make up for the lack of ball control. At the wall, the coach can set targets for individual players and teams of three and fours. This resource is packed with simple tips for improving first touch and basic control.

Available from the Coaching Dept for €5 per manual.



Lesson Plan • A series of sample lesson plans appropriate for players from 7 to 18 years of age both in football and hurling. These lessons include such activities as warm-ups, skill drills and game based training recommended for each specific age. Each lesson plan focuses on a particular skill and develops that skill throughout the session. The lessons are fully illustrated to help coaches understand the activities. A total of 12 football and 12 hurling lessons are available.

Available from the Coaching Dept: Football pack €10, Hurling pack €10, Both €15



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