

# Learn to Train

## Warm Up and Flexibility Activities

Ulster GAA

Coaching & Games Development

[www.ulster.gaa.ie](http://www.ulster.gaa.ie)



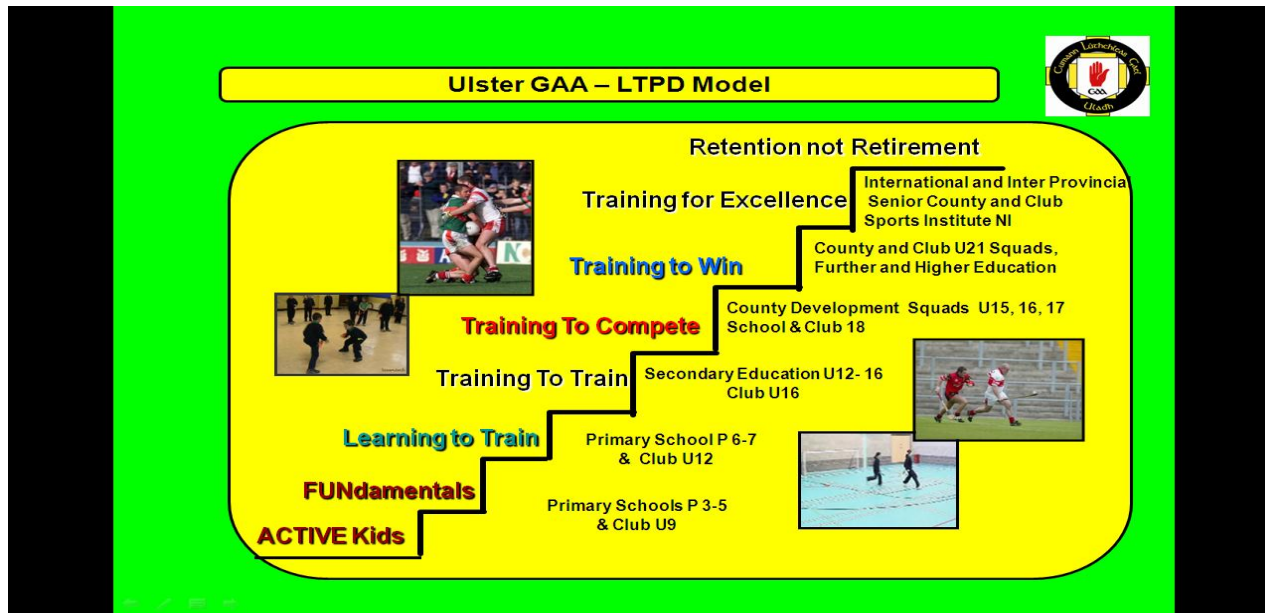
# Ulster GAA Coaching Resources



## Introduction:

Ulster GAA has, for many years been working at the forefront in the production of resources to develop our players as they progress along the 'Long Term Player Development Pathway' (LTPD).

Our experience has led to the original LTPD model being extended to include development of a younger age group through a Foundation, Key Stage One & Key Stage Two programme that complements the original 'Fundamentals', 'Learn to Train' and 'Train to Train' stages of the player development pathway.





As part of our on going support to teachers and coaches a series of coaching resources from our manuals can now be purchased from the Ulster GAA website [www.ulster.gaa.ie](http://www.ulster.gaa.ie) to assist with the preparation of classes and coaching sessions that will challenge and improve students and players alike.

The sessions come in a structured format with progression from age 5-6 years through to adult. Rather than having to purchase an expensive manual coaches/teachers can now purchase only those sessions that will be relevant to the age group that they are coaching/teaching.

All sessions are easy to download and can be paid for using the on line Pay Pal account on the Ulster GAA home page. To download a session, simply identify the age group you are working with and the type of sessions that you would like to use to develop your class/team e.g. A teacher working with a group of Primary 3 pupils on handling skills should click on Key Stage One followed by Handling, the sessions will then be automatically downloaded to the teacher's computer following payment of the appropriate fee. Each session can be printed out or retained on the computer where a bank of resources can be built up over time.

# Available Resources



## Key Stage One - Ages 5-8

Handling Lessons	32 Lessons + End of Stage Tests
Kicking Lessons	32 Lessons + End of Stage Tests
Striking Lessons	32 Lessons + End of Stage Tests

## Key Stage Two – Ages 8-11

Football Lessons	25 Lessons + End of Stage Tests
Hurling Lessons	29 Lessons + End of Stage Tests



## Gaelic Start – Ages 4-9

<b>Free Introduction – 44 slides</b>	<b>Warm Up Activities - 44 cards</b>
<b>Stretches - 22 cards</b>	<b>Additional Hurling &amp; Football Skills &amp; Games – 30 cards</b>
<b>Stations - 34 cards</b>	<b>Activity Planner - Weekly sessions – 36 weekly sessions for U-6 &amp; U -8</b>
<b>School/Home Activities - 39 cards</b>	<b>Family of Games - 31 cards</b>

## Fundamentals – U.6 to U.9

<b>Free Introduction</b>	<b>17</b>		
<b>ABC's – (Agility, Balance &amp; Co-ordination)</b>	<b>37</b>	<b>RJT – (Running, Jumping &amp; Throwing)</b>	<b>45</b>
<b>Kicking Activities</b>	<b>28</b>	<b>Catching &amp; Passing Activities</b>	<b>46</b>
<b>Fundamental Games</b>	<b>41</b>	<b>Striking Activities</b>	<b>38</b>



# Learn To Train – U.9 to U.12

Free Introduction	46		
Speed & Aerobic Training & Strength Training	44	Games for better team play & Tactical awareness	26
Nutrition, Hydration & Mental Training	16	Coaching skills & Code of conduct	18
Warm Up & Flexibility Activities	29	The Skills of Gaelic Football	52
Planning for games & Let's Go Games	24	The Skills of Hurling	49



# Train To Train – U.12 to U.14

Free Introduction	13		
Conditioning & Core Strength Activities	37	Speed & Stamina Activities	32
Strength & Medicine Ball Running & Jumping	40	Principles of Play, Football Activities with a Purpose & Technical Development (Football)	56
Lifestyle Issues & Mental Skills Training	21	Principles of Play, Hurling Activities with a Purpose & Technical Development (Hurling)	43

# Warm ups....THE REASON WHY?

## Part 1: Pulse Raising:

- ✓ Use a warm up in the introductory part of your session to prepare children physically and mentally for the session
- ✓ A pulse raising activity is where heart rate is gradually raised using tasks like running, jumping etc. to warm up the muscles
- ✓ Start gently with walking and progress through jogging and finish with high pulse raising activities e.g. jumping or tag games
- ✓ Ideal opportunity to coach good running technique and spatial awareness. Encouraging players to move ABOUT rather than running AROUND the work area
- ✓ Spend time on coaching them how to stop quickly and move off in different pathways i.e. cutting
- ✓ Take them through the progressive stages of jumping
- ✓ Failure to learn these movement skills from an early age will find learning the CPKS (Catching, Passing, Kicking and Striking) skills and games much more challenging

## Part 2: Mobilising:

Here the joints are mobilised i.e. 'oiling' them immediately after each pulse raiser to help them focus on the next task

- ✓ Mobilising – occurs when the limbs are gently turned at the joints of the body e.g. swinging the arms around or rotating the shoulders
- ✓ There is no need to use stretching with young children i.e. under eights
- ✓ Ladders and small hurdles may be used to help develop good coordination skills and help to warm the children up



**Ladders and Hurdles**  
Develop Co-ordination and facilitate WARM UP



**Running & Stopping**  
Develop ABC's and facilitate WARM UP

# Warm ups....ABC, RJ in WARM UP?

- ✓ **Agility** shares with **coordination** the need for **precision, speed, rhythm, fluency and economy of energy** but differs from **coordination** in that coordination involves **linear movements**.
- ✓ While **agility** requires **explosive changes in direction**. It is not easily defined as it is the culmination of nearly all the physical abilities the athlete possesses.
- ✓ There are three different types:
  - a. Rapid movements of body parts** that control movements of implements in sports e.g. hurling, tennis etc.
  - b. Whole body horizontal changes in direction** e.g. evasive techniques e.g. sidestep.
  - c. Whole body vertical changes of direction** e.g. jumping.
- ✓ Balance is the ability to be in control at all times especially when under pressure from the opposition when on the ball or shooting.
- ✓ For a player to have good balance he/she must possess good core stability which can be developed through Swiss/fit ball and medicine ball exercises.
- ✓ Coordination – A player is said to have good coordination when he/she can master all the other skills. Coordination skills can be developed and improved during this phase using Ladders and small hurdles.



**Wall Tag**  
Develops Evasion and facilitates WARM UP



**Tackle Bags – FUN and facilitates WARM UP**

# Warm ups....THE REASON WHY?

## Part 3: Stretching:

- ✓ The third part of a warm up involves dynamic stretching and may be introduced gradually at this phase
- ✓ These involve moving the limb to where a slight stretch is felt a set number of times
- ✓ Ball activities should also be included to help prepare the neuro-muscular system i.e. react better to a ball
- ✓ It may also be used to recap previously acquired skills
- ✓ A warm up can last from 5 - 8 minutes
- ✓ As running in Gaelic games involves multi directional movement i.e. short runs with lots of directional changes your warm ups should include these types of movement.
- ✓ Always start with easy jogging with lots of changes into the free spaces as this encourages peripheral vision as they move about
- ✓ When they stop get them to point out any available free spaces not used and where there are a lot of players standing close together
- ✓ Point out to them that the players in the free spaces are better positioned to receive a pass if it were a game situation
- ✓ Each time they stop mobilise a different part of the body e.g. start with the arms and work down through the shoulders, waist, knees and ankles
- ✓ Use different challenges in your pulse raising e.g. if they are successful at running into spaces forwards challenge them to run sideways and then backwards or with changes of directions i.e. forwards into one space, sideways into the next and backwards into the next etc.
- ✓ Use visual signals as they run to challenge their scanning e.g. hold up coloured domes to which they must react i.e. red = stop, green = go and yellow = run on the spot etc.
- ✓ Use audible cues e.g. 'One' = Forwards, 'Two' = Sideways and 'Three' = Backwards etc.
- ✓ These activities help to prepare the players mentally for the rest of the session
- ✓ Tag games are ideal for developing reaction speed and game specific movements
- ✓ The last pulse raiser should represent a game related activity e.g. pairs chasing one another and should be as close to the game starting as possible

# Warm ups....JUMPING?

- ✓ As jumping is a vital skill for gaining possession of the ball it should be used often in your warm ups.
- ✓ Jumping like any other skill must be coached

Coach the five basic jumps:

- ✓ 2-2, 1-2, 1-1 (Leap), 1-1 (Hop), & 2-1
- ✓ Use small objects like hoops to jump over, into etc.
- ✓ Add shapes to your jumps e.g. wide, long, round etc.
- ✓ Add ball to jumps
- ✓ Add Turns in your jumps
- ✓ Add pressure as you jump i.e. opposition



- ✓ Jumping is probably one of the least coached skills in Gaelic games

The 4 Phases are:

- ✓ Run Up
- ✓ Take off
- ✓ Flight Phase
- ✓ Landing
- ✓ High skips are excellent exercises for developing good technique for jumping
- ✓ This is best achieved by having the players moving around the outside of the playing area executing their jumps
- ✓ Players should be coached to jump without a ball before introducing the ball
- ✓ Always coach jumping from a stationary position before adding a short run up
- ✓ Players must be confident jumpers of either foot and two feet before jumping to catch a ball should be introduced. This is a perfect example of children having a good fundamental vocabulary before introducing sport specific skills.

Take Off



# Warm ups....JUMPING?

Group jumps: Line players up along the side of the pitch

- ✓ Use a 2 stride run up i.e. take two strides and jump off one leg and land on two
- ✓ Encourage a bent leg in preparation for take off but a straight leg at take off
- ✓ Use a heel toe take off i.e. roll from your heel onto your toe for a good drive off the ground
- ✓ Drive your knee upwards at speed as you drive the hips forward and up
- ✓ Swing your arms up as you take off with bent elbows and straighten them at the top of your jump
- ✓ Aim to catch the ball in front of your head by driving the arms vigorously towards the ball
- ✓ The ball should be caught with a slightly bent arm
- ✓ Bend your legs on all landings to absorb the shock
- ✓ Repeat above off three or more strides before extending your run up
- ✓ Land Running – Stress the importance of landing running i.e. as you land don't stop but attempt to land on the foot you took off from
- ✓ It will take many repetitions before children become proficient at jumping so be patient
- ✓ If our players were coached to take the high catch there would be far less 'broken' ball in our games

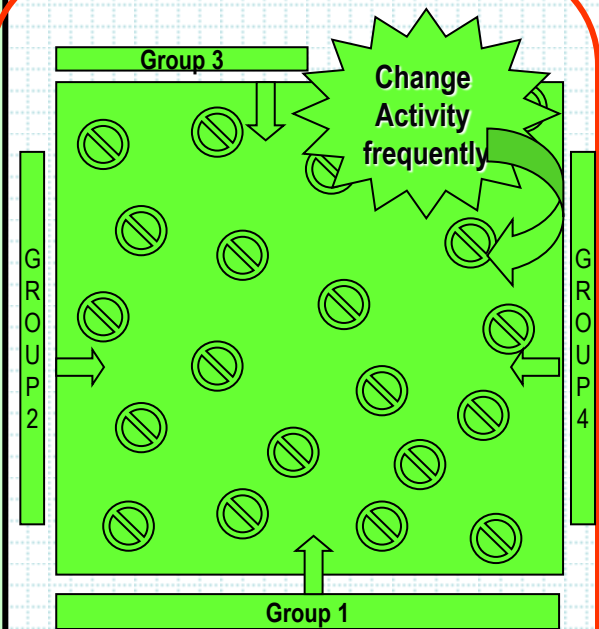
# Warm ups....ABC, RJ in WARM UP?

Use fun activities in your warm ups to help create the right atmosphere for the rest of the lesson

## Exercise 1: HOW TO PLAY:

- ✓ 10m square grid (or larger depending on nos.)
- ✓ Collapsible domes (multi-markers) of different colours
- ✓ Run about the free spaces without touching any of the domes – moving forwards
- ✓ Move sideways, **backwards** looking over your shoulder
- ✓ **Stop on command**, 'Are you in a space by yourself'?
- ✓ **Point to the spaces** and move there
- ✓ Step on two landmines of **different colours**
- ✓ Move but try to stay in a space of your own – spatial awareness (each one to their own dome)
- ✓ **Divide players into 4 groups and place around grid as shown**
- ✓ On signal Groups 1 & 2 attempt to cross the 'Minefield' without touching the 'mines' (domes) or any of their friends
- ✓ Allow 4 groups to attempt above
- ✓ Repeat above with a ball – solo, dribble etc.

**Key Focus: Spatial Awareness, Agility, and Dodging Skills**



**Landmines**

**Warm ups....ABC, RJ in WARM UP?**

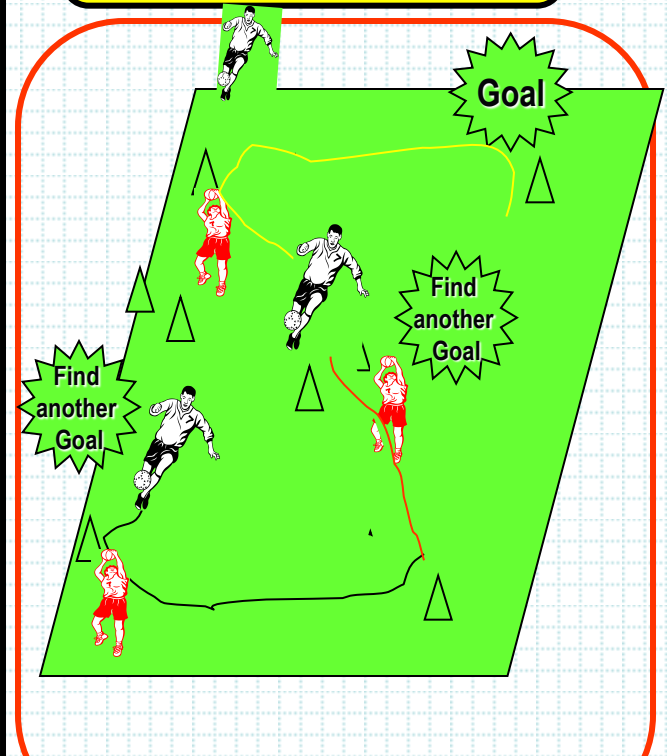
## Exercise 2: Find a Goal

- ✓ 10 Players in pairs in grid 30m x 20m (Bigger for Striking)
- ✓ Each pair sets out two cones (same colour), 2m apart
- ✓ Punt/strike ball to each other through goal-cones
- ✓ Move and repeat around five sets of goals to finish.
- ✓ When a ball is passed through one goal the receiver solos off to another and passes through, the receiver must anticipate which goal the ball carrier is going to and be ready to receive the pass
- ✓ Who can score 5 Goals first?
- ✓ Pick two players to act as goalkeepers. They move and block goals, the other players must find the free goals to make a score

### Exercise 3: Modification - Cross Fire

- ✓ One player from each pair moves outside the grid and returns passes to their partner inside the grid through the goals (make them wider if needed)
- ✓ Change roles after a set time
- ✓ Use both feet or strike from both sides in above games

**Key Focus: Movement**  
**Punt pass/Ground Strike**  
**Facilitates warm up**



**Find a Goal - Target**

# Warm ups....ABC, RJ in WARM UP?

Link sport specific skills with the already acquired fundamental skills

## A. Attacking Agility Skills

Evasive Foot Movement **Skills should involve :**

- ✓ Dodging
- ✓ The Side Step
- ✓ The Feint and Side Step
- ✓ The Swerve
- ✓ The Roll
- ✓ Ball Feints – Here the player moves the ball across his body to out wit an opponent
- ✓ The 'Solo Dummy' – Here the attacker pretends to solo or punt the ball but taps it back to himself while his opponent attempts to block
- ✓ Players should be coached all these skills so that they may use which ever is appropriate for the occasion
- ✓ Many players have only one evasive technique in their armoury and thus are easily marked in a game
- ✓ The coach must coach these evasive skills in the order above as they follow a progressive order of difficulty
- ✓ Some players will learn them quicker than others so do not hold them back
- ✓ Use conditioned games to observe your players before stopping to coach the skills



Learning the Feint and Side Step



# Warm ups....Attacking Agility Skills in WARM UP?

## Exercise 1: Basic Drills: Spaced out domes

- ✓ Run and dodge – Travel about the free spaces while executing a dodge every four or five strides using the spaced out markers
- ✓ Drop their shoulder on the side they hope to dodge off. Bend the knee slightly, lowering the shoulder and driving off the opposite leg.
- ✓ Challenge - dodge off the other foot – run faster as you perform the dodge
- ✓ Repeat above while soloing etc.

## Exercise 2: Basic Drill: Dodge the Stationary Player

- ✓ Half the players stand in a free space while the other half use them as 'obstacles' to dodge pass
- ✓ Use both feet to dodge. Use your dodge about two steps back from the 'obstacle'
- ✓ Who can make 5 Dodges first? Change roles. Dodge to both sides

## Exercise 3: Intermediated Drill: Dodge ball

- ✓ Repeat Task 1 & 2 above with a ball- Solo before you dodge and bounce the ball after you dodge. Start slowly and then speed up as skill improves.
- ✓ Who can accomplish the most successful dodges in 10 seconds?

## Exercise 4: Intermediate: Partner Dodge Ball

- ✓ Ask the group to pair off and number themselves 1 & 2. One ball between two players
- ✓ All the Nos. 2's go and stand in a free space while the No. 1's are asked to use their previously acquired dodging skills to evade their team mates
- ✓ Use a solo a few steps before your team mate and a low bounce as you go pass him
- ✓ Who can make the most dodges in 10 seconds? Change roles. Ask the defender to add slight pressure



Spaced out domes  
Dodging Skills



Using class mates  
to Dodge

# Warm ups....Attacking Agility Skills in WARM UP?

## Exercise 5: Intermediate: Double Dodge Ball

- ✓ Each pair has a ball and stands opposite each other about 5m apart
- ✓ They walk towards each other soloing the ball, dodge to the right, bounce the ball and continue to their partner's original position before repeating the sequence
- ✓ Repeat above while dodging to the left
- ✓ Repeat above while running and then as fast as possible
- ✓ Who can make 5 dodges first?
- ✓ Safety: Make sure both players are clear they know which way to dodge

## Exercise 6: Advanced: Pressure Dodge

- ✓ One ball between two.
- ✓ The player with the ball attempts to dodge past his friend who attempts to stop him with his body only i.e. he must keep his hands behind his back. Stress the importance of good feet technique.
- ✓ Change roles
- ✓ Allow the defensive player to use one hand only and eventually two hands
- ✓ The task may be made more realistic by challenging the players to finish with a shot at goal

# Warm ups....Defensive Agility Skills in WARM UP?

- ✓ All good defenders possess exceptional defensive footwork
- ✓ Defenders must be coached to keep their centre of gravity low by -
- ✓ Bending their knees with bottom low
- ✓ Keeping their back straight with head up focussing on the attacker and the ball at all times
- ✓ Stance: One foot behind the other especially when 'back tracking' i.e. moving backwards
- ✓ Balance: Arms slightly bent and out to the side
- ✓ If the attacker goes to pass on your right keep your right foot behind and vice versa if he goes to pass on the other side
- ✓ Never cross your legs
- ✓ Stay at least arms length from the attacker so you can react to his body movements but ...
- ✓ Be ready to snatch the ball when it is free i.e. on the solo or bounce
- ✓ If he passes pivot on your back foot and move along side to make the challenge
- ✓ Never 'dive' in and remember the 3 'D's – Delay, Deny and Disposes



Agility to Execute  
Defensive Skills



# Warm ups....Attacking Agility Skills in WARM UP?

## Exercise 8: Pass & Follow

- ✓ 3's One attacker attempts to evade two defenders spaced 5m apart
- ✓ When the attacker goes past the last defender s/he passes back to the first defender who becomes the new attacker
- ✓ Work across the pitch leaving 5m between each group

## Exercise 9: T-Drill

- ✓ Set 4 cones each 5m apart in the shape of a T
- ✓ First player starts at the bottom of the T and sprints forward to middle cone where he moves sideways and plants at end cone moves back to cone at other end plants again before returning to the centre where s/he cuts forward for the start cone

## Exercise 10: The X Run

- ✓ Place 4 cones 10m apart in a square with a cone in the middle
- ✓ Start at bottom left sprint to middle cone and then move sideways to your left to top left cone before planting and moving sideways with your right shoulder leading to top right cone
- ✓ Make a cut at this cone and sprint to middle cone before moving sideways to the bottom left cone and finishing moving sideways to start cone

Make up your own drills for cuts and plants. A cut takes place with a change of direction with the player suddenly sprinting forward in a new direction. A plant occurs when the player is moving sideways, plants his outside foot and pushes off in a different direction.

# Warm ups....Coordination Skills in WARM UP?

- ✓ Coordination involves the combination of limb movements all working together to help the body move
- ✓ Develop the basic movements without ladders initially as this promotes keeping the head up
- ✓ When the basic skills have been acquired ladders may be used to further develop good coordination skills
- ✓ Work on the feet initially before linking in the arms and finally combine the two together
- ✓ Use linear movements first before developing multi directional movement
- ✓ Key Coaching points:
  - ✓ Always use the 'ball' of the foot for light foot contacts
  - ✓ Make minimum contact with the ground
  - ✓ Keep back straight with the head looking forward
- ✓ Walk through the new task before introducing marching, skipping and finally running
- ✓ Technical ability always comes before speed
- ✓ Work on the feet before introducing the ankles and then the legs
- ✓ Move forwards before moving sideways and finally backwards
- ✓ Introduce hurdles to further develop skills and finally introduce the ball
- ✓ Use combination of ladders and hurdles to further challenge their skills
- ✓ When working with ladders have a run out space of 5-10m where the drill may be continued with the head up before sprinting off at full speed for 10 – 15m



# Warm ups....Coordination Skills in WARM UP?

## Feet Tasks:

- ✓ Divide group up into lines of four, spaced 2-3 m apart
- ✓ Leave a good space of 3-4 m behind each child to allow for different skill abilities
- ✓ Do not use ladders initially until skill becomes well established
- ✓ Let children experiment travelling on different parts of their feet to discover the most advantageous part to run on .i.e. heels, toes, flat feet, insides and outsides
- ✓ They will find that the 'balls' (the part of the foot between the toes and the middle part of the foot) are the best parts of the feet to move on

### 1. Toe Up Walk:

- ✓ Walk on the balls of the feet with the toes up
- ✓ The heels should not touch the ground
- ✓ This is a good calf stretch
- ✓ Speed up the walk so the balls are in contact with the ground for as short a period as possible

### 2. Short Striding – Ankles

- ✓ Walk with little steps with toes up as quickly as possible
- ✓ Make minimum ground contact
- ✓ Use light foot movements

### 3. Heel Flicks:

- ✓ Hold wall with one hand and swing one leg back to flick your heel up to your bottom
- ✓ Repeat with the other. Use partner if there is no wall
- ✓ Bring your knee up and through as quickly as possible. Imagine a bar at knee level over which you bring your knee at speed



Imagine a bar at  
knee level



Heel Flicks:

# Warm ups....Coordination Skills in WARM UP?

- ✓ Build up speed gradually as skill progresses
- ✓ Link the arms as technique improves i.e. opposite arm to opposite leg
- ✓ Bring the toe over the knee to help increase stride length. Stand initially and work one leg at a time
- ✓ Aim for a smooth circular motion
- ✓ Walk/march and then jog/run
- ✓ Bend at hips – forward lean

## 4. Skips: Helps to develop foot, ankle, knee and hip coordination with maximum speed and minimum foot contact.

- ✓ On the spot initially
- ✓ Use ball of foot to push hard of the ground with minimum ground contact
- ✓ Keep the toe over the knee with fast recovery of leading leg i.e. get it down onto the ground as fast as possible
- ✓ Back leg straightens for power drive i.e. load the ankle quickly
- ✓ Aim for control and rhythm before introducing speed
- ✓ Under Striding: Helps to speed up leg strides
- ✓ Use short fast strides with the feet just coming of the ground
- ✓ Move the arms as fast as the legs
- ✓ Keep your back straight with head up



## 5. Over Striding: Used to increase stride length and should always be used in conjunction with under striding

- ✓ Aim to take big long strides increasing your stride length with every stride
- ✓ Drive your knees as high as possible
- ✓ Use opposite arm to opposite leg to help drive the upper body forward
- ✓ Use short distances initially before increasing the distance as strength and coordination improves

# Warm ups....Coordination Skills in WARM UP?

## 6. Long Backward Strides:

- ✓ Aim to run backwards taking big long strides
- ✓ Keep your toe up, heel up and knee up
- ✓ Imagine you are stepping back through a window
- ✓ Grab the foot quickly under the body with each stride

## 7. Wall paper scratch:

- ✓ Aim to run a short distance 10/15m with your legs as straight as possible i.e. imagine there is wall paper on the soles of your feet and you are scraping wall paper off the wall

## 8. Sumo Walk: (Helps to develop good groin flexibility)

- ✓ Aim to walk by bringing one leg like a sumo wrestler out and around to the side before stepping in front of the body
- ✓ Repeat with other leg etc.

## 9. Up and over: (Helps to develop good groin flexibility)

- ✓ Run sideways to the right lifting your left leg as high as possible as if you were lifting it up and over a wall which is gradually getting higher and higher
- ✓ Repeat moving to your left lifting the right leg

## 10. Pitza Run:

- ✓ Aim to run as straight as possible while holding both arms out in front of the body
- ✓ Repeat above while attempting to run around a bend with your arm nearest the bend out in front using the other arm to guide you round
- ✓ Repeat above while holding the other arm out in front



Wall paper scratch



Pitza Run

# Warm ups....Arm Coordination Skills in WARM UP?

## Arm Tasks:

- ✓ The arms must move at the same speed as the legs, otherwise there will be a decrease in speed.
- ✓ Key points:
- ✓ Arms should drive to and froe in a straight line and not cross the body i.e. belly button
- ✓ The elbows should bend at 90° just past the hips i.e. hip to chin
- ✓ The shoulders should be stable with no rotation i.e. imagine a bar across your shoulders
- ✓ The hands should be relaxed i.e. imagine you are holding a coin between your thumb and fore finger. your jaws should be relaxed i.e. 'jelly jaws'
- ✓ Drive the hands behind the hips – opposite hand to opposite knee

## 1. Arm Drive:

- ✓ Sitting – Sit tall with straight back and head looking forward.
- ✓ Through the Gears – Start slowly in first gear to get the proper arm action i.e. elbows snap back and drive forward at speed
- ✓ If they get to fifth gear their bottoms should be coming off the ground

## 2. Partner Snap Backs:

- ✓ 2's one partner stands behind the other with both hands up ready to receive his/her partners, elbows as they snap them back. Change roles
- ✓ Repeat above while walking/jogging/running and skipping

## 3. Through the Gears:

- ✓ Standing still start of moving your arms slowly i.e. first gear
- ✓ On signal move them a little quicker second gear
- ✓ Repeat above until you get to fifth gear when the arms should be moving as quickly as possible
- ✓ Keep good form through out i.e. elbows coming just past the sides with hands coming to cheek with relaxed hands
- ✓ Once the arm action is established the leg action should be introduced since the arms must move at the same speed as the feet.



Partner Snap Backs

# Warm ups....Multi Directional Skills in WARM UP?

## Ladder Coordination:

- ✓ Multi directional movements should be introduced after lateral development as most team games involve chaotic movement i.e. movements in all directions
- ✓ These involve 'First Step Quickness' i.e. initial movements in all directions from a stationary or travelling position
- ✓ Here spatial awareness as well as good posture, balance and body alignment are essential and must be coached to produce effective and efficient players

### 1. Carioca:

- ✓ Here one leg moves behind the other as the player moves sideways
- ✓ Use short steps, reach with the knee and rotate the hips
- ✓ Keep the shoulders square



### 2. Lateral Skips: To help develop turning and sprinting off quickly.

- ✓ On the spot initially before introducing movement
- ✓ Don't cross the legs
- ✓ Skip land and push off one leg initially
- ✓ Stay square
- ✓ Skip and Cut:
- ✓ Skip on the spot – Bring your right knee up to your left hand
- ✓ Cross over, pivot and land
- ✓ Shorten rotation of leg i.e. toe up and over the high knee
- ✓ Backward sumo walk: Helps prevent groin strain.
- ✓ Walk backwards pulling knee up and back rotating at the hips, plant foot and repeat with the other foot



Carioca

# Warm ups....Fast Feet Skills in WARM UP?

## Fast Feet:

The ladder may be introduced now to develop better coordination and limb alignment. The Feet control your speed and not strength. Repetition is needed to help master the brain and the feet as they are furthest from the brain. Use lateral before sideways movement.

### Key Coaching Points:

- ✓ Keep feet in front of the body
- ✓ Head down initially but continue drill out of ladder for 5-10 m with the head up
- ✓ Players should be able to go through the ladder eventually with the head up
- ✓ Use light feet by travelling on the balls of the feet
- ✓ Keep your shoulders square
- ✓ Your arms should be working in opposition to the legs

### 3. One in One out:

- ✓ Use one foot in each square initially leading with the right foot and the next time with the left foot
- ✓ Tap square quickly with the ball of the foot

### 4. 2 In 1 Out:

- ✓ Use a two foot in action i.e. aim to place both feet in each square leading with the right across one way then the left leads back across the other way. Place one foot only outside the next square each time

### 5. Inky Shuffle:

- ✓ Running forwards place one foot in each square and one foot outside the square changing the feet each time by bringing the leg across the body



# Warm ups....Hurdle Skills in WARM UP?

**Hurdles:** May be used to further develop stride mechanics and strength development.

## 1. One foot strides:

- ✓ Use short fast strides to run through spaced out hurdles placing one stride between each hurdle
- ✓ Pick knees up to 90°
- ✓ Drive elbows back forcibly behind and bring hands forward to chin
- ✓ Two foot strides:
- ✓ Aim to take two strides between each hurdle
- ✓ Lead with the right and then the left foot

## 2. Dead Leg Run:

- ✓ Use inside leg only to hurdle with while keeping the outside leg as straight as possible
- ✓ Repeat with other leg
- ✓ Travel sideways over the hurdles lifting each leg at a time over the hurdles
- ✓ Repeat on the other side
- ✓ Use one foot and then two foot touch downs

Hurdles may also be used to develop leg strength as follows:

## 3. Side Jumps:

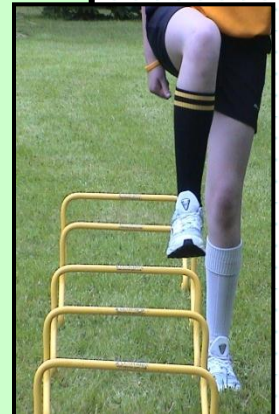
- ✓ Stand side ways to hurdle and jump sideways over the hurdle
- ✓ How many can you do in 15/30 seconds

## 4. Repeat above while jumping to and froe

- ✓ Repeat above two tasks while jumping over a number of hurdles. Start with a few and add more as strength improves

## 5. Increasing Jump Hurdle:

- ✓ Start with the first two hurdles close together and gradually increase every other hurdle so the player has to jump further between each hurdle



Dead Leg Run