

Ulster GAA



Being Flexible for Strength CDP

This Workshop is for Coaches working with Male and Female Players aged 13-Senior.
This workshop is a great point of start of coaches and players with little knowledge of what exercises and techniques to use in the area of Strength and Conditioning. The workshop uses minimal equipment as to cater for all clubs needs.

The session is broken into 2 parts

1. Resistance Training
2. Stretching



Exercise	Stage 1	Stage 2	Stage 3 (Overall Level 1)
SQUAT	Air Squat from Choir	Air Squat to Chair	Air Squat
LUNGE	Split Squat from Bottom	Split Squat	Reverse Lunge
PUSH	Push ups hands on Wall or box	Push ups from Floor	Push ups hands on ground
PULL	Incline Row with bent knees	Incline row with straight leg	Incline row with feet on box
FRONT PLANK	Front Plank from knees	Front Plank	Front plank moving 1 leg
SIDE PLANK	Side plank on knees	Side Plank against Wall	Side Plank
GLUTE BRIDGES	Double leg Glute bridge with shoulders on bench	Double leg glute bridge	Double leg glute bridge with marching feet
HINGING	Hinge to touch buttocks of wall	Walters Bow	T-Balance with 1 leg against wall
LATERAL LUNGE	Lateral lunge to box & wall	Squat to lateral lunge	Lateral Squat
STEP UP/ SINGLE LEG STABILITY	Mountain Climbers with hands on Bench	Step up to box at knee height	Single leg Squat to box

Sets, Reps and Weight?




- Begin with Exercise learning, and get this right!

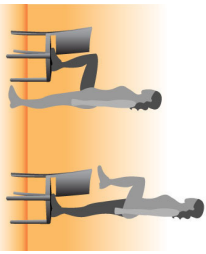
How Often?


- Split the Exercises into 2 sessions per week as below:


Session 1 Bilateral Movements	Session 2 Unilateral Movements
SQUAT	LUNGE
PUSH	LATERAL LUNGE
PULL	SIDE PLANK
FRONT PLANK	HINGING
GLUTE BRIDGES	STEP UP/ SINGLE LEG STABILITY

Lower Extremity Exercises


Squatting	Technical Points	Common Faults	Cues	Corrections
	Ankle, knee & hip alignment	Failure to keep knee, hip & ankle alignment	incline space between their knees	Band around knees
	Neutral lumbar spine	Loss of Neutral Lower back	Push Chest forward Stick their bum out behind them	Teach neutral spine - Cat/camel Progressive box squatting Put hands over the head
	Hips below knee	Lateral Shift to one side		Use band to pull them to that side
	Torso parallel to shin	Torso leaning over too much	Get athletes to stay tall Band ankle, knee & Hip Elevate their heels to teach feeling	Use a counterbalance Place hands over head Elevate heels to teach feeling of bending
	Feet flat on the ground	Inadequate depth Ankle comes off the ground	Sit their bums on their heels. Make space between knees for the hips push their feet through the floor	Use a box at the height they can squat to while keeping neutral back. Work through lunge progressions
Lateral Lunge	Technical Points	Common Faults	Cues	Corrections
	Shoulders directly above hips	Failure to keep 90/90 at knee	Sit their hips down Keep knee above ankle	Lunge from the bottom up using a met place a bench in front of their shin Use a band to pull them to weak side. This will allow learning to stabilise
	Front knee above ankle at all times	Failure to keep front knee, hip & ankle alignment	Go straight up and down Focus on knee stability	Place hands & elbows behind head
	Back knee below hips at bottom	Torso inclined to far forward	Keep Tall	
	Ankle, knee & hip alignment	Loss of Neutral		Teach what neutral back feels like.
	Neutral lumbar spine	Lower back		Cat/Camel
Lateral Lunge	Technical Points	Common Faults	Cues	Corrections
	Toes parallel toe each other	Failure to keep knee, hip & ankle alignment	Push their knee out to the side	Use band to pull them to that side. Progressive linear lunging with a box. Squat slide to lateral squat
	Torso parallel to shin	Loss of Neutral Lower back	push their chest forward stick their bum out behind them	Teach neutral spine - Cat/camel. Progressive linear box lunge. Place hands over head
	Neutral lumbar spine	Torso leaning over too much	Stay tall	Use a counterbalance Place hands over head
	Ankle, knee & hip alignment	Torso leaning over too much	Hip	Elevate heels to teach feeling of bending ankle, knee & hips
	Hips descend to knee height	Inadequate depth	Sit their bum onto their heels	Use a box to set height with good posture Squat slide to lateral squat


Step Ups	Technical Points	Common Faults	Cues	Corrections
	Box at knee Height or below	using bottom leg to step up	Keep Tall	Lower box height
	Foot on box stays flat at all times		Pull toe upwards on bottom leg	leg to of the ground single leg progressions
	Bottom leg remains extended	Shift of hips to one side	to go up and down not side to side	Lower box Height Single leg stability Progressions
	Ankle, knee & hip in alignment	Failure to keep front knee, hip & ankle alignment	go straight up & down Focus on knee stability	use a band to pull to weak side. This will learn to stabilise this pattern
	Neutral Lumbar spine throughout	Torso inclines forward	Keep Tall	place hands overhead Lower box height

Hinge (Balance)	Technical Points	Common Faults	Cues	Corrections
	Balanced on one leg with soft knee	Squatting instead of Hinging	move through their hips not ankle & knee	Regress back to double leg stone
	Hips remain balanced	Squatting instead of Hinging	move through their hips not ankle & knee	stand 6ins away from wall. With soft knees touch bum of the wall without bending knees any further
	Move through hips & knee angle constant	Squatting instead of Hinging	move through their hips not ankle & knee	Clute Bridging to teach hip flexion & Extension
	Reaches rear leg out behind them	Squatting instead of Hinging	move through their hips not ankle & knee	Perform single leg roting with one foot pushing back against the wall
	Pelvis remains neutral with rear toe pointing to ground	Rotation of Pelvis	Watch for rear foot rotating Cue the athlete to keep hips facing forward	teach hip flexion & Extension Perform single leg roting with one foot pushing back against the wall


Jumping/ Landing	Technical Points	Common Faults	Cues	Corrections
	Displays good squat mechanics during descent	Failure to maintain movement quality during downward phase	Band ankle knee & Hip during downward phase	Regress back to squatting progressions
	Extends ankle, knee & hip		Extend ankle, knee & Hip	Reach for the sky
	Absorbs landing & maintains good squat mechanics	Failure to keep knee, hip & ankle alignment on landing	Land Softly Band ankle, knee & Hip upon landing	Use Band Around knees Use box jumps as landing is easier
	Neutral lumbar spine throughout	Failure to keep knee, hip & ankle alignment on landing	Land Softly Band ankle, knee & Hip upon landing	Worls Hard on squatting progressions


Upper Extremity Exercises


Push Up	Technical Points	Common Faults	Cues	Corrections
	Straight line ankle, knee, hip, shoulder & head throughout the movement	Inability to maintain straight line between ankle, knee, hip & shoulder throughout movement	make themselves as long as possible throughout the movement	Regress to push up from floor with hands on box
	Hands directly beneath shoulders pointing forwards shoulder blades back & down	Shoulders shrugged	tuck their shoulders into their back pocket. Bring their whole body forward	Regress to push up from floor
	Elbows at 45 degrees when viewed from above	Elbows in incorrect position	move hips and shoulders at the same time	Regress to push up from floor
	Body travels as one	Body does not travel as one		Regress to push up from floor, then to push up with hands on box, then holds at different height

Inverted Row	Technical Points	Common Faults	Cues	Corrections
	Straight line ankle, knee, hip, shoulder & head throughout the movement	Inability to maintain straight line between ankle, knee, hip & shoulder throughout movement	make themselves as long as possible throughout the movement	Regress to inverted row with bent knees
	Hands directly beneath shoulders with underhand grip			
	Movement is initiated with upper back not with arms	Pull is initiated with arms rather than upper back	Push chest forward Pull with long arms	
	Body travels as one	Body does not travel as one (hips swinging up and down)	move hips and shoulders at the same time	Regress to inverted row with bent knees
	Chest touches bar at top			

Core Exercises

Front Plank	Technical Points	Common Faults	Cues	Corrections
	Straight line ankle, knee, hip, shoulder & head	Hips sagging down out of alignment	Elevate their hips	Regress to plank on knees
	Elbows directly beneath shoulder with forearms parallel	Rounding of upper back	Squeeze crocks hand with their shoulder blades	Regress to plank on knees
	Shoulder blades back and down	Rounding of upper back	tuck their shoulders into their back pocket	Regress to plank on knees
	Glutes squeezed and Abs braced	Inability to maintain neutral lumbar spine	tuck their shoulders into their back pocket Squeeze their Glutes	Teach them what a neutral spine feels like cat and camel
	Breathing maintained			

Side Plank	Technical Points	Common Faults	Cues	Corrections
	Straight line ankle, knee, hip, shoulder & head as viewed from above and straight on	Hips sagging down out of alignment	Elevate their hips	Regress to plank on knees
	Elbows directly beneath shoulder			
	Shoulder blades back and down			
	Glutes squeezed	Hips drift out behind	Push hips forward squeeze Glutes	Regress to plank on knees
	Abx braced			


Glute Bridges	Technical Points	Common Faults	Cues	Corrections
	Heels on floor with toes pointed to sky	Feet flat on ground resulting in not engaging glutes	points toes into air. Push heels into ground	Before exercise commences, make sure toes are pointed up and not on ground
	Movement occurs through hip extension and hip flexion	Movement initiated through lumbar spine rather than through hips	Squeeze their glutes to begin movement	Regress to elevate shoulders onto bench
	Straight line ankle, knee, hip, shoulder & head at top	Hyper extension of lumbar spine (hips travel up too high)	Focus on squeezing glutes rather than elevating the hips	Static holds at the top position teaching correct alignment
	Hips remain balanced	Hyper extension of lumbar spine (hips travel up too high)	Focus on squeezing glutes rather than elevating the hips	Teach them what a neutral spine feels like cat and camel
	Glutes squeezed and Abs braced	Feel in hamstring	Squeeze their glutes to begin movement	Regress to elevate shoulders onto bench
	Breathing maintained			


Stretching Routine

- Vary Simple 10 Exercise routine which takes 10-15mins to complete
- Very important to follow the sequence from 1-10 as it is based on a natural progression from 1 muscle group to the next.
- Hold each stretch for a maximum of 6sec. Return to the start position and repeat each stretch 4-6 times. Repetition increases the flow of blood, oxygen and nutrition to the muscles.
- The stretch should not be forced; the muscle should be encouraged gently to lengthen. Never force stretch beyond the point of discomfort
- Probably best to complete at end of a strength, conditioning or pitch session.

1. Single Leg pelvic tilt	<i>Stretches: Low back & Gluteus maximus</i>		Lie on back with straight legs Flex the exerting knee and pull it toward the chest By contraction of hip flexor and abdominal muscles Place hands behind thigh to prevent pressure on knee and provide assistance
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2. Straight Leg Hamstring	<i>Stretches: Rear thigh</i>		Lie on back with legs straight Slowly lift one leg using quadriceps (front of thigh) Assist with rope at end of movement
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3. Gluteals	<i>Stretches: Gluteus medius & minimus, lateral hip, piriformis</i>		Lie on back with legs straight Flex left knee 90-degree angle and place rope around mid foot, clasp rope with opposite hand. Use left hand to stabilize thigh by clasp at knee. Contract abdominals and hip adductors to lift knee toward opposite shoulder Assist with rope and outer hand.
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4. Adductors long	<i>Stretches: long adductors, longus, magnus, gracilis</i>		Lie on back with legs extended and wrap rope around arch of left foot. Lift leg to side by contracting outer-thigh and hip muscle. Assist with rope, pulling outward
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5. Quadriceps	<i>Stretches: rectus femoris</i>		Lie on left side and bring both knees to chest. With left hand, grasp left foot from outside. With right hand, grasp right ankle and extend right thigh back by contracting buttocks and hamstring Assisting with hand, heel should press into buttocks.
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6. Hip Flexor	<i>Stretches: rectus femoris</i>		Keel on left knee (place pillow or cushion under knee) Moving forward onto flexed front (right) leg, keep pelvis and back stable by contracting abdominals As you move forward contract buttocks and hamstrings to flex left heel to left buttocks. Assist stretch with one or two hands bringing heel to buttock as flexibility allows
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7. Adductors short	<i>Stretches: pectinus, Adductor brevis, proximal and long adductors</i>		Sit with soles of feet placed together. Contract outside of hips, spreading thighs as far as possible. Use arms between knees to assist stretch at end of movement.
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8. Upper Calf/Hamstring	Stretches: <i>gastrocnemius, hamstring-neural stretch</i>
	<p>Sit with leg fully extended and about 36 inches apart</p> <p>Loop rope around ball of left foot</p> <p>Straighten left knee and pull toes toward you by contacting shin muscles</p> <p>Assist with rope. For deeper stretch, lean forward at trunk and allow foot to leave floor when pulled</p>

9. Bent knee calf	Stretches: <i>Achilles tendon, soleus</i>
	<p>Stand on bent left leg.</p> <p>Place right foot behind left calf to assist stretch to left leg.</p> <p>Hold this stretch 8-10secs</p> <p>Keep heel on ground</p>

10. Straight leg calf	Stretches: <i>gastrocnemius</i>
	<p>Lean against a support (chair)</p> <p>Keep left leg straight and heel on the ground</p> <p>Hold stretch 8-10secs</p> <p>To increase this stretch place forefoot on book or two inch timber block and lean gently into a deeper stretch</p>

Upper, Lower & Core Progressions & Adaption's						
Exercise	Level 0	Level 1	Level 2	Level 3	Level 4	Level 5
Squat	Air Squat on box/ Counterbalance Squat/ Counterbalance squat from box	Air Squat	Prisoner Squat	Overhead Squat		
Lunge	Split Squat from bottom	Split Squat	Reverse Lunge	Forward Lunge	Walking Lunge	Incorporate pressing / rotating movement
Push	Push Ups hands on box/ Push ups from floor	Push up hands on ground	Push ups feet on box	Spiderman Push ups	Push ups feet in partners hands	
Pull	Incline/Partner row bent knees/ Glute Bridging	Incline/Partner row Straight leg	Incline/Partner row feet on box	Chin Ups - Underhand grip	Pull Ups - Overhand Grip	Pull Ups - Hammer Grip
Front plank	Front plank on knees	Front plank	Front plank moving one leg	Front plank marching feet		
Side plank	Side plank on knees	Side plank	Side plank knee tucks	Side plank, hips abductions and adductions		
Glute Bridges	Double leg glute bridge shoulders on bench	double leg glute bridge	double leg glute bridge marching feet	Single leg glute bridge		
Hinging	Hinge with Object against midsection/ Hinge to touch wall/ Waiters bow/ T balance with 1 leg against wall	T Balance	T Balance with rotation			
Lateral Lunge	Lateral lunge to box	Squat into lateral squat	Lateral Squat	Lateral Lunge	Lateral Lunge with rotation/ sweep/ lift	
Step up/ single leg stability	Mountain climbers on Bench	Step up to box at knee height	Single leg Squat to box	Single leg squat from box		