

Activity Phase Week 1 & 2

Running & Skills Session

Session Aim: To re-introduce players to a range of running movements and the basic skills of the games.

The drills can be performed for both Gaelic football (with a football) or Hurling (with a hurley and sliotar).

Time: 20 - 30 Minutes

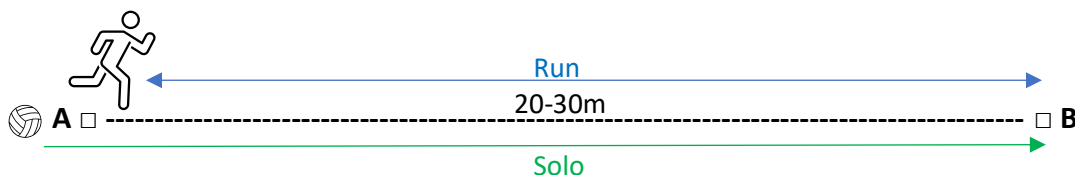
Each drill should take approximately 5 minutes to complete (~25 minutes total with rests and set-up).

Requirements: The drills should be performed in a safe outdoor area on a flat surface (preferably grass), with a 20-30m running space. The drills require either a football or hurley and sliotar, as well as markers (e.g. cones).

Format: Each drill should be performed at approximately 75% pace, with a short rest between efforts. The set-up/preparation of the following drill can be used as recovery between drills.

The drills can be performed individually or with a partner (e.g. family member). Where more than one person is performing the drill, you can take turns and give or receive a hand pass where appropriate. After completion, a cool-down stretch is recommended.

Drill #1: Straight line running with solo

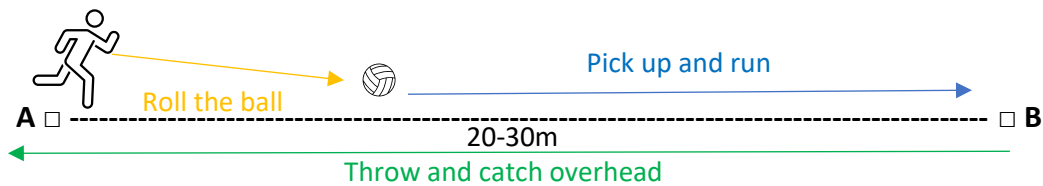


Instructions:

- Place 2 markers approximately 20-30metres apart in a straight line.
- Place your football or sliotar at A.
- Run at a 75% pace from A to B, and back to A.
- Pick up the football or sliotar (with your hurley).
- Solo to B and drop the ball.
- Run at a 75% pace from B to A, and back to B.
- Pick up the football or sliotar (with your hurley).
- Solo to A and drop the ball.

*This can be repeated up to 4 times with short breaks in between each effort.

Drill #2: Straight line running with bending and jumping

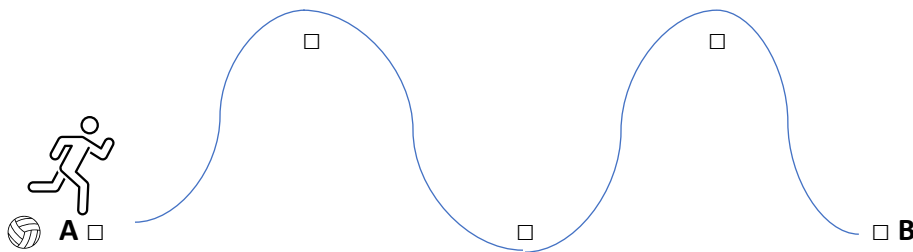


Instructions:

- Place 2 markers approximately 20-30metres apart in a straight line.
- Begin at A with the ball in your hand.
- Gently roll the ball towards B.
- Run at a 75% pace towards the ball, bending at the knees and hips to pick it up.
- Continue to B with the ball.
- Return to A continuously throwing the ball in the air and slightly forward to catch overhead - when jumping to catch attempt to drive high off one leg with the opposite knee bent towards the upper body.

*This can be repeated up to 4 times with short breaks in between each effort.

Drill #3: Weaving and solo

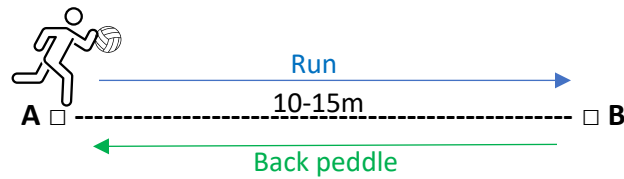


Instructions:

- Place 5 markers approximately 5metres apart diagonally.
- Place your football or sliotar at A.
- Run at a 75% pace from A to B, weaving around the outside of the markers.
- Turn around and repeat the same from B to A.
- Pick up the football or sliotar (with your hurley).
- Solo, weaving around the markers from A to B.
- Turn around and repeat the same from B to A and drop the ball.

*This can be repeated up to 4 times with short breaks in between each effort.

Drill #4: Forward and back peddle



Instructions:

- Place 2 markers approximately 10-15metres apart in a straight line.
- Begin at A with the ball in your hands.
- Run forward from A to B (with the ball in hand).
- Bend at the knees and hips to place the ball at B, and back peddle to A.
- Run forward from A to B.
- Bend at the knees and hips to collect the ball, back peddle to A, and drop the ball.

*This can be repeated up to 4 times with short breaks in between each effort.