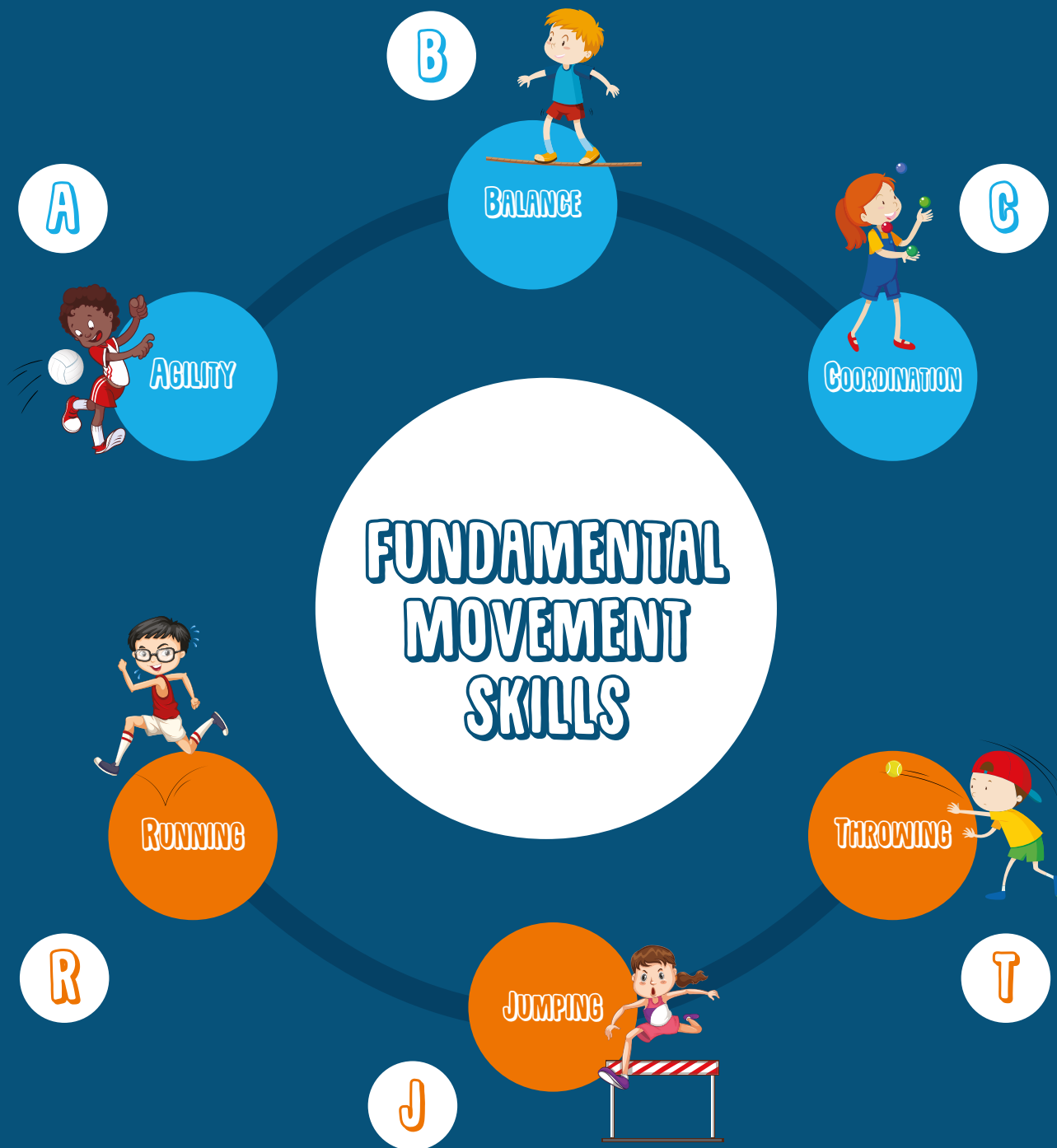


MOVEMENT IN GAELIC GAMES



CONTENTS

PAGE

AGILITY EXERCISES	LEVEL 1	1
	LEVEL 2	3
	LEVEL 3	5
BALANCE EXERCISES	LEVEL 1	7
	LEVEL 2	9
	LEVEL 3	11
COORDINATION EXERCISES	LEVEL 1	13
	LEVEL 2	15
	LEVEL 3	17
RUNNING EXERCISES	LEVEL 1	19
	LEVEL 2	21
	LEVEL 3	23
JUMPING EXERCISES	LEVEL 1	25
	LEVEL 2	27
	LEVEL 3	29
THROWING EXERCISES	LEVEL 1	31
	LEVEL 2	33
	LEVEL 3	35

These are fun exercises to develop Agility

EXERCISE 1 TRAVELLING

ORGANISATION

- The players travel around the playing area in different directions and in as many different ways as possible e.g. jogging, hopping, jumping, sideways, backwards etc.

KEY POINTS

- Each player uses a different pathway
- When moving sideways, don't cross legs
- When moving backwards, look over each shoulder and move on the balls of the feet



EXERCISE 2 SIGNAL MAN

ORGANISATION

- The players move in different directions on a signal from the Coach or a designated player
- Incorporate different actions or movements for specific signals

KEY POINTS

- The players must remain alert and ready to change direction or action
- Move on the balls of the feet to adjust movement easily



EXERCISE 3 DODGEMS

ORGANISATION

- The players travel around the playing area while avoiding the markers and the other players while pretending to drive dodgems or bumper cars
- To make the task more difficult, reduce the size of the playing area

KEY POINTS

- Ensure the players have enough room to move around safely
- Change pathways to avoid other players
- No bumping



EXERCISE 4 BACK TO BACK

ORGANISATION

- The players move around the playing area randomly while avoiding the other players
- On a signal from the Coach they pair off quickly and stand back to back

KEY POINTS

- Move close to the other player before turning back to back



EXERCISE 5 CLOSING THE SPACE



ORGANISATION

- The players move around the playing area while avoiding the other players
- The Coach reduces the size of the playing area throughout by acting as a perimeter on one side thereby making the task gradually more difficult

KEY POINTS

- Ensure the players have enough room to move around safely
- No bumping

EXERCISE 6 MUSICAL CHAIRS



ORGANISATION

- The players run around the playing area randomly
- On a signal from the Coach each player must find a marker in order to remain in the game
- One marker is removed before each round until only one player remains

KEY POINTS

- No pushing or bumping

EXERCISE 7 FOX AND HEN



ORGANISATION

- One player is designated the 'fox'
- The 'fox' must chase the other players - designated 'hens' - around the playing area
- When a 'hen' is tagged they become the new 'fox'
- The 'hens' are safe when standing on the round markers

KEY POINTS

- Ensure the players have enough room to move around safely
- No harsh grabbing, pushing or bumping

EXERCISE 8 1, 2, 3 RED LIGHTS



ORGANISATION

- One player acts as a 'caller' with their back to the rest of the players
- The 'caller' gives a signal for the other players to move forward
- They then call out '1, 2, 3 Red Lights' and turn around
- Any player they catch still moving is out
- The exercise continues until only one player remains

KEY POINTS

- The players must remain alert to react to the signal
- Focus on balance when stopping

These are fun exercises to develop Agility

EXERCISE 1 TOUCH THE DOME

ORGANISATION

- Place different coloured markers or domes around the playing area
- Challenge the players to touch 3 caps of the same colour in succession
- Then, challenge them to touch 3 different coloured markers in succession
- The Coach may also call a colour to which the players must travel

KEY POINTS

- Ensure the players have enough room to move around safely
- Touch the markers with the toes before moving quickly to the next cap



EXERCISE 2 BRIDGES AND RIVERS

ORGANISATION

- The players work in pairs, one player designated the 'bridge' and the second the 'river'
- The players run around the playing area, and on a signal from the Coach the 'bridges' balance on their hands and feet while the 'rivers' crawl under the 'bridges'
- The 'rivers' can also crawl under the 'bridges' from back to front as well as side to side

KEY POINTS

- Move quickly into the bridge position
- 'Rivers' get down low and shuffle using the forearms and lower legs



EXERCISE 3 NUMBERS AND SHAPES

ORGANISATION

- The players run around the playing area and on a signal from the Coach make a shape or formation, for example a square or triangle
- A variation of the exercise is for the Coach to call a number and for the players to group into that number as quickly as possible

KEY POINTS

- Ensure the players have enough room to move around safely
- No pushing or bumping



EXERCISE 4 DODGE THE DOME

ORGANISATION

- The players approach a marker or dome and side-step past it; encourage use of both sides
- Start at a slow or walking pace before gradually increasing the speed as the players become more comfortable
- This exercise can also be performed with a partner; one player remains stationary while the other jogs forward and side steps past them

KEY POINTS

- Plant the lead foot firmly on the ground, transferring the body weight to the foot
- Push hard off the planted foot to 'spring' to the other side
- Plant the opposite foot and continue forward in the new direction



EXERCISE 5 TOE TOUCH

**ORGANISATION**

- The players work in pairs; each player attempts to touch the toes of their partner by moving their feet quickly
- Ensure the players do not stamp on their partner's toes
- Challenge the players to score five touches
- To vary this exercise the players must attempt to touch each other's knees with theirs

KEY POINTS

- Lightly touch the partner's toes when their foot is placed on the ground
- No stamping or pushing

EXERCISE 6 FREEZING

**ORGANISATION**

- The players run around the playing area randomly
- On a signal the players must freeze and hold their position until the Coach signals them to run around again

KEY POINTS

- Ensure the players have enough room to move around safely
- Stop with knees slightly bent, one foot in front of the other for balance; arms should be bent at the elbows, in opposition to the legs, e.g. right leg forward, left arm forward
- After stopping move off quickly in a new direction

EXERCISE 7 TAIL TAG

**ORGANISATION**

- Place a velcro tag or band at the back of the players shorts
- In pairs or with designated chasers the aim is to grab the tails from the other players
- The players with the tails must avoid the chasers by using evasion techniques

KEY POINTS

- Ensure the players have enough room to move around safely
- No pushing or bumping

EXERCISE 8 MIRROR MIRROR

**ORGANISATION**

- The players work in pairs, with one player in each pair designated the leader
- The second player must copy the movements of the leader
- Switch the roles after a set time

KEY POINTS

- Watch the leaders movement, not their eyes, to quickly copy their actions
- No pushing or bumping

These are fun exercises to develop Agility

EXERCISE 1 CHASING SHADOWS

ORGANISATION

- The players work in pairs, with one player in each pair designated the leader
- The leader runs around the playing area being followed by their partner
- Whichever way the leader moves the partner must follow as quickly as possible; when the leader stops the partner must also stop
- Switch the roles after a set time

KEY POINTS

- Stop with knees slightly bent, one foot in front of the other for balance; arms should be bent at the elbows, in opposition to the legs, e.g. right leg forward, left arm forward
- After stopping, move off quickly in a new direction
- No pushing or bumping



EXERCISE 2 MINEFIELD WITH BALL

ORGANISATION

- Place lots of obstacles or domes/mines - inside the playing area
- Divide the players into 4 groups, 1 at each side of the playing area; each player has a ball
- The players must dodge the 'mines' as they travel from one side of the playing area to the other, bouncing a ball
- Initially one team at a time navigates the minefield; gradually increase the number of teams navigating the minefield at the same time

KEY POINTS

- Ensure the players have enough room to move around safely
- No pushing or bumping



EXERCISE 3 ZIG-ZAG SLALOM RUN

ORGANISATION

- Place poles or cones approximately 3m apart in a zig-zag formation.
- The players must dodge around each of the poles
- The players should drive off the outside leg when rounding each pole
- To vary the exercise challenge the players to go sideways and backwards through the slalom

KEY POINTS

- Use the side-step technique
- Push or drive off the outside leg to 'dodge' around each pole



EXERCISE 4 ON THE NUMBER

ORGANISATION

- Use a numbered mat or mark out sections on the floor
- Coach or another player calls moves for the player on the mat, e.g. left hand to no. 4
- Include hopping, jumping and moving the hands and legs individually and in combination

KEY POINTS

- Visualise the move before completing it



EXERCISE 5 TEAM MINEFIELD

**ORGANISATION**

- Place lots of obstacles or domes/mines - inside the playing area
- Divide the players into 4 teams numbered 1, 2, 3, 4, one at each side of the playing area
- The Coach calls the number of a team and a second number, for example 3 and 2, and team 3 must run across the playing area twice, avoiding the caps
- Players must dodge the 'mines' as they travel from 1 side of the playing area to the other

KEY POINTS

- Ensure the players have enough room to move around safely
- No pushing or bumping

EXERCISE 6 WRIST TAG

**ORGANISATION**

- Divide the players into pairs; each player wears two velcro tags, 1 attached to each wrist
- The players must attempt to grab the tags from their partner while avoiding the efforts of their partner to do the same

KEY POINTS

- Ensure the players have enough room to move around safely
- No pushing or bumping

EXERCISE 7 MATCH THE MOVE

**ORGANISATION**

- Divide the players into pairs; each player works in a grid with a centre marker
- One player is designated the leader who moves to each corner of the grid randomly, using different ways of travelling e.g. backwards, sideways, skipping, hopping etc.
- 2nd player must match the direction and the way the leader moves within their own grid
- Introduce a ball as the players become more competent

KEY POINTS

- Watch the leaders' movement, not their eyes, to quickly copy their actions
- Return quickly to the centre marker to prepare for the next movement

EXERCISE 8 MINEFIELD WITH TARGETS

**ORGANISATION**

- Place lots of obstacles or domes/mines - inside the playing area; include a number of hoops
- Divide the players into 4 teams, one at each side of the playing area; each player has a ball
- The players must dodge the 'mines' as they travel from one side of the playing area to the other bouncing the ball in any hoop they pass
- Initially one team at a time navigates the minefield; gradually increase the number of teams navigating the minefield at the same time

KEY POINTS

- Ensure the players have enough room to move around safely
- No pushing or bumping

LEVEL 1

BALANCE EXERCISES

ABC

NURSERY PROGRAMME

These are fun exercises to develop Balance

EXERCISE 1 COPY CAT

ORGANISATION

- The players copy the Coach who guides them through a series of pulse raising and mobilisation movements
- Incorporate mobilisation exercises at regular intervals between the pulse raising exercises

KEY POINTS

- Gradually increase the intensity of the activity
- Include a moderate version of activities to be performed later in the session



EXERCISE 2 LEANING TOWER

ORGANISATION

- The players sway or lean in different directions while in a standing position
- Beginning with the feet comfortably apart, lean forward and then back; lean as far as possible while maintaining balance
- Then, lean to either side
- Raise the arms out to each side and stand on one leg, then the other
- Repeat the sequence with the eyes closed

KEY POINTS

- Place the feet comfortably apart
- Find the centre of balance by swaying from side to side and back and forward



EXERCISE 3 WALK LIKE AN ANIMAL

ORGANISATION

- The players mimic the movements of common animals such as the dog, the limping dog, the crab, the snake and the rabbit
- To further progress these exercises get the players to change from mimicking one animal to another on a signal or once they have reached a marker or cone
- Introduce animal relay races to further challenge the players

KEY POINTS

- Ensure the players have enough room to move around safely
- Change pathways to avoid other players
- No bumping



EXERCISE 4 ROLY-POLY

ORGANISATION

- Lying on their backs on the ground the players curl into a ball
- At first roll side to side, then roll forward and back

KEY POINTS

- Attempt to achieve a rhythm without losing balance



EXERCISE 5 WREST THE BALL

**ORGANISATION**

- Two players attempt to wrest a ball from each other; use a swiss ball or stability ball

KEY POINTS

- Ensure that there are safety mats in place and that the players are suitably matched
- Place the feet wide apart with one foot in front of the other to provide a strong base

EXERCISE 6 THE PARCEL

**ORGANISATION**

- One player lies on the ground holding a ball while curled up as tight as possible
- A second player must attempt to wrest each limb of the player from around the ball one by one until they can take the ball from their possession
- Once a limb has been wrested away, the player holding the ball cannot move it back to protect the ball

KEY POINTS

- Ensure that there is no rough handling and that the players are suitably matched
- The wresting player should place the feet wide apart with one foot in front of the other to provide a strong base

EXERCISE 7 THE POSTAGE STAMP

**ORGANISATION**

- One player lies on their back pretending to be stuck to the ground
- A second player attempts to wrest each limb of the player from the ground one by one; the first player resists
- Once a limb has been lifted from the ground the player cannot replace it
- Once all limbs are lifted switch roles

KEY POINTS

- Ensure that there is no rough handling and that the players are suitably matched
- The wresting player should place the feet wide apart with one foot in front of the other to provide a strong base

EXERCISE 8 WALK THE LINE

**ORGANISATION**

- The players walk along a line or strip of tape or flat marker on the floor
- Challenge them to turn fully around in the middle
- Then challenge them to complete the task with their eyes closed

KEY POINTS

- Stand upright
- Raise the arms to the sides to help maintain balance

These are fun exercises to develop Balance

EXERCISE 1 SQUAT BALANCE

ORGANISATION

- The players raise their hands out to the front and squat down by bending their knees
- Raise the hands above the head and stand up on the toes
- Repeat the sequence with their eyes closed

KEY POINTS

- Lean slightly forward but keep the head up
- Do not bend the knees beyond 90 degrees



EXERCISE 2 TIGHT ROPE

ORGANISATION

- The players walk a rope placed along the floor
- Challenge them to walk the rope backwards or sideways
- Further challenge them to complete the task with their eyes closed

KEY POINTS

- Stand upright
- Raise the arms to the sides to help maintain balance



EXERCISE 3 BODY BALANCE II

ORGANISATION

- Sitting on the ground the players raise their hips to balance on their hands and feet
- Raise each leg alternatively off the ground
- Then challenge them to raise both feet momentarily

KEY POINTS

- Make each movement at a slow steady pace



EXERCISE 4 ON THE NUMBER

ORGANISATION

- Use a numbered mat or mark out sections on the floor
- The Coach or another player calls moves for the player on the mat, e.g. left hand to number 4
- Include hopping, jumping and moving the hands and legs individually and in combination

KEY POINTS

- Visualise the move before completing it



EXERCISE 5 WOBBLE AND BALANCE



ORGANISATION

- Use an unstable object like a wobble board or cushion
- To begin the players stand still on the board for as long as possible
- Then move through a variety of balance positions while remaining on the wobble board
- Close the eyes to increase the difficulty
- Use two or more wobble boards; get the players to balance using different combinations of arms and legs, or to move from kneeling or ground positions into standing positions

KEY POINTS

- Keep the upper body tall
- Raise the arms to the sides to help maintain balance

EXERCISE 6 SIT AND BALANCE



ORGANISATION

- The player sits on a stability ball or swiss ball and moves through a series of balance positions
- Begin by sitting on the ball and raising the arms out to the side
- Walk the feet forward and lie back on the ball; walk the feet back and attempt to place the hands on the ground behind the head
- Now sit on the ball with the feet together
- Lift both feet off the ground and balance on the ball without using the hands
- To vary this exercise kneel and balance on the ball

KEY POINTS

- Ensure that there are safety mats in place
- Tighten the stomach muscles

EXERCISE 7 BELLY UP



ORGANISATION

- The player lies on their back with their feet on the stability ball
- Raise one foot and then the other
- Lift the hips off the ground

KEY POINTS

- Ensure that there are safety mats in place
- Tighten the stomach muscles

EXERCISE 8 STABILITY BALL PRESS UP



ORGANISATION

- Lying on a stability ball the player walks forward to place their hands on the ground
- Continue forward until the lower legs are resting on the ball
- Challenge the players to do a press up

KEY POINTS

- Ensure that there are safety mats in place
- Tighten the stomach muscles

These are fun exercises to develop Balance

EXERCISE 1 CHANGE THE SHAPE

ORGANISATION

- The player lies face down on the ground
- Raise the arms and legs individually, then together on opposite sides & then the same side
- Move into the press-up position by lifting the body onto the arms and feet
- Rotate the feet to the side while continuing to balance on the arms; raise the top foot into the air
- Return to the press-up position; lift the feet to balance on the knees

KEY POINTS

- Make each movement at a slow steady pace



EXERCISE 2 BODY BALANCE III

ORGANISATION

- The players begin by lying down on their backs
- Lift the legs into the air and raise the hips supported by the hands
- Cycle the legs backwards and forwards
- Spread the legs wide in different directions

KEY POINTS

- Place the elbows directly below the hands to increase support
- Make each movement at a slow steady pace



EXERCISE 3 SUPERMAN

ORGANISATION

- Lie over the ball with both feet on the ground
- Lift the opposite arm and leg alternatively, holding the position for as long as possible
- Then raise both arms out to the side

KEY POINTS

- Ensure that there are safety mats in place



EXERCISE 4 MIRROR BALL

ORGANISATION

- The players work in pairs, facing each other and supporting the stability ball between them
- One person leads the movement while the other must mirror the movement to ensure the ball remains aloft

KEY POINTS

- Make each movement at a slow steady pace
- Place the hands slightly below the middle of the ball



EXERCISE 5 TUG OF WAR

**ORGANISATION**

- The players work in pairs, each standing on an unstable object like a wobble board or cushion and holding a rope between them
- The aim of the exercise is to dislodge the other player from their wobble board

KEY POINTS

- Ensure that there are safety mats in place
- Stand upright; place one foot in front of the other and bend the knees slightly

EXERCISE 6 BALANCE AND PASS

**ORGANISATION**

- The players work in pairs, each sitting on a stability ball
- Throw the ball over and back
- Continue the exercise, first lifting one foot off the ground then both feet
- To further increase the difficulty, challenge them to use the fist or hand pass

KEY POINTS

- Ensure that there are safety mats in place
- Sit upright
- Tighten the stomach muscles

EXERCISE 7 WOBBLE AND CATCH

**ORGANISATION**

- The player stands on an unstable object like a wobble board or cushion
- Another player or the Coach throws the ball from different positions and at different heights for the player to catch
- Using two wobble boards work in pairs
- Challenge the players to continue the exercise while standing on one leg
- Use a smaller ball and a one-handed throw to challenge the catcher further

KEY POINTS

- Stand upright; place one foot in front of the other and bend the knees slightly

EXERCISE 1 CIRCLE TIME

ORGANISATION

- Sit the players in a circle
- The Coach guides them through a series of exercises using the hands and feet
- Include raising the feet off the ground and tapping the hands and feet off the ground

KEY POINTS

- Gradually increase the intensity of the activity



EXERCISE 2 BODY PARTS

ORGANISATION

- The players work in pairs
- On a signal from the Coach the players touch using different body parts

KEY POINTS

- Ensure the players have enough room to move around safely
- No pushing or bumping



EXERCISE 3 LOG ROLL

ORGANISATION

- The players roll along the ground with their arms and feet extended
- Progress to perform the roll while attempting to keep the arms and feet off the ground

KEY POINTS

- Ensure the players have enough room to move around safely
- Hold the arms together and the legs together



EXERCISE 4 BODY BALANCE I

ORGANISATION

- The players balance on their hands and feet
- On all fours lift one arm up and out to the front, then the other
- Now lift one leg off the ground, then the other
- Lift the opposite arm and leg at the same time and vice versa
- Finally lift the arm and leg at the same side and vice versa

KEY POINTS

- Make each movement at a slow steady pace



EXERCISE 5 ROLEY POLEY

**ORGANISATION**

- Lying on their backs on the ground, the players curl into a ball
- At first roll side to side, then roll forward and back

KEY POINTS

- Attempt to achieve a rhythm without losing balance

EXERCISE 6 BOP ALONG

**ORGANISATION**

- The players sit with their legs out in front
- Beginning slowly swing each hand up to the side of the head in turn as if running
- Speed up as technique improves
- Progress the exercise by getting the players to swing their arms while standing.

KEY POINTS

- Sit upright
- Attempt to achieve a rhythm without losing control

EXERCISE 7 MARCHING

**ORGANISATION**

- Marching on the spot, the players bring their knees up high and swing the arms, bending at the elbows
- Progress to a walking march

KEY POINTS

- Stand upright with the head up
- Synchronise arm and leg movement, i.e. lift the right knee and right arm simultaneously and vice versa

EXERCISE 8 STEPPING STONES

**ORGANISATION**

- Place a number of markers around the playing area
- The players move from one marker to another using one step or leap
- Use different coloured markers and challenge individual players to cross the playing area 'stepping' from markers of one colour only

KEY POINTS

- Look ahead to plan a route
- Use steady measured movements to maintain balance

These are fun exercises to develop Coordination

EXERCISE 1 EGG ROLL

ORGANISATION

- The player curls up in a ball and attempts to roll in a straight line

KEY POINTS

- Ensure safety mats are in place
- Roll sideways and not head over heel



EXERCISE 2 TURN THE CAP

ORGANISATION

- Place a number of markers around the playing area
- The players run around the playing area turning the markers
- The exercise can be run using two teams; one team attempts to turn all the markers up while the other attempts to turn all the markers down

KEY POINTS

- Ensure the players have enough room to move around safely
- No pushing or bumping



EXERCISE 3 SWING ROPE

ORGANISATION

- The player swings a rope in one hand by their side
- Every time the rope touches the ground the player must jump in time

KEY POINTS

- Ensure that the rope is a suitable length for the player; it should reach from the ground to approximately hip height when held with the arm by the side
- Stand upright
- Swing the rope from the wrist



EXERCISE 4 LADDER HOPSCOTCH

ORGANISATION

- The players hop in and out of every second space on the ladder
- Bring the feet together when hopping into the ladder and spread them to hop out of the ladder
- To vary the exercise, the player uses one foot when hopping in the space

KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Use the arms to maintain balance
- Move at a controlled pace



EXERCISE 5 STEP AND FOLLOW

**ORGANISATION**

- The players move through a ladder placing both feet in every space
- Lead with one foot and follow with the other
- Remember to practise leading with both the left and right foot

KEY POINTS

- Stand upright
- Synchronise arm and leg movement, i.e. swing the left arm forward with the right leg and vice versa

EXERCISE 6 BOUNCE ON A BENCH

**ORGANISATION**

- Use a bench for this exercise; place hoops or round markers on either side as targets
- The player walks along the bench bouncing a ball in each target as they pass
- The player jumps off at the end

KEY POINTS

- Ensure safety mats are in place
- Move at a steady, sure pace

EXERCISE 7 CRAZY BALL

**ORGANISATION**

- The 'crazy ball' is thrown up in the air by the player and allowed to bounce
- Attempt to catch the ball after a set number of bounces
- Initially practise with two hands before progressing to one hand

KEY POINTS

- Ensure the players have enough room to move around safely
- Move to catch the ball at the top of the bounce

EXERCISE 8 SKIPPING

**ORGANISATION**

- Use a variety of different techniques, such as a 2-footed jump, jogging through the rope, crossing hands and skipping backwards
- Encourage the children to make up single, pair and group skipping games

KEY POINTS

- Ensure that the rope is a suitable length for the player; it should reach from the ground to approximately hip height when held in both hands with the elbows slightly bent
- Stand upright
- Swing the rope from the wrist

These are fun exercises to develop Coordination

EXERCISE 1 GENUFLECT AND ROLL

ORGANISATION

- In a genuflecting position the player rolls sideways to return to genuflecting position
- To progress, the player catches a ball passed by the Coach as they come out of the roll
- To vary the exercise, get the player to catch the ball on the way into the roll

KEY POINTS

- Genuflect with the knee on the roll side of the body



EXERCISE 2 VOLLEYBALL PUSH

ORGANISATION

- Each player has a ball
- In a stationary position push the ball above the head using the fingertips
- Attempt to keep the ball up for as long as possible without catching it

KEY POINTS

- Bend the knees and elbows
- Move quickly underneath the ball after each push



EXERCISE 3 LADDER SHUFFLE

ORGANISATION

- The player moves through the ladder sideways placing each foot in every space
- Remember to practise this technique leading with both the left and right foot

KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Use the arms to maintain balance
- Do not cross the legs



EXERCISE 4 LADDER AND BOUNCE

ORGANISATION

- Place a number of targets at either side of a training ladder
- The players bounce a ball on the targets as they move through the ladder
- Use a variety of balls and targets to vary the exercise

KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- At first concentrate on moving through the ladder and stopping to bounce on each target; gradually increase the pace



EXERCISE 5 PASS IN A LADDER

**ORGANISATION**

- The players work in pairs; one ball per pair
- Move through the ladder sideways while passing the ball to one another

KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Do not cross the legs
- At first concentrate on moving through the ladder and stopping to pass the ball; gradually increase the pace

EXERCISE 6 LADDER LINE DANCE

**ORGANISATION**

- Move through the ladder sideways leading with the left or right foot
- Bring the trailing foot through and across the front of the body into the next space
- Vary the exercise by challenging the players to bring the trailing foot through behind the lead foot

KEY POINTS

- Stand upright
- Use the arms to maintain balance
- Move at a controlled pace

EXERCISE 7 BALANCE AND STRIKE

**ORGANISATION**

- Use a bench for this exercise; the player stands on the bench and strikes balls thrown by the Coach or another player
- If the ball comes to the left, strike to the left and vice versa

KEY POINTS

- Ensure safety mats are in place
- Move at a steady sure pace

LEVEL 1

RUNNING EXERCISES

ABC

NURSERY PROGRAMME

These are fun Running exercises

EXERCISE 1 MOVE AND MOBILISE

ORGANISATION

- Begin with moderate exercises such as walking or light jogging before moving on to more intense activity
- Incorporate mobilisation exercises at regular intervals between the pulse raising exercises
- Include movement in different directions and in as many different ways as possible, e.g. jogging, hopping, sideways, backwards etc
- Mobilise the shoulders, the knees, the ankles and fingers

KEY POINTS

- Gradually increase the intensity of the activity
- Include a moderate version of activities to be performed later in the session



EXERCISE 2 HERE, THERE AND EVERYWHERE

ORGANISATION

- The players run to different points in the playing area as the Coach points to them

KEY POINTS

- Ensure the players have enough room to move around safely
- No pushing or bumping



EXERCISE 3 BOP ALONG

ORGANISATION

- The players sit with their legs out in front
- Beginning slowly, swing each hand up to the side of the head in turn as if running
- Speed up as technique improves
- Progress the exercise by getting the players to swing their arms while standing

KEY POINTS

- Sit upright
- Attempt to achieve a rhythm without losing control



EXERCISE 4 MARCHING

ORGANISATION

- Marching on the spot, the players bring their knees up high and swing the arms, bending at the elbows
- Progress to a walking march

KEY POINTS

- Stand upright with the head up
- Synchronise arm and leg movement, i.e. lift the right knee and right arm simultaneously and vice versa



EXERCISE 5 HIGH KNEE-LIFT RUN

**ORGANISATION**

- Jog on the spot using an exaggerated high knee-lift

KEY POINTS

- Run on the balls of the feet; keep the head up and the back straight
- Synchronise arm and leg movement, i.e. lift the right knee and left arm simultaneously and vice versa

EXERCISE 6 LINEAR RUNNING

**ORGANISATION**

- Mark out channels using markers
- Place one foot and the opposite arm forward; the arms should be bent at the elbows with the head up looking forward
- Sprint over a small distance concentrating on technique

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Run on the balls of the feet keeping the head up and the back straight
- Synchronise arm and leg movement, i.e. lift the right knee and left arm simultaneously and vice versa

EXERCISE 7 OBSTACLE COURSE

**ORGANISATION**

- Place different obstacles, for example a tunnel, cones and jumps around the playing area
- The players negotiate the course as quickly as possible

KEY POINTS

- Ensure the players have enough room to move around safely
- Provide safety mats where necessary

These are fun Running exercises

EXERCISE 1 LADDER MARCH

ORGANISATION

- March through the ladder at walking pace, placing each foot in every second space
- Speed up as technique improves

KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Stand upright with the head up
- Synchronise arm and leg movement, i.e. lift the right knee and right arm simultaneously and vice versa



EXERCISE 2 HEEL FLICKS

ORGANISATION

- In a stationary position hold the arms behind the back; one at a time flick the heels up to touch the bottom
- Introduce the arms; perform the exercise using a ladder, putting each foot in every second space

KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Stand upright with the head up
- Synchronise arm and leg movement, i.e. lift the right knee and right arm simultaneously and vice versa



EXERCISE 3 GEAR CHANGE

ORGANISATION

- Jog on the spot at a moderate pace; jog on the balls of the feet
- On signal from the Coach, change gears, gradually moving the feet quicker & quicker

KEY POINTS

- Keep the head up and the back straight
- Synchronise arm and leg movement, i.e. lift the right knee and left arm simultaneously and vice versa
- Keep the feet as close to the ground as possible and move the arms as quickly as the feet to maintain balance



EXERCISE 4 JOG THROUGH LADDER

ORGANISATION

- Jog through the ladder placing each foot in every second space
- Speed up as technique improves

KEY POINTS

- Run on the balls of the feet; keep the head up and the back straight
- Synchronise arm and leg movement, i.e. lift the right knee and left arm simultaneously and vice versa
- Bend the arms at the elbow and use an exaggerated high arm motion



EXERCISE 5 UNDER STRIDING

**ORGANISATION**

- Run through the ladder at pace placing each foot in every second space
- Speed up as technique improves

KEY POINTS

- Focus on technique; move at a controlled pace so that the stride must be consciously shortened
- Run on the balls of the feet; keep the head up and the back straight
- Synchronise arm and leg movement, i.e. lift the right knee and left arm simultaneously and vice versa

EXERCISE 6 OVER STRIDING

**ORGANISATION**

- Run through the ladder at pace skipping as many spaces as is comfortable
- Increase the number of spaces skipped as technique improves

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Focus on technique; progress the length of the stride gradually over time

EXERCISE 7 RUN AND TURN

**ORGANISATION**

- Place cones at varying distances in a straight line
- Sprint out and around each cone and back in turn

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Use short strides when turning and longer strides when running in a straight line

EXERCISE 8 STRAIGHT SLALOM RUN

**ORGANISATION**

- Place a number of cones or poles approximately 1m apart in a straight line
- The players run in and out between the cones or poles without knocking them

KEY POINTS

- Use the side-step technique
- Push or drive off the outside leg to 'dodge' around each pole

These are fun Running exercises

EXERCISE 1 BEAN BAG TRANSFER

ORGANISATION

- The players work in teams
- Every second player transfers a bean bag from one marker to another before tagging the next player who transfers the bean bag back
- Vary the exercise by transferring a small hoop from one cone to another in relay

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Use short strides when turning and longer strides when running in a straight line



EXERCISE 2 OBSTACLE SPRINT

ORGANISATION

- Mark out an appropriate distance using cones
- The players sprint out and back, getting through a hoop on both the way out and the way back
- Slow down approaching the hoop; speed up moving away from the hoop

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Use shorter strides when slowing down and speeding up



EXERCISE 3 ZIG-ZAG SLALOM RUN

ORGANISATION

- Place poles or cones approximately 3m apart in a zig-zag formation
- The players dodge around each of the poles
- The players should drive off the outside leg when rounding each pole
- To vary the exercise, challenge the players to go sideways and backwards through the slalom

KEY POINTS

- Use the side-step technique
- Push or drive off the outside leg to 'dodge' around each pole



EXERCISE 4 PYRAMID RUNS

ORGANISATION

- Mark a series of finishing lines at increasing distances from the start line
- 20m is long enough for 4/5 year olds progressing to 50m for 8 year olds
- Sprint to each line successively, taking a break in between to walk back to the start

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Stop gradually when sprinting at full pace



EXERCISE 5 SHUTTLE RUNS

**ORGANISATION**

- Mark a series of lines at increasing distances from the start line
- Different coloured markers can be used to identify the different lines for young children
- The players run continuously out and back to each successive line

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Use short strides when turning and longer strides when running in a straight line

EXERCISE 6 TEAM PURSUIT

**ORGANISATION**

- Mark out a square or circular circuit using cones
- Divide the players into teams; team members position themselves at equal distances apart around the circuit, one from team A then one from team B and so on
- The objective is to catch up to the player from the other team before reaching your team mate who continues the pursuit
- Tag to release the next player on the team or use a baton or a ball to pass on

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Use short strides when turning and longer strides when running in a straight line

LEVEL 1

JUMPING EXERCISES

ABC**NURSERY PROGRAMME**

These are fun Jumping exercises

EXERCISE 1 JACK IN THE BOX

ORGANISATION

- The players pretend they are each a 'Jack in the Box'
- To begin bend down with the arms back behind the sides; the knees should be bent
- On a signal, jump as high as possible swinging the arms above the head

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up



EXERCISE 2 LATERAL BOUNCE

ORGANISATION

- Jump from side to side, taking off and landing on both feet
- Initially practise in a slow and gradual manner before challenging the players to perform at speed
- Introduce a line or marker on the ground to jump across
- Eventually introduce a raised obstacle

KEY POINTS

- Keep the centre of gravity over the centre of the obstacle
- Land softly with bent knees, straight back and head up



EXERCISE 3 LINEAR BOUNCE

ORGANISATION

- Jump forward and back, taking off and landing on both feet
- Initially practise in a slow and gradual manner before challenging the players to perform at speed
- Introduce a line or marker on the ground to jump across
- Eventually introduce a raised obstacle

KEY POINTS

- Keep the centre of gravity over the centre of the obstacle
- Land softly with bent knees, straight back and head up



EXERCISE 4 CRISS-CROSS BOUNCE

ORGANISATION

- Mark a cross on the ground
- Jump around the cross in a clockwise and anticlockwise direction

KEY POINTS

- Use controlled jumps; keep the centre of gravity close to the centre of the cross
- Land softly with bent knees, straight back and head up



EXERCISE 5 STANDING LONG JUMP

**ORGANISATION**

- Start in a squat position with the arms extended behind
- Attempt to jump as far forward as possible
- A ladder can be used to aid the players to jump progressively longer distances by challenging them to jump into each successive space in the ladder in turn

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up

EXERCISE 6 VERTICAL JUMP

**ORGANISATION**

- Stand sideways close to a wall
- Bend the knees and extend both arms back; perform a two footed jump, springing as high as possible to touch the wall with the hand nearest the wall
- Practise with the opposite hand nearest to the wall

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up

EXERCISE 7 LOG JUMP

**ORGANISATION**

- A number of players lie still on the ground with a space between each
- Jump over the series of players one by one
- Rotate the 'jumper' after each 'go'

KEY POINTS

- Use a small jump to adjust the footing before jumping over each successive 'log'
- Land softly with bent knees, straight back and head up

EXERCISE 8 TAKE OFF AND LAND

**ORGANISATION**

- Lay out a number of obstacles or markers in a circle
- The players move around the circle jumping over each marker in turn
- Take off and land in as many ways as possible; from 2 feet to 2 feet, from 1 foot to 2 feet, from 2 feet to 1 foot, a hop from 1 foot to 1 foot and a step or leap from 1 foot to the other foot

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up

These are fun Jumping exercises

EXERCISE 1 SCISSORS JUMP

ORGANISATION

- Standing on the spot jump in the air kicking one leg forward and the other back
- Land with both feet together
- Practise jumping with the right leg forward and the left back and vice versa. As the players become more proficient challenge them to perform the jump after a short run up

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up



EXERCISE 2 JUMPING SHAPES

ORGANISATION

- Jump to make different shapes; use both standing starts and run ups
- Include jumping jacks, star jumps and tuck jumps

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up



EXERCISE 3 JUMP AND TURN

ORGANISATION

- On the spot, jump to make quarter, half, three-quarter and full turns in mid air
- Practise turning clockwise and anti-clockwise

KEY POINTS

- Ensure the players turn after take off and not after landing
- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up



EXERCISE 4 BUNNY HOP

ORGANISATION

- Hop through a ladder placing both feet in every space
- To vary this exercise, hop 2 spaces forward and 1 space back progressing through the ladder

KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Land softly with bent knees, straight back and head up



EXERCISE 5 1-LEGGED HOP

**ORGANISATION**

- Hop through the ladder using one leg
- Remember to practise using the left and right leg

KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Move at a comfortable pace and use the arms to maintain balance
- Land softly with bent knees, straight back and head up

EXERCISE 6 HIGH FIVES PINKY AND PERKY

**ORGANISATION**

- The players to work in pairs facing each other
- On a signal swing the arms back and using a two footed jump, high five the other player at the highest point possible
- Practise using both the right and left hands
- Progress the exercise by using a short run up; increase the distance of the run up as the players become more proficient

KEY POINTS

- Ensure that the players in each pair are of a similar height
- Do not slap
- Land softly with bent knees, straight back and head up

EXERCISE 7 JUMP THE ARC

**ORGANISATION**

- Imagine the ball approaching on an arc
- Run and jump up the arc to meet it

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up

EXERCISE 8 PICKING FRUIT

**ORGANISATION**

- The players work in pairs; one player in each pair holds a ball above their head in the palm of one hand
- The second player runs from 3 to 4m away and jumps to reach and take the ball from their partner's hand
- Return the ball to the initial player and repeat a number of times before reversing roles

KEY POINTS

- Ensure the players are of similar height
- Take off from close to the player holding the ball and jump to catch the ball on the way up

These are fun Jumping exercises

EXERCISE 1 UP ONE, UP TWO

ORGANISATION

- Run and jump upwards and forwards
- Just before the top of the jump bring their arms back behind their head i.e 'up one', and fling them forward, i.e. 'up two'

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up



EXERCISE 2 JUMP TO PUNCH

ORGANISATION

- Run and jump upwards and forwards
- Bring one arm back behind the head and punch an imaginary ball at the top of the jump

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up



EXERCISE 3 FOSBURY JUMP

ORGANISATION

- Run and jump off one leg, i.e. the take off leg
- Swing the opposite leg and arm high into the air
- Practise jumping off both sides.
- Land one foot at a time

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Land softly with bent knees, straight back and head up



EXERCISE 4 LOB AND CATCH

ORGANISATION

- The players work in pairs; one player in each pair holds a ball above their head in the palm of one hand
- The second player runs from 3 to 4m away to jump and catch the ball as the first player pushes the ball up into the air
- Practise jumping off both sides.
- Land one foot at a time
- Return the ball to the initial player and repeat a number of times before reversing roles

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Time the jump to take the ball at its highest point



EXERCISE 5 MOVE, JUMP AND CATCH

**ORGANISATION**

- The players to work in pairs
- One player in each pair lobs the ball for their partner to move forward, jump and catch
- Catch the ball and pass it back to the thrower moving backwards
- Continue the exercise across the playing area and reverse the roles

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Move and time the jump to take the ball at its highest point

EXERCISE 6 WOBBLE, JUMP AND CATCH

**ORGANISATION**

- Use an unstable object like a wobble board or cushion
- The players work in pairs
- Jump forward off the wobble board to catch balls thrown at different heights in mid flight

KEY POINTS

- Time the jump to take the ball at its highest point
- Land softly with bent knees, straight back and head up

EXERCISE 7 ADVANCED JUMP AND TURN

**ORGANISATION**

- Use a bench for this exercise
- Jog along the bench and jump off the end in a variety of different ways
- Use one footed and two footed jumps
- Gradually introduce quarter, half, three-quarter and full turns in a clockwise and anti-clockwise direction

KEY POINTS

- Ensure the players are capable of performing the exercise
- Ensure safety mats are in place
- Land softly with bent knees, straight back and head up

EXERCISE 8 ADVANCED JUMP AND CATCH

**ORGANISATION**

- Use a bench for this exercise
- Jog along the bench and jump off the end to catch a pass on or before landing
- Vary the height of the pass
- Introduce a signal for the player to move quickly to the left or right on landing
- Gradually introduce quarter, half, three-quarter and full turns in a clockwise and anti-clockwise direction

KEY POINTS

- Ensure the players are capable of performing the exercise
- Ensure safety mats are in place
- Land softly with bent knees, straight back and head up

LEVEL 1 THROWING EXERCISES

These are fun Throwing exercises

EXERCISE 1 SITTING HAND ROLL

ORGANISATION

- Sitting with legs astride the players roll the ball against a wall
- Use two touches, one to roll the ball against the wall and a second to stop it on the way back
- Progress the exercise by rolling the ball continuously without stopping it

KEY POINTS

- Use a two-handed underarm technique to roll the ball



EXERCISE 2 KNEELING HAND ROLL

ORGANISATION

- In a kneeling position the players roll the ball against a wall stopping it on the way back
- Progress to roll the ball continuously without stopping it
- Swing the ball from one side and then the other; a bowling type throw
- Roll the ball around the body in a clockwise and anti-clockwise direction passing the ball from one hand to another
- Perform the sequence on one knee and using one hand
- Roll the ball around the body under the knee passing the ball from 1 hand to the other

KEY POINTS

- Progress from a two-handed technique to a one-handed bowling-type technique



EXERCISE 3 STANDING HAND ROLL

ORGANISATION

- In a standing position the players use both hands to roll the ball against the wall and stop it on the way back
- Progress to continuously rolling the ball
- Progress to using one hand and then the other
- Roll the ball around one foot
- Roll the ball in a figure of eight in and out between the legs passing it from one hand to the other

KEY POINTS

- When rolling the ball against the wall stand facing the wall with one foot in front of the other



EXERCISE 4 HAND TO HAND ROLL

ORGANISATION

- Standing with feet astride the players roll the ball from one open hand to the other
- Begin by stopping the ball before each roll, before continuously rolling the ball
- Roll the ball around the body in a figure of 8 in and out between the legs passing it from one hand to the other

KEY POINTS

- Use a series of small rolls to maintain control when moving the ball around the body



EXERCISE 5 BRIDGE BALL

**ORGANISATION**

- The players work in pairs
- One player stands with their legs astride
- The other player rolls the ball between the legs of their partner using a one-handed underarm technique
- Follow the ball and attempt to pick it up at the other side
- Switch roles after a set time
- Move around the playing area after every go

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- When rolling the ball stand facing partner with one foot in front of the other

EXERCISE 6 TARGET ROLL

**ORGANISATION**

- Set out different targets such as markers, hoops, and channels to challenge the accuracy with which the players roll and throw the ball

KEY POINTS

- Progress from a two-handed technique to a one-handed bowling-type technique

EXERCISE 7 KNOCK THE CAP

**ORGANISATION**

- Set up a cone or a marker as a target
- The players roll the ball to hit and knock the target

KEY POINTS

- Use a big ball and a two-handed technique to begin before progressing to a one-handed technique with a smaller ball

LEVEL 2 THROWING EXERCISES

These are fun Throwing exercises

EXERCISE 1 TWO-HANDED UNDERARM THROW

ORGANISATION

- The players stand, feet astride, and throw various objects from between the legs using a two-handed technique
- Use Bean Bags, Balls of various sizes and soft and hard balls

KEY POINTS

- Bend the back and knees
- Keep the head down until the throw is completed



EXERCISE 2 TOSS THE BAG

ORGANISATION

- Line the players up side by side
- The players in turn toss a bean bag using a one-handed underarm throw
- Throw the bags as far as possible or attempt to hit a target

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Step forward with the foot on the opposite side to provide balance



EXERCISE 3 ONE-HANDED UNDERARM THROW

ORGANISATION

- Throw a variety of Bean Bags, balls of various sizes and soft and hard balls
- When throwing with the right hand step forward with the left foot for balance and vice versa

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Eyes focus on the target



EXERCISE 4 TWO-HANDED OVERARM THROW

ORGANISATION

- Using two hands the player holds the bag or ball above and behind the head
- Stepping forward with one foot keep the elbows high
- Throw the bag or ball as far as possible

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Eyes focus on the target



EXERCISE 5 TARGET THROW**ORGANISATION**

- Use Hoops, markers or other types of target to improve accuracy

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Eyes on the target

These are fun Throwing exercises

EXERCISE 1 SHOT PUTT THROW

ORGANISATION

- Hold the bean bag or ball in one hand under the chin with the fingers behind the bag or ball
- Step forward with the opposite leg and push forward to throw the bag or ball as far as possible

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Step forward with the foot on the opposite side to provide balance



EXERCISE 2 ONE-HANDED OVERARM THROW

ORGANISATION

- Throw a variety of Bean Bags, balls of various sizes and soft and hard balls
- If throwing with the right hand step forward with the left foot for balance and vice versa

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Eyes on the target



EXERCISE 3 MEDICINE BALL EXERCISES

ORGANISATION

- Sit with legs astride; throw the ball using a two-handed overarm throw
- In the kneeling position/on one knee; using a two-handed underarm throw, throw from one side and then the other
- In a standing position use a two-handed underhand technique with the legs astride
- Basketball type throw from the front of the chest; then a 2-handed overhand throw
- In a lying position, sit up and use a basketball throw
- In a lying position, sit up and use a two-handed overhand throw
- Introduce targets such as a hoop to improve the accuracy of the throw

KEY POINTS

- Use a medicine ball of suitable weight and size
- Ensure the players have enough room to perform the exercise safely
- Focus on technique



EXERCISE 4 SLING THROW

ORGANISATION

- With a straight arm the ball or object is held out to the side and back from the body
- Leading with the opposite foot swing the arm around using the body, before releasing the ball

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Eyes on the target



EXERCISE 5 BOUNCE AND SHOOT**ORGANISATION**

- Place a number of hoops on the ground and a target to aim for at the end of the course
- Run through the playing area bouncing the ball in the hoops before throwing the ball to land in or hit the target

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Eyes on the target

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