

Adolescent Athletic Development

John Murphy
St Mullins GAA Carlow

In Association with





Adolescent Athletic Development

JOHN MURPHY
ST MULLINS GAA
CO CARLOW

Who Am I?

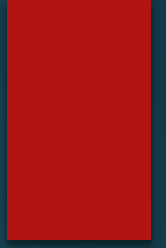
- ▶ PE Teacher St Mary's Secondary School, New Ross
- ▶ S & C Coach
- ▶ Award 2 Coach and Coach Education Tutor
- ▶ St Mullins U16 2014-2017
- ▶ Carlow Colts Development Squad 2015-2017
- ▶ Performance Nutritionist Laois Senior Hurling 2017-18
- ▶ MSc Exercise & Nutrition Science

Location



St Mullins

Motivation



Motivation

- ▶ No 'foreign' sports

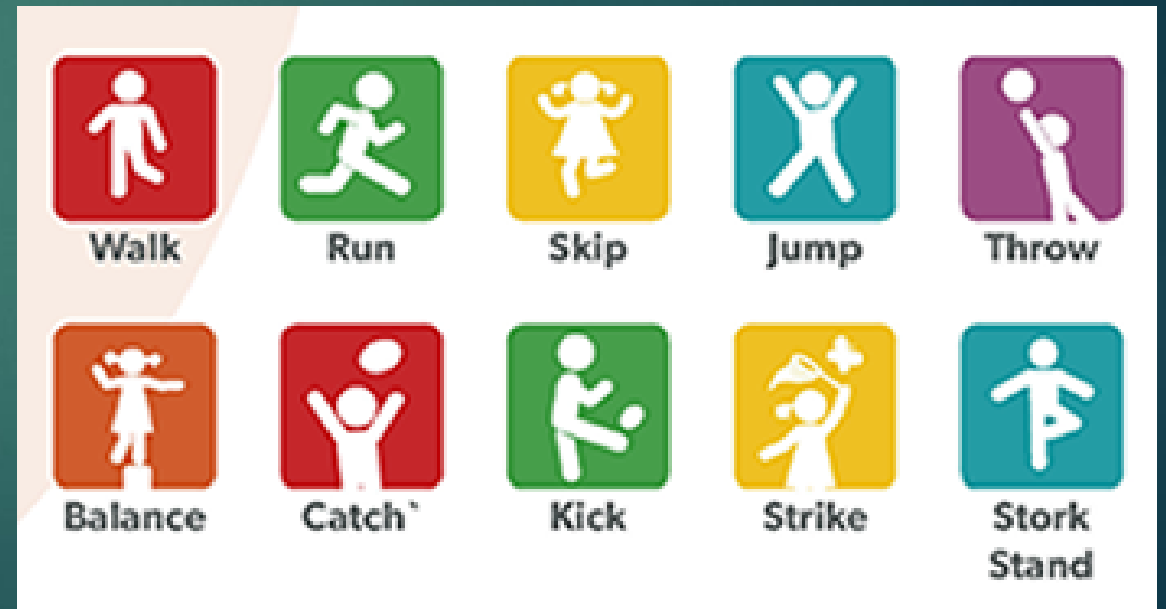


Motivation

- ▶ New 'foreign' sports
- ▶ Split between 2 secondary school bases

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- ▶ Lack of movement skills



Motivation

- ▶ New 'foreign' sports
- ▶ Split between 2 secondary schools
- ▶ Lack of movement skills
- ▶ Joined-up approach with Carlow GAA



The Plan

- ▶ RAMP Warm-Up
- ▶ Speed Drills
- ▶ Jumps
- ▶ Throws
- ▶ Body-Weight Exercises

The Plan

▶ RAMP Warm-Up → GAA 15

Sean Kelly

▶ Speed Drills

▶ Jumps

▶ Throws

▶ Body Weight Exercises

The Plan

▶ RAMP Warm-Up

▶ Speed Drills

▶ Jumps

▶ Throws

Keir Wenham-Flatt

@rugbystrengthcoach

▶ Bodyweight Exercises

The Plan

▶ RAMP Warm-Up

▶ Speed Drills

▶ Jumps

▶ Throws

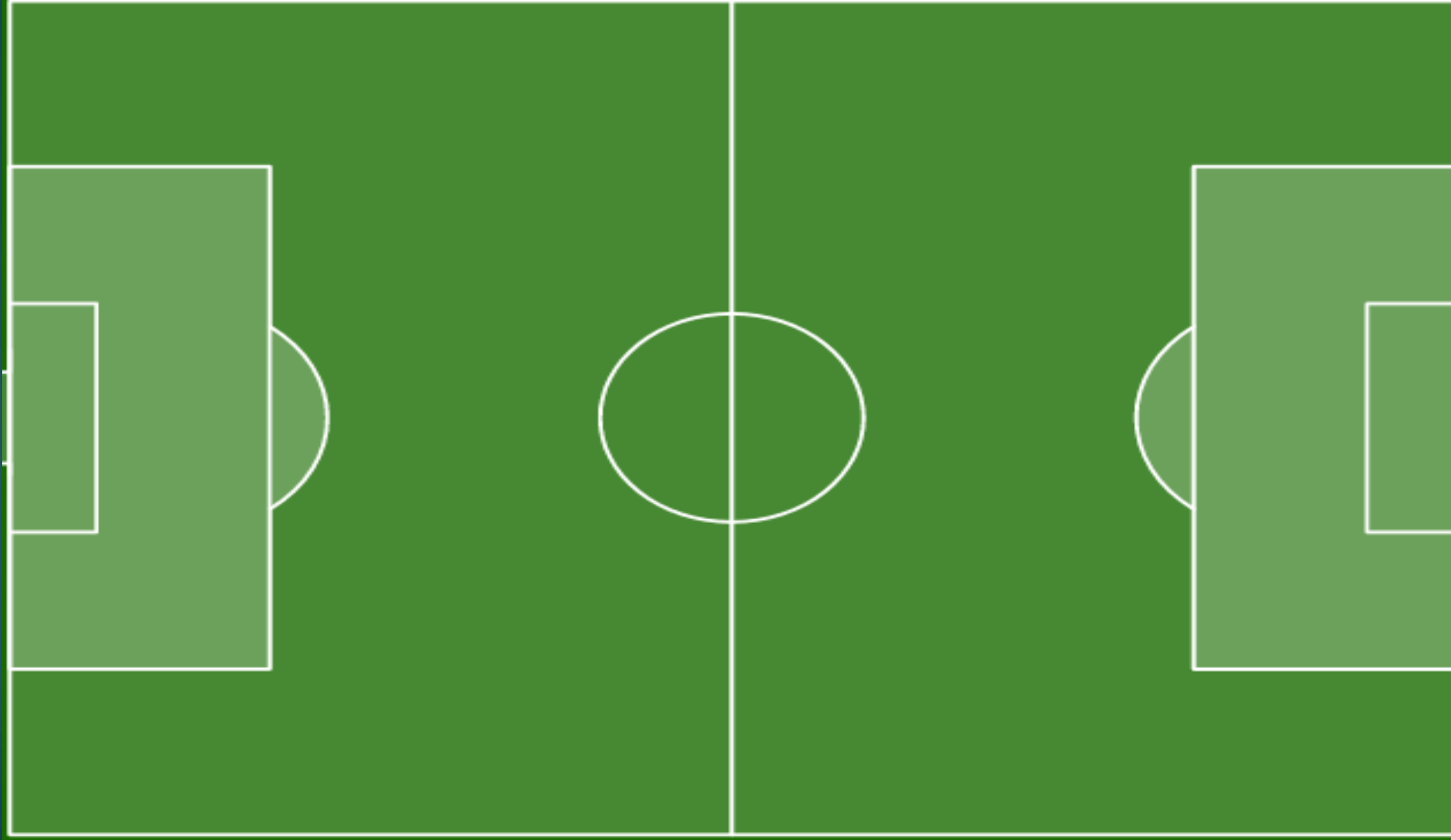
▶ Body-Weight Exercises



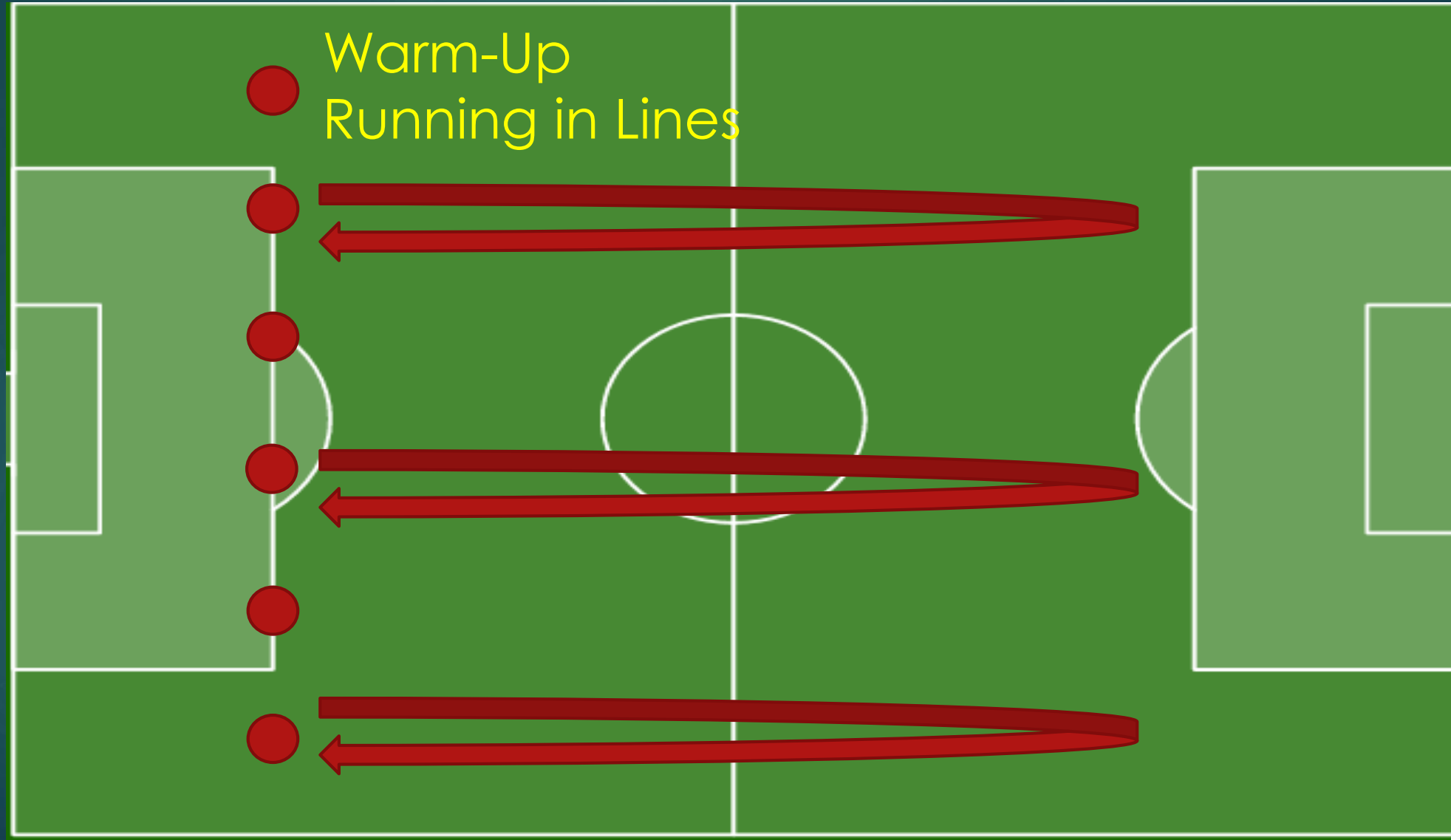
Resistance Training Course

Leinster Council

Structure



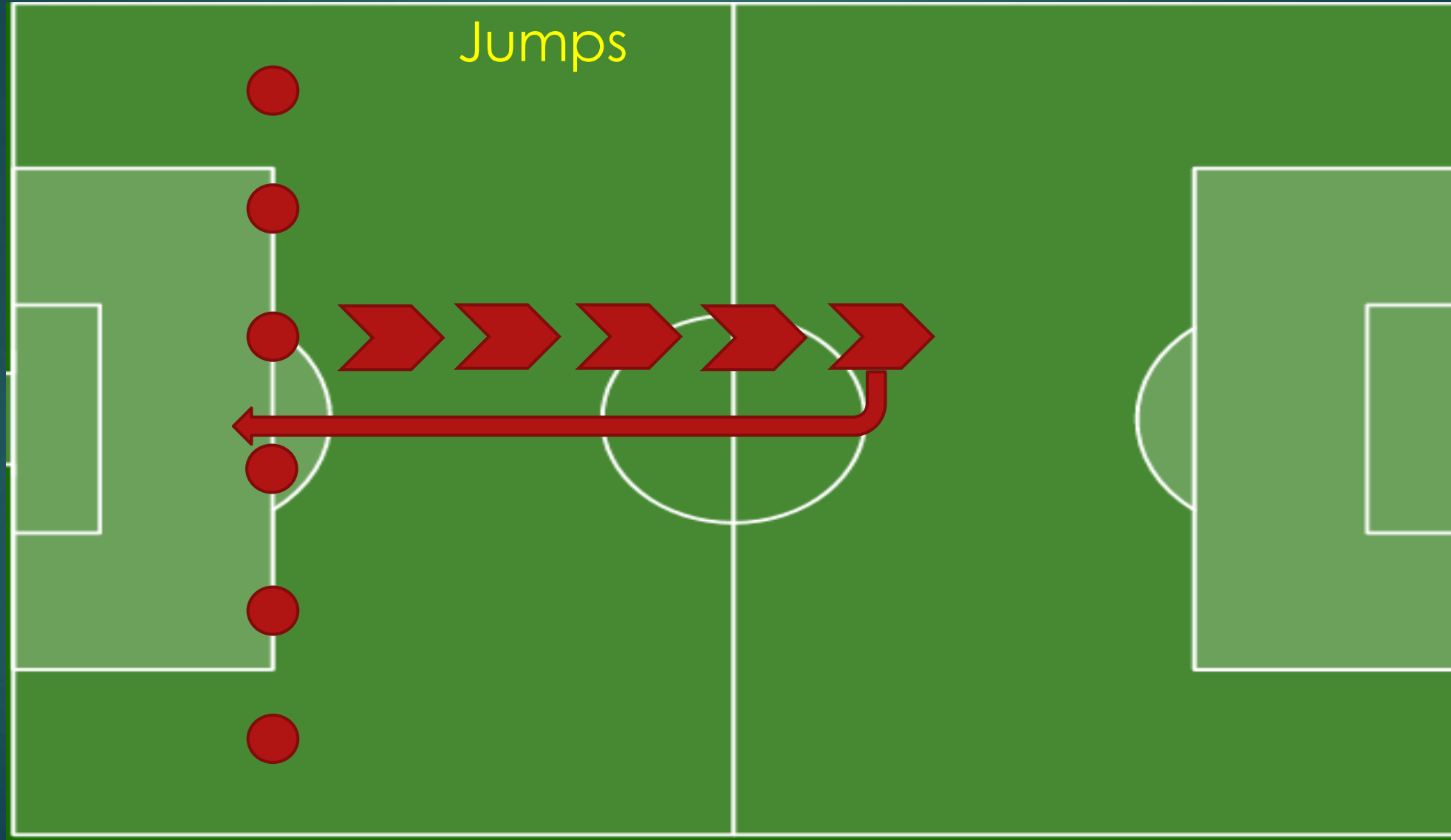
Structure



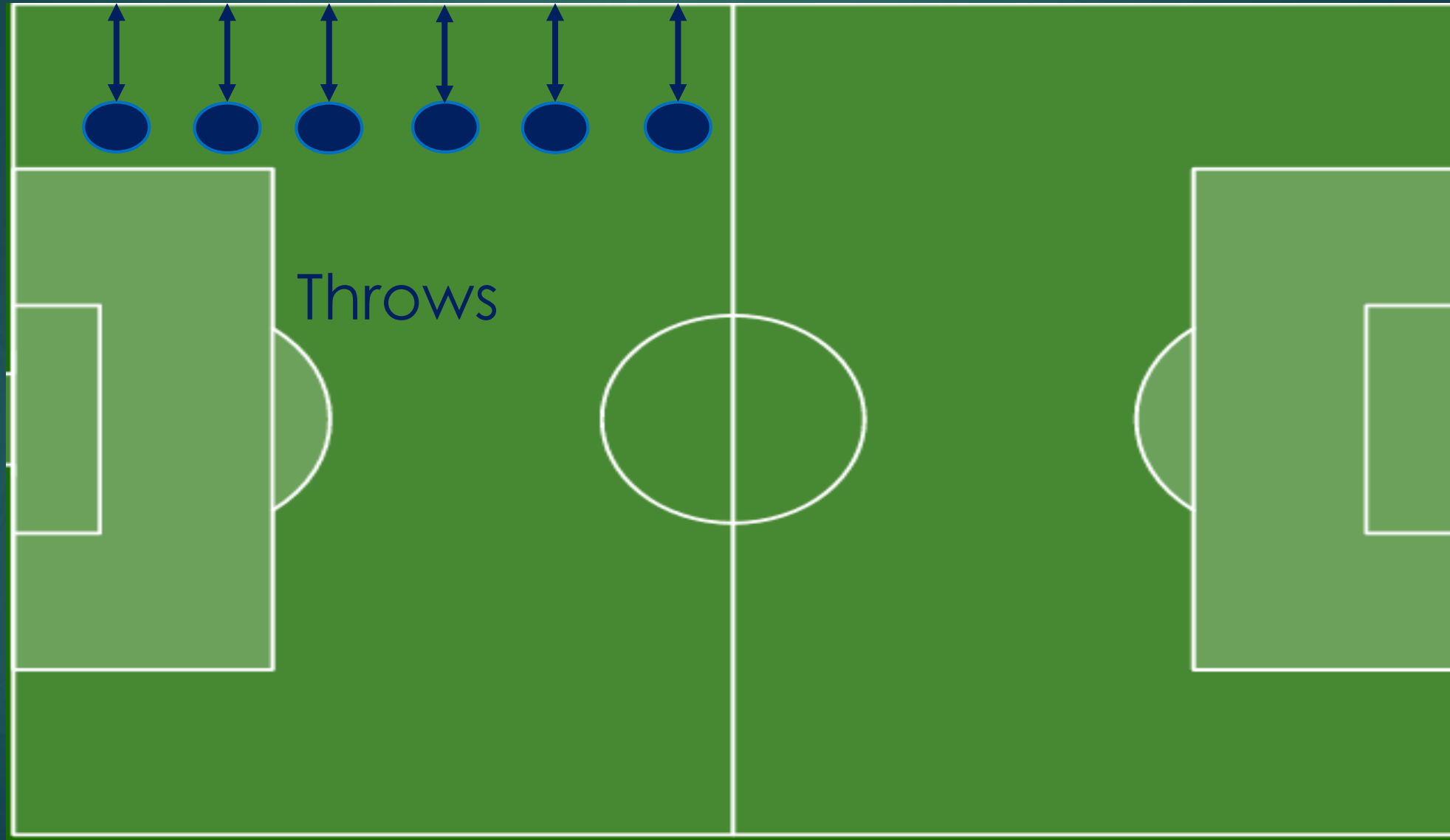
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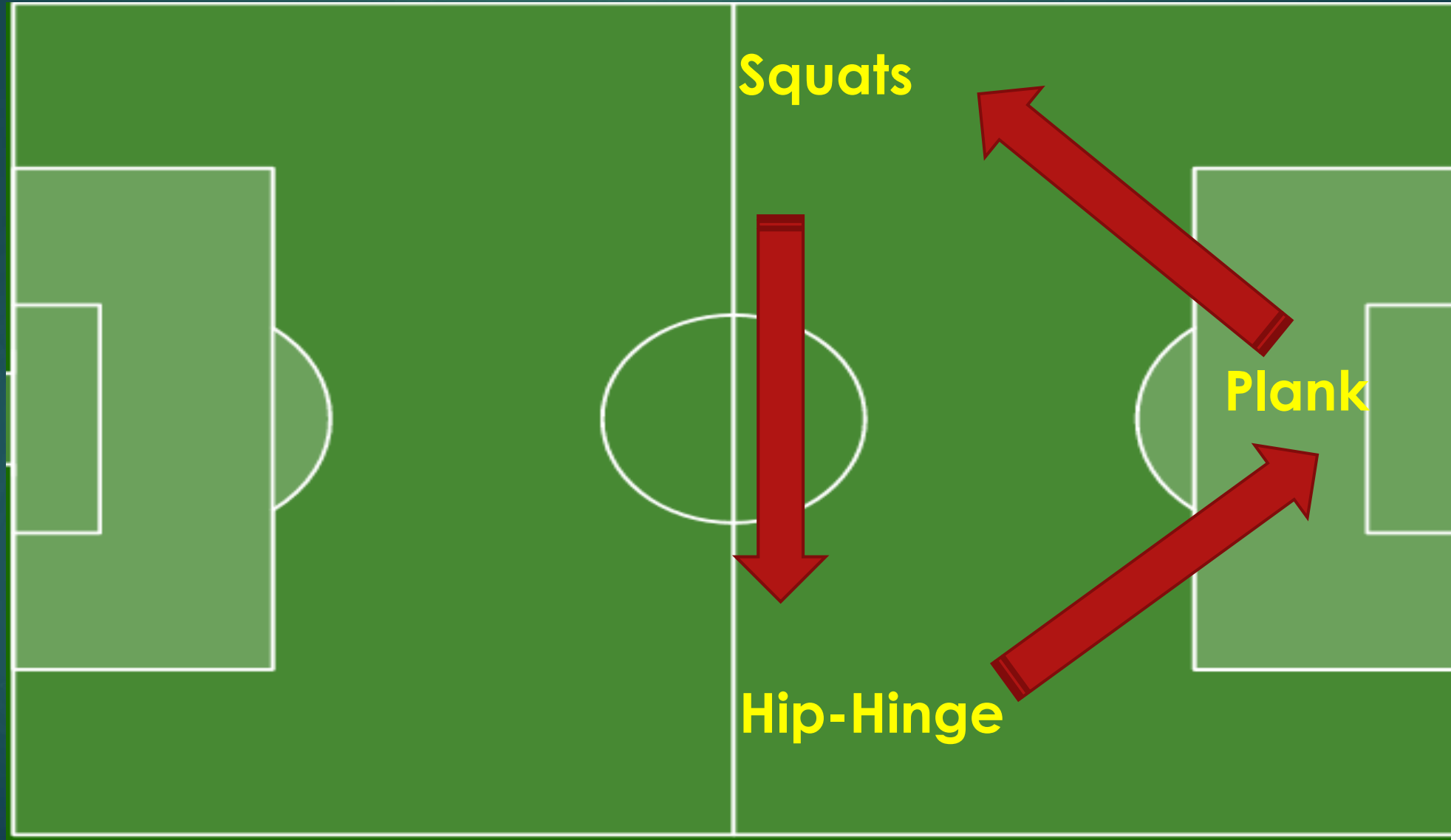
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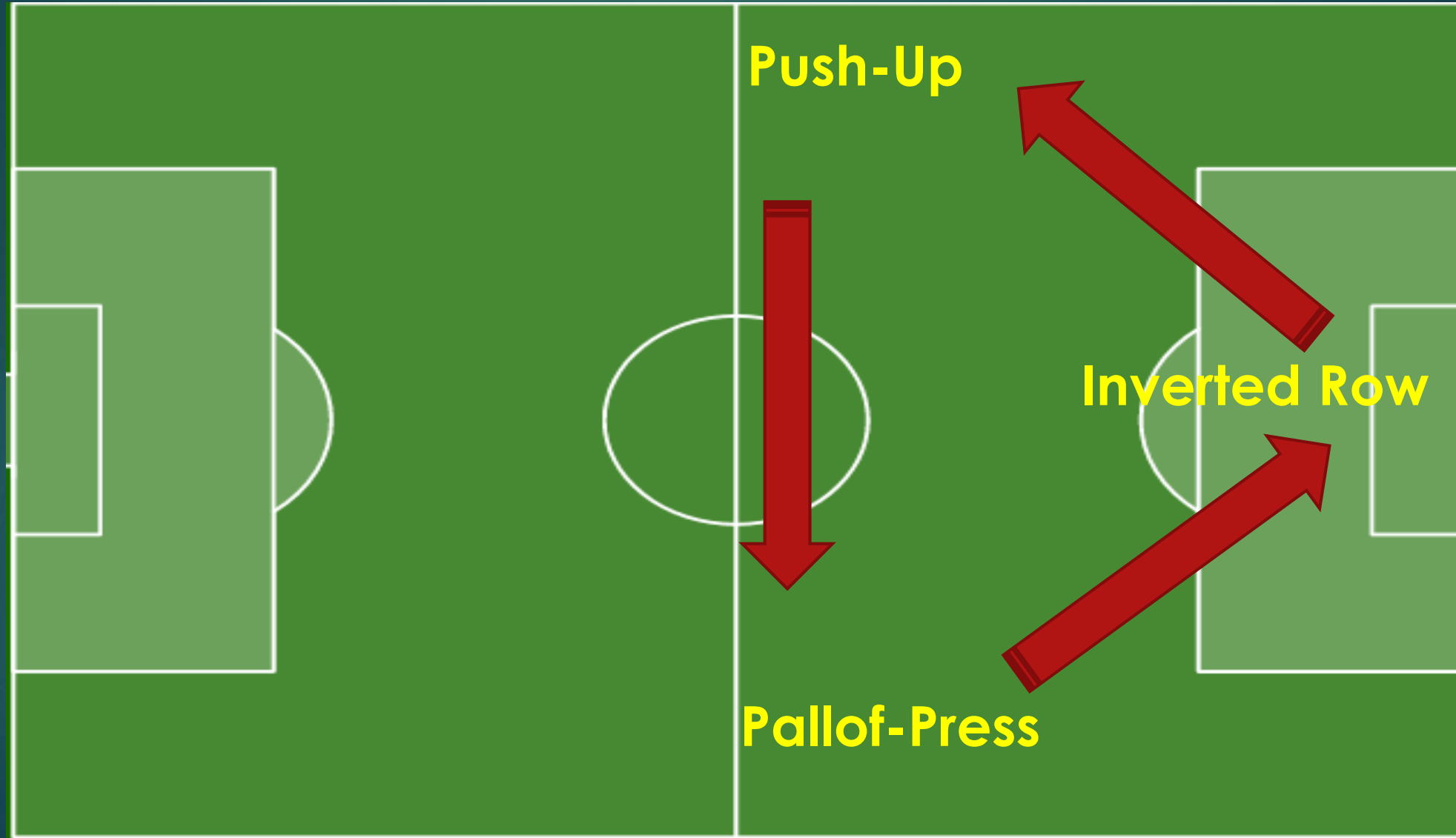
Structure



Structure – Body-Weight Circuit

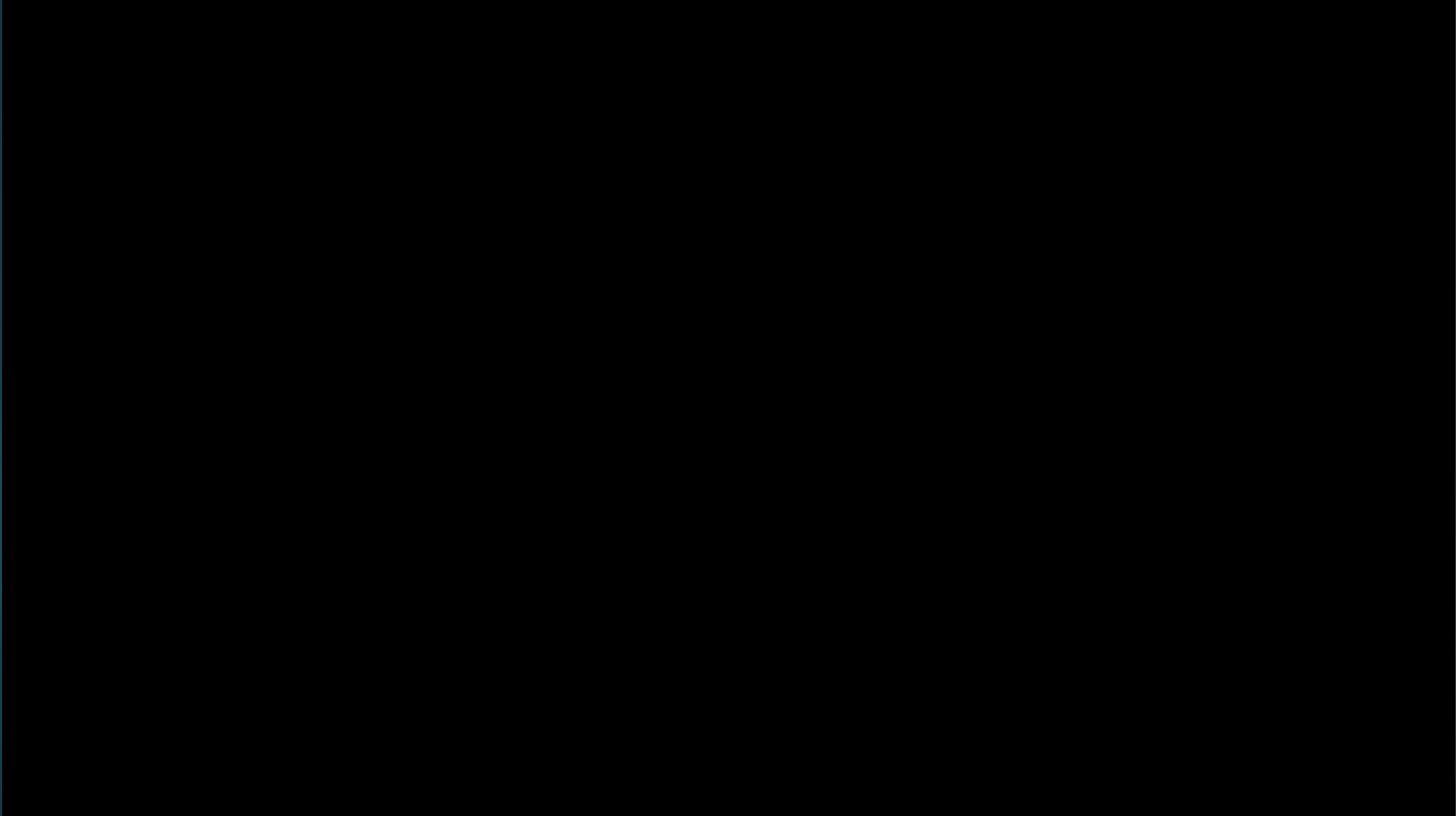


Structure – Body-Weight Circuit



Video

▶ Put Video Here!!!



Equipment

- ▶ Med Balls
- ▶ Mini Bands
- ▶ Looped Bands
- ▶ Dumbbells
- ▶ Steps
- ▶ TRX Straps

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Equipment

▶ Need Balls

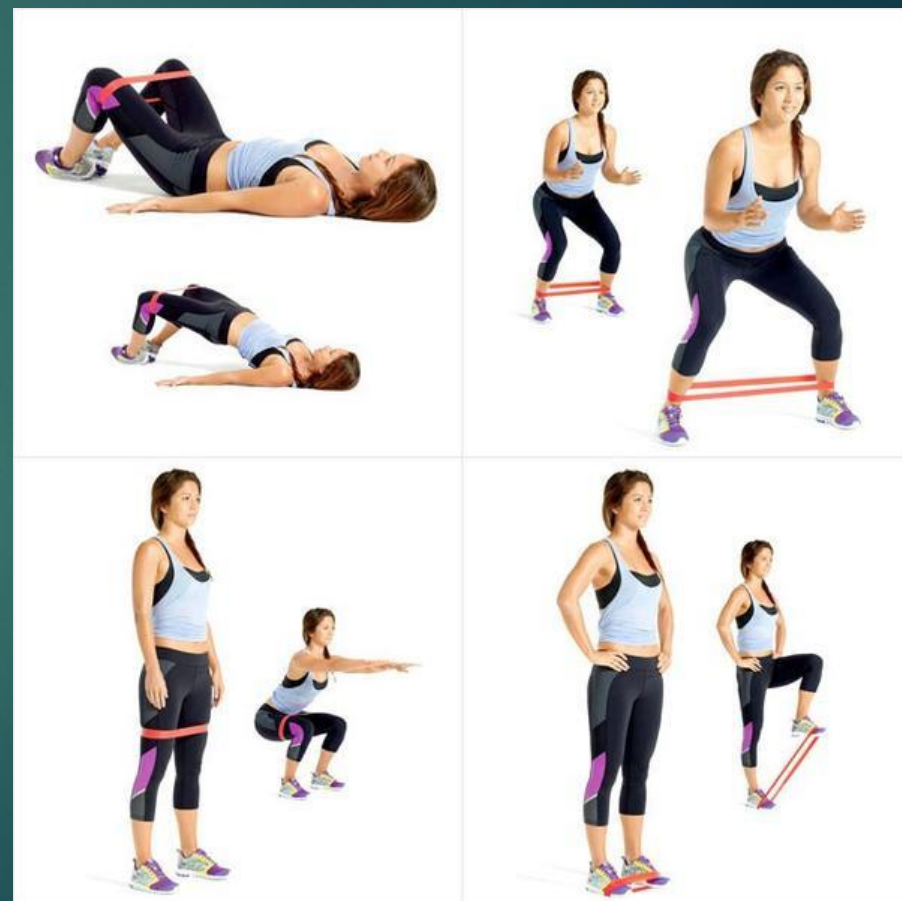
▶ Mini Bands

▶ Looped Bands

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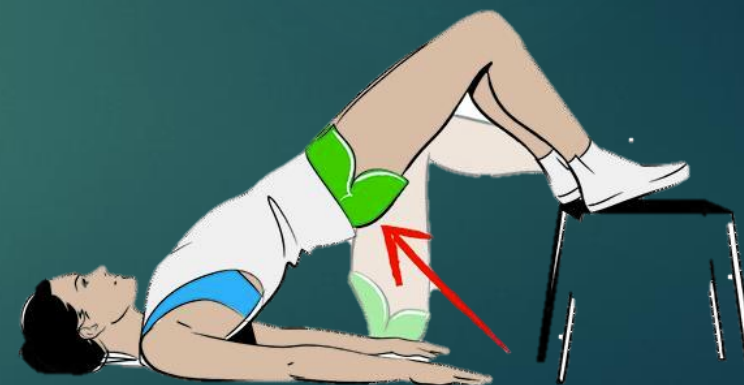
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October 16 – February 17

- ▶ 25 Participants

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- ▶ 1 Session per Week for 12 Weeks

October 16 – February 17

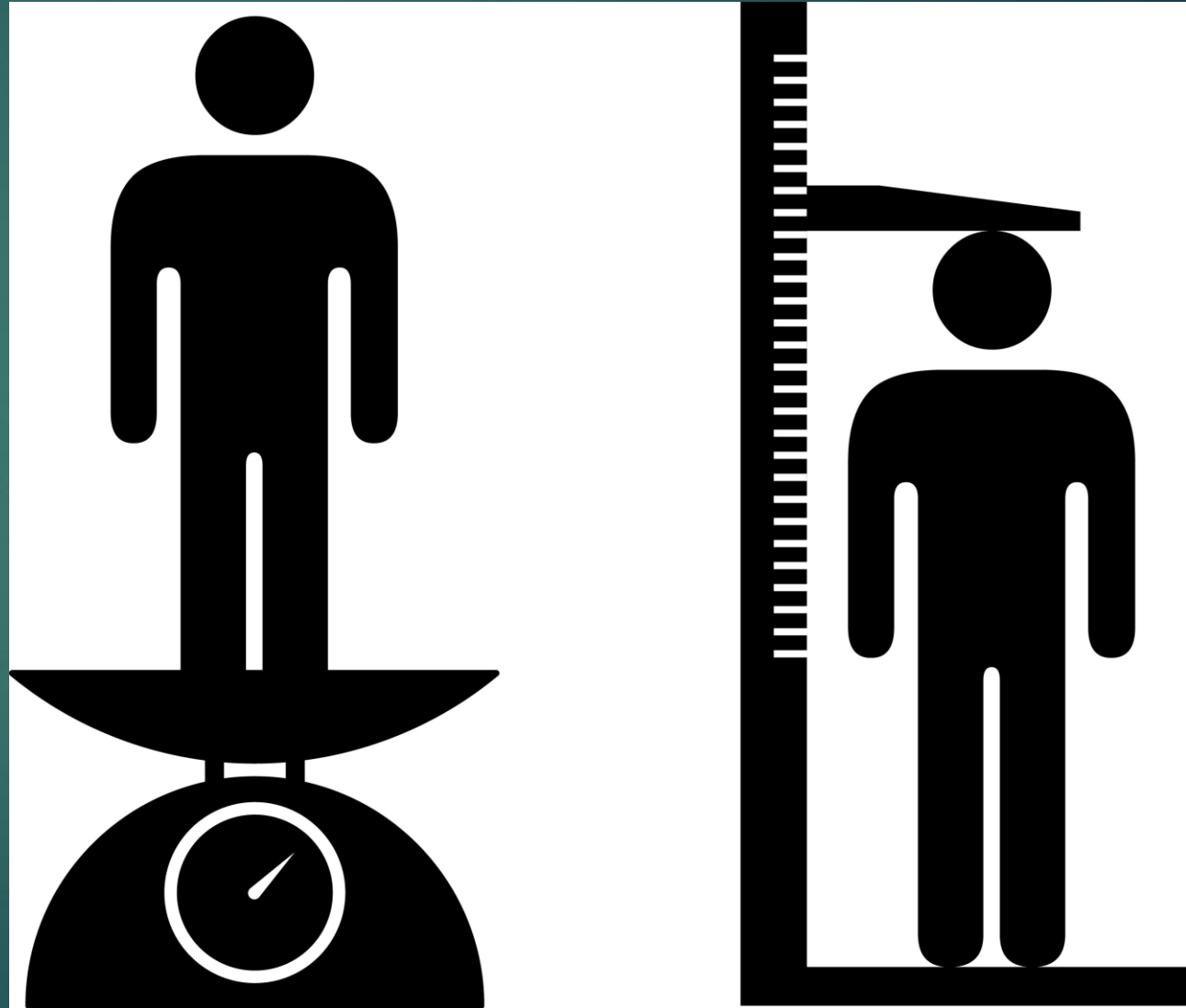
- ▶ 25 Participants
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October 16 – February 17

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- ▶ 6 After Christmas

Testing

► Height & Weight



Testing

- ▶ Height & Weight
- ▶ Vertical Jump



Testing

- ▶ Height & Weight
- ▶ Vertical Jump
- ▶ Broad Jump



Testing

- ▶ Height & Weight
- ▶ Vertical Jump
- ▶ Broad Jump
- ▶ 20m Sprint



Testing

- ▶ Height & Weight
- ▶ Vertical Jump
- ▶ Broad Jump
- ▶ 20m Sprint
- ▶ Movement Screen

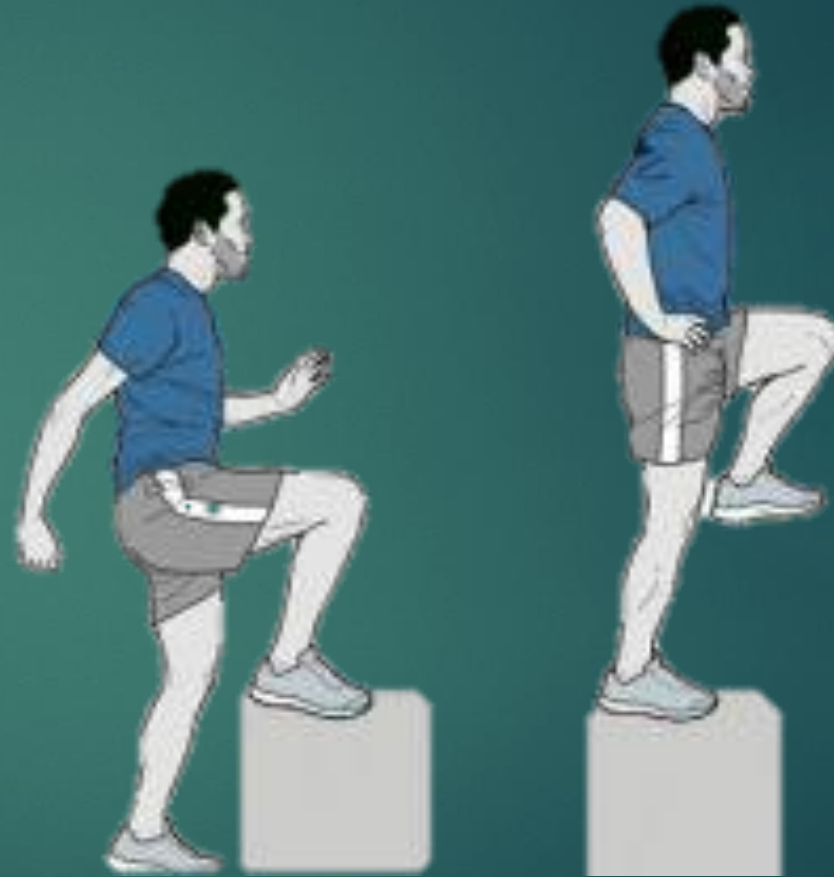
Movement Screen

► Overhead Squat



Movement Screen

- ▶ Overhead Squat
- ▶ Single Leg Step-Up



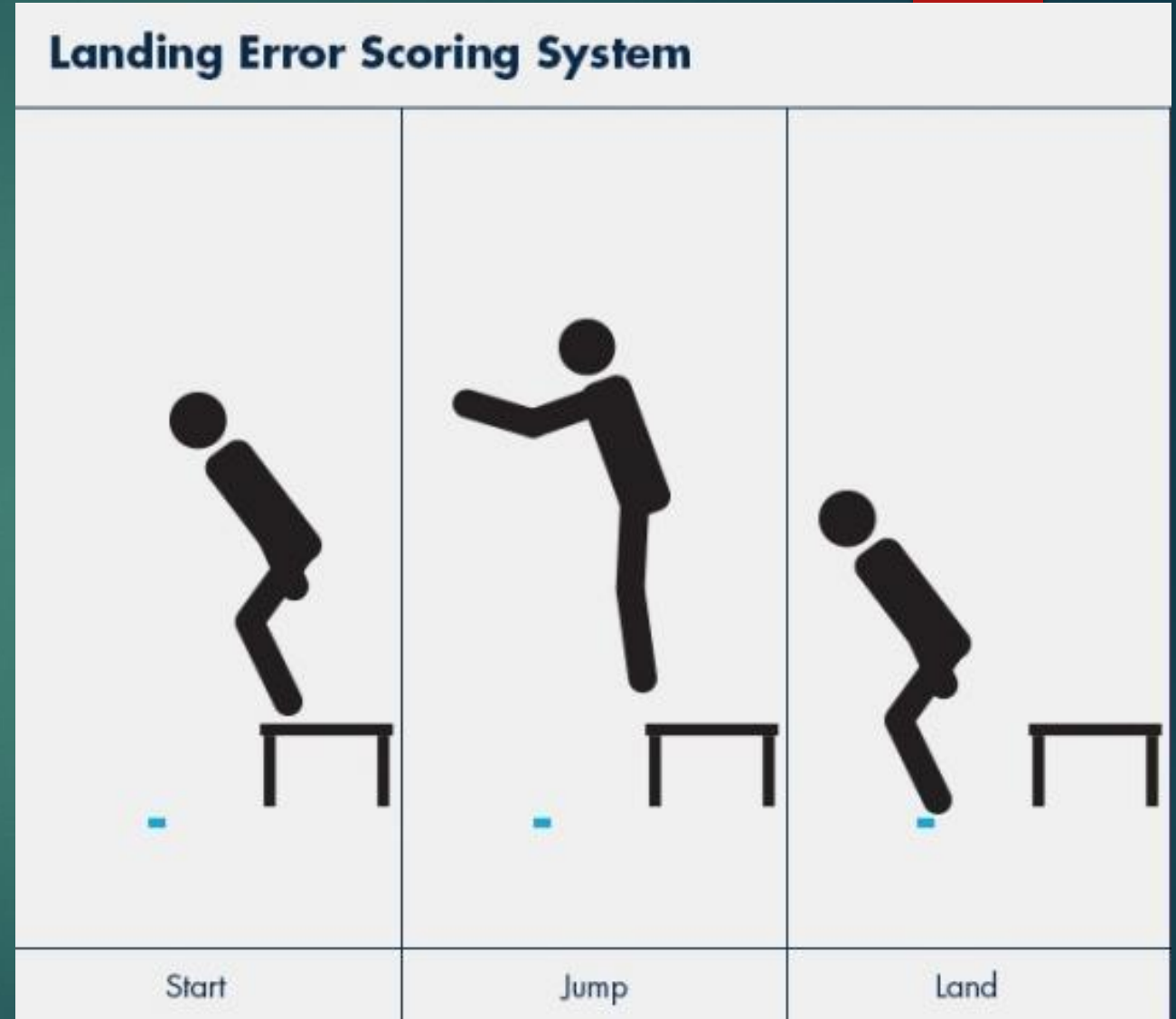
Movement Screen

- ▶ Overhead Squat
- ▶ Single Leg Step-Up
- ▶ Straight Leg Raise



Movement Screen

- ▶ Overhead Squat
- ▶ Single Leg Step-Up
- ▶ Straight Leg Raise
- ▶ Landing Mechanics

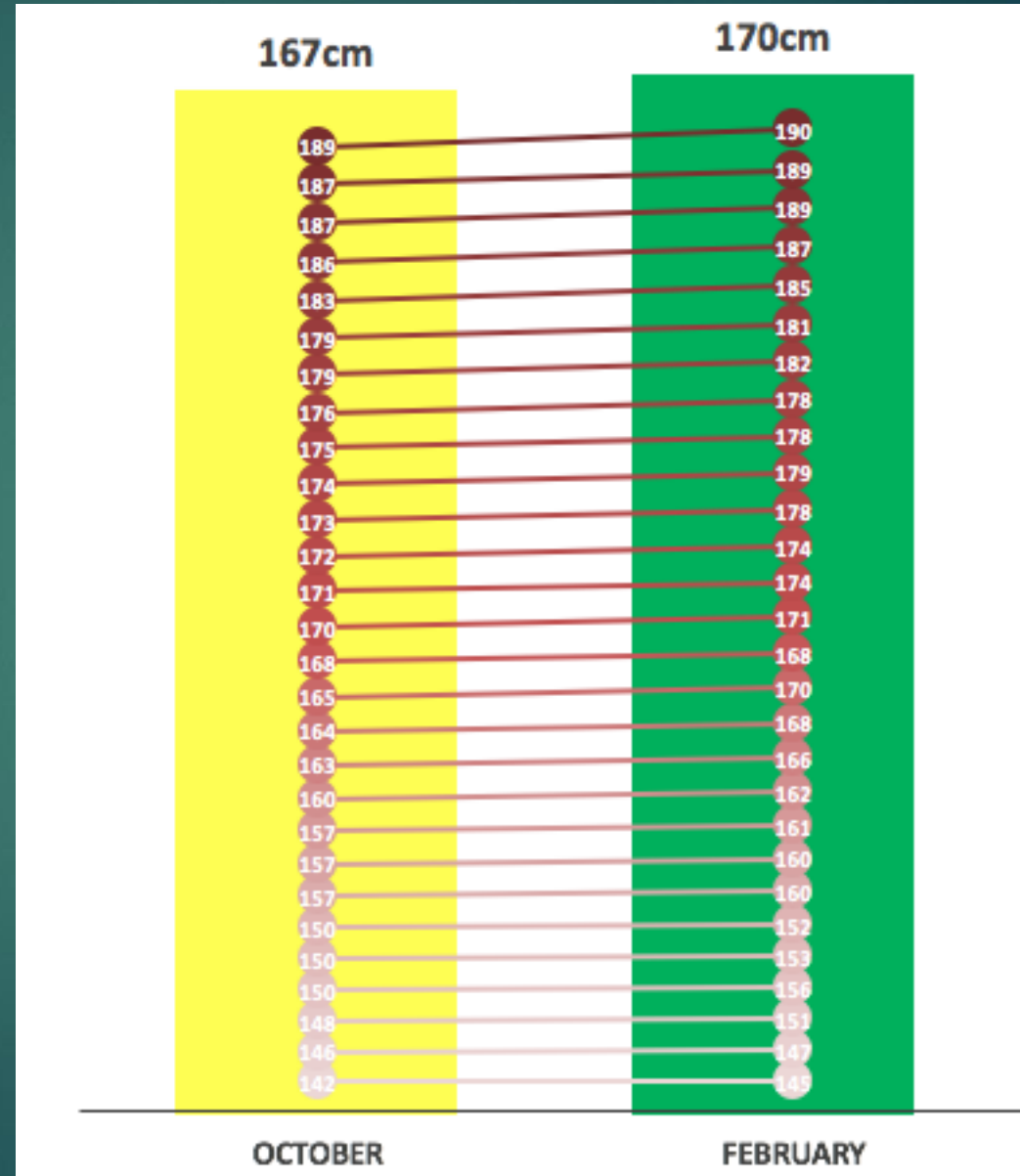


Results 16-17

- ▶ Height & Weight
- ▶ Vertical Jump
- ▶ Broad Jump
- ▶ 20m Sprint
- ▶ Movement Screen

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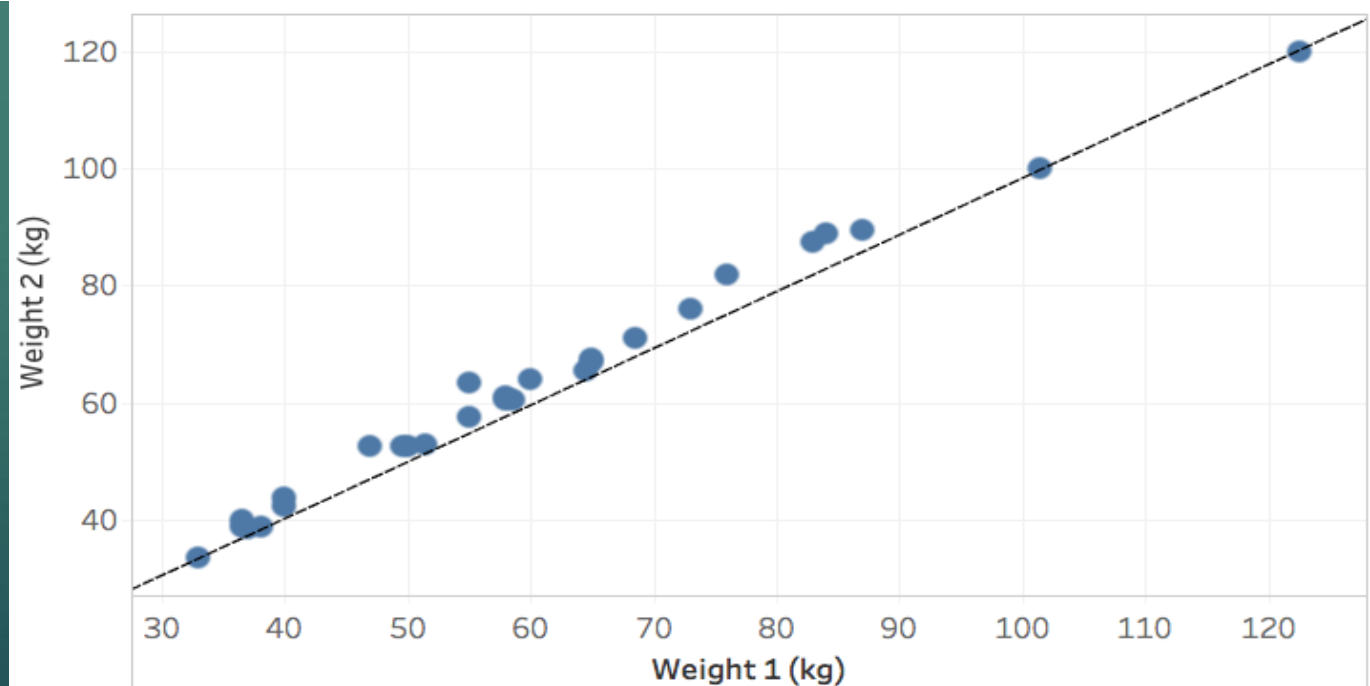
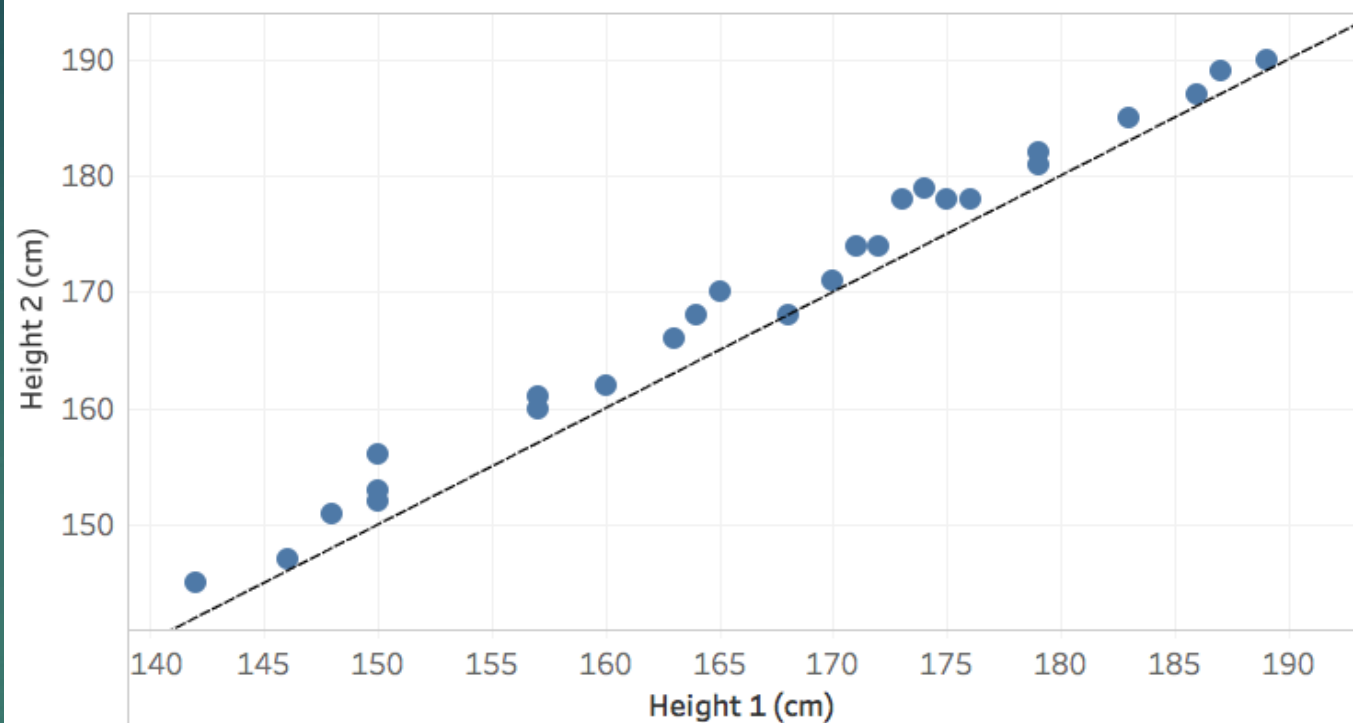
► Height & Weight *

► Vertical Jump

► Broad Jump

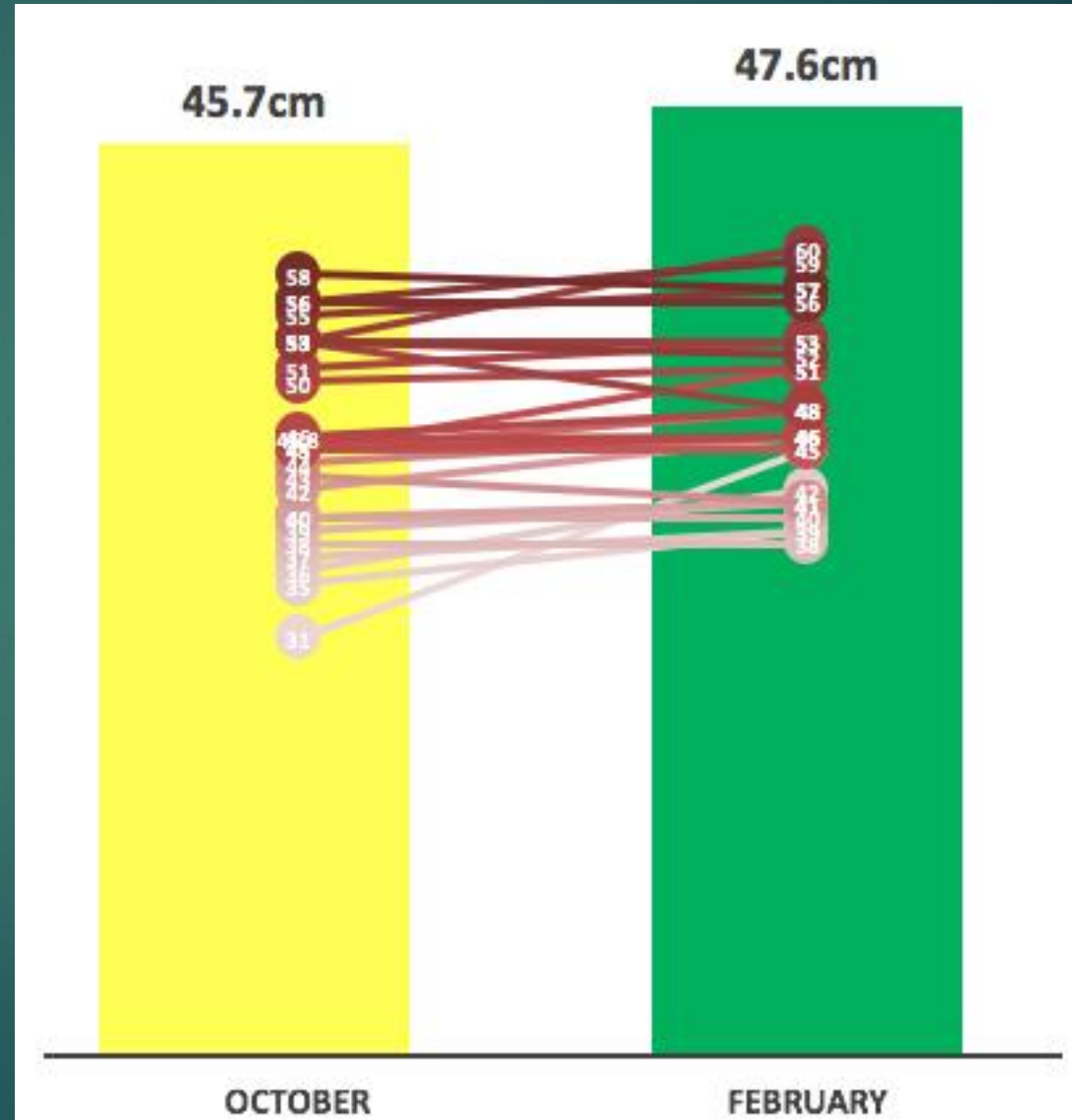
► 20m Sprint

► Movement Screen



Results 16-17

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Results 16-17

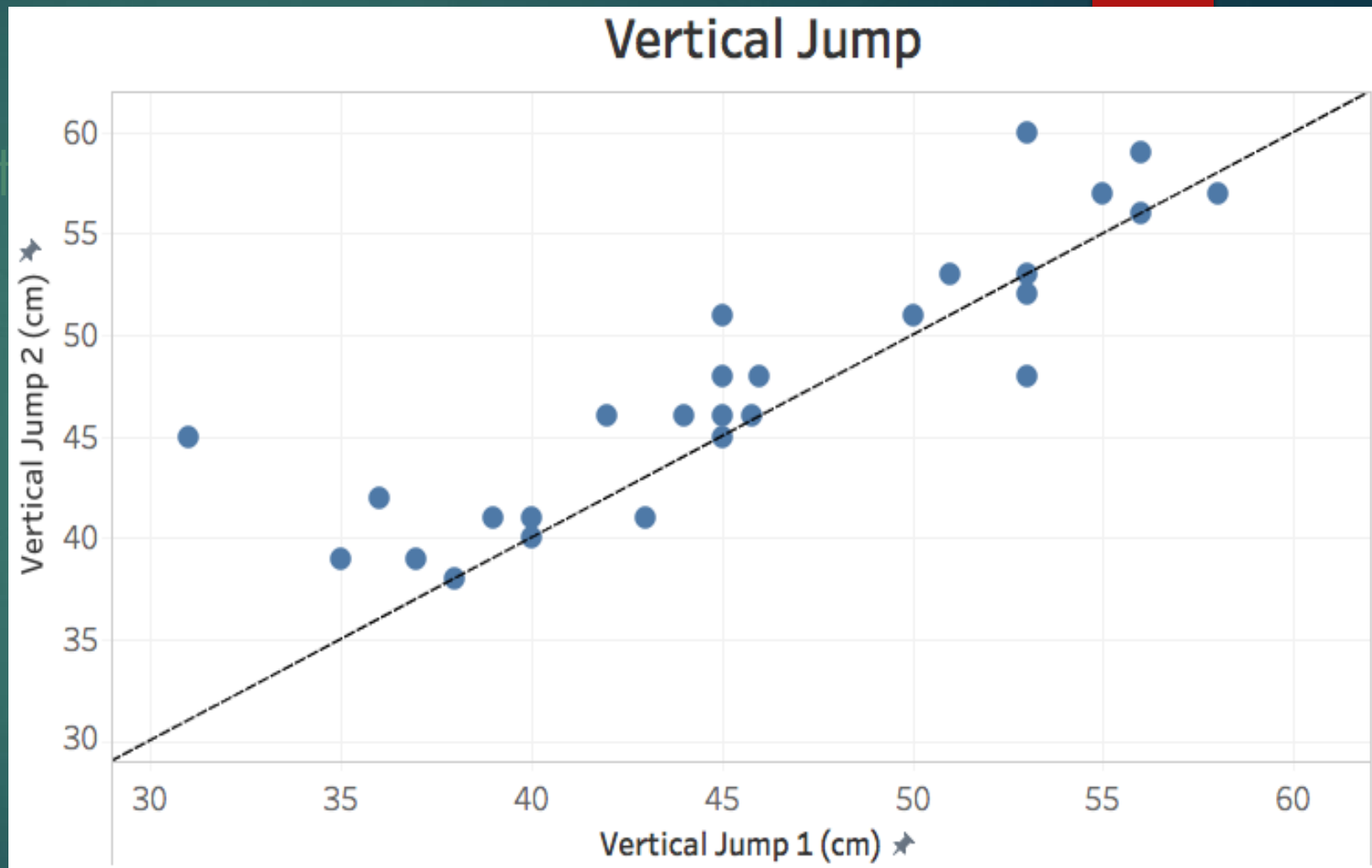
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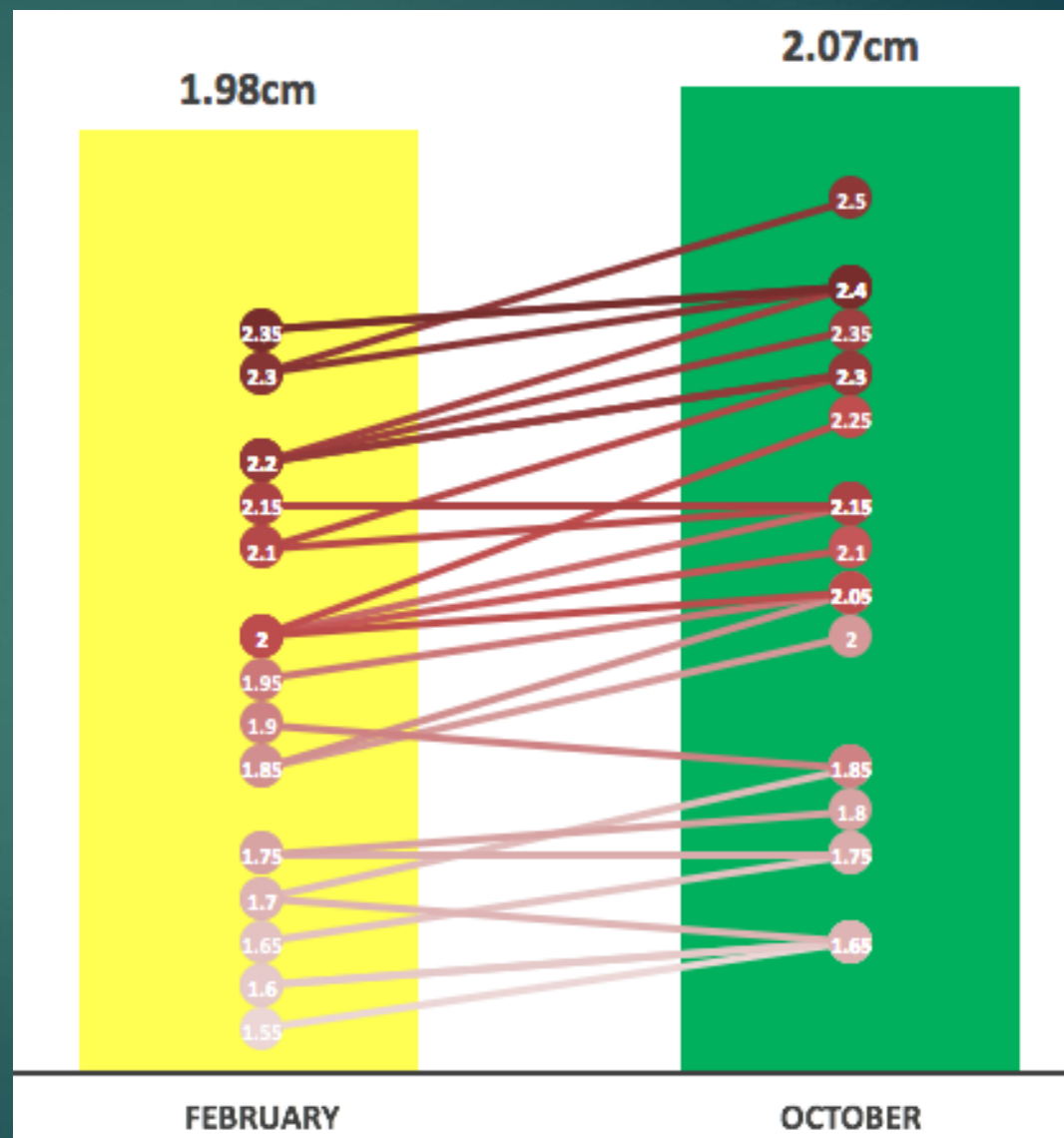
► 20m Sprint

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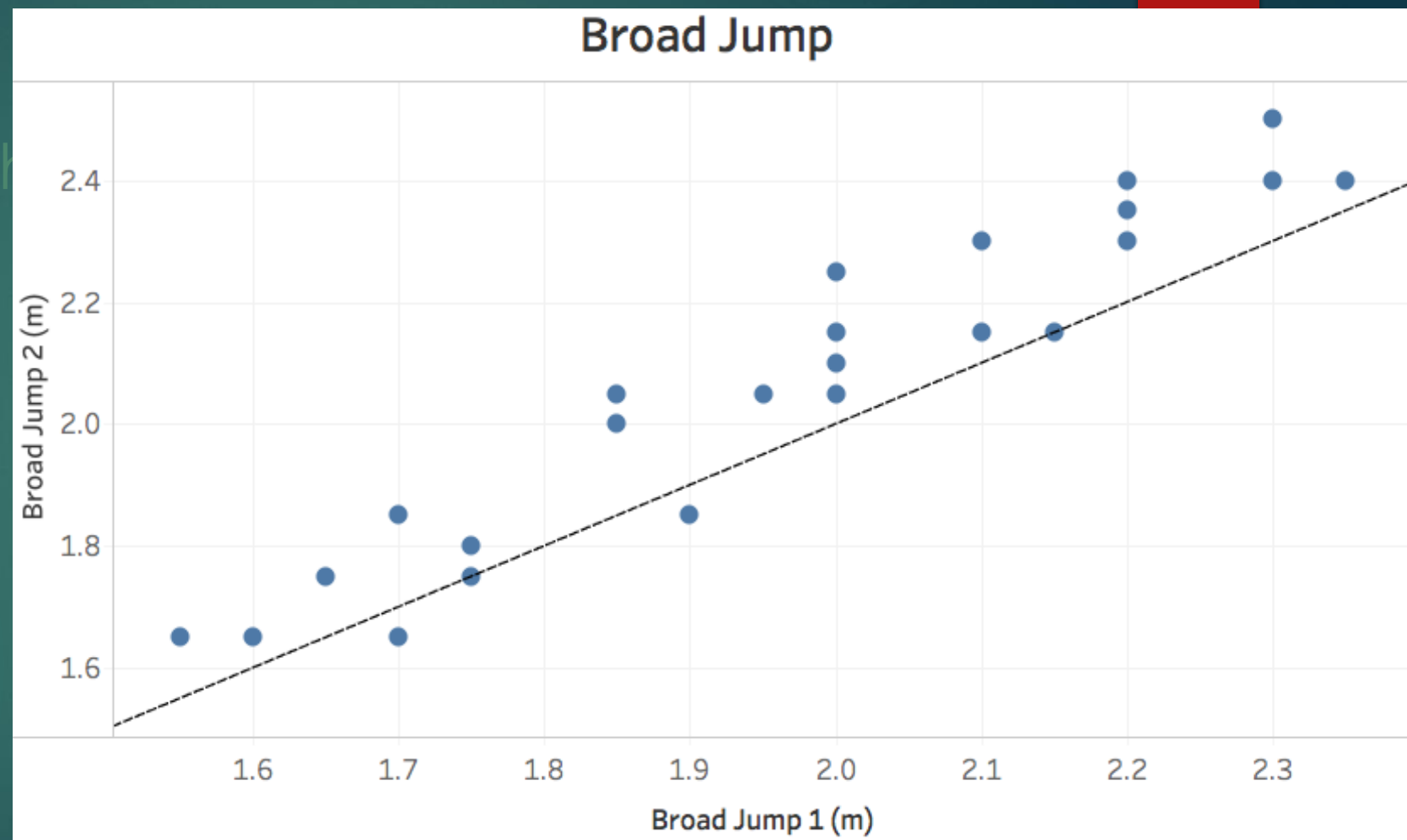
► Height & Weight

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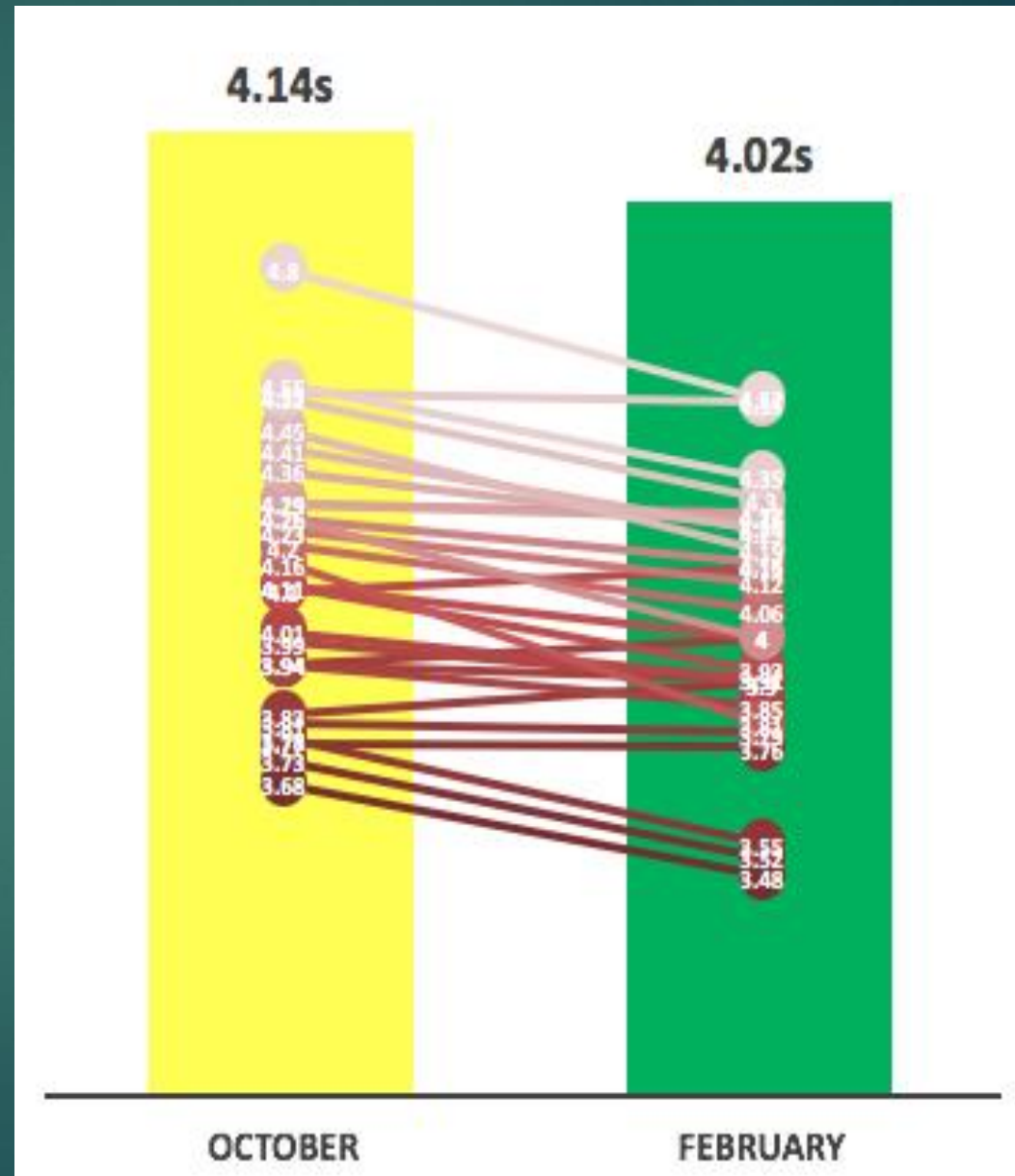
► 20m Sprint

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Results 16-17

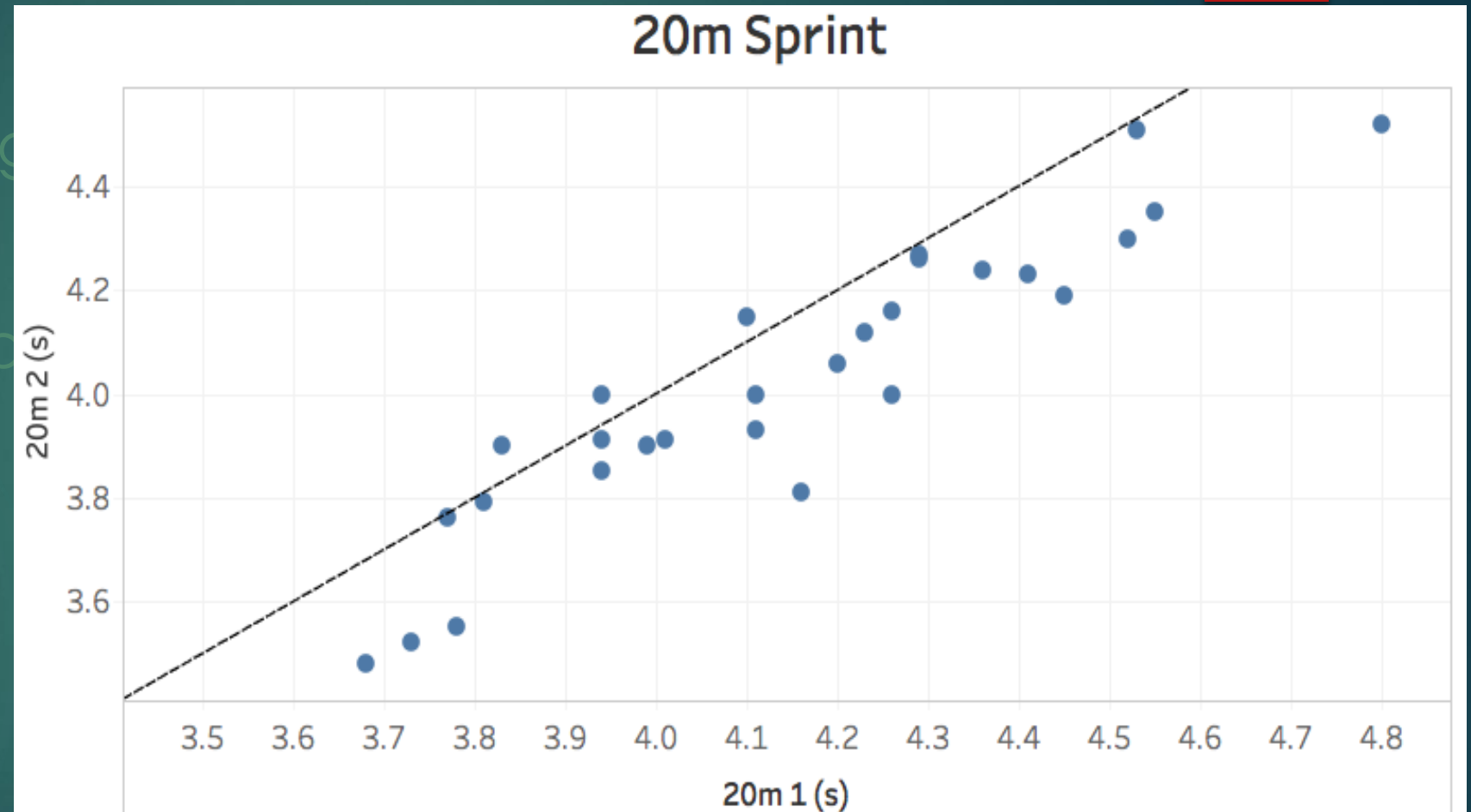
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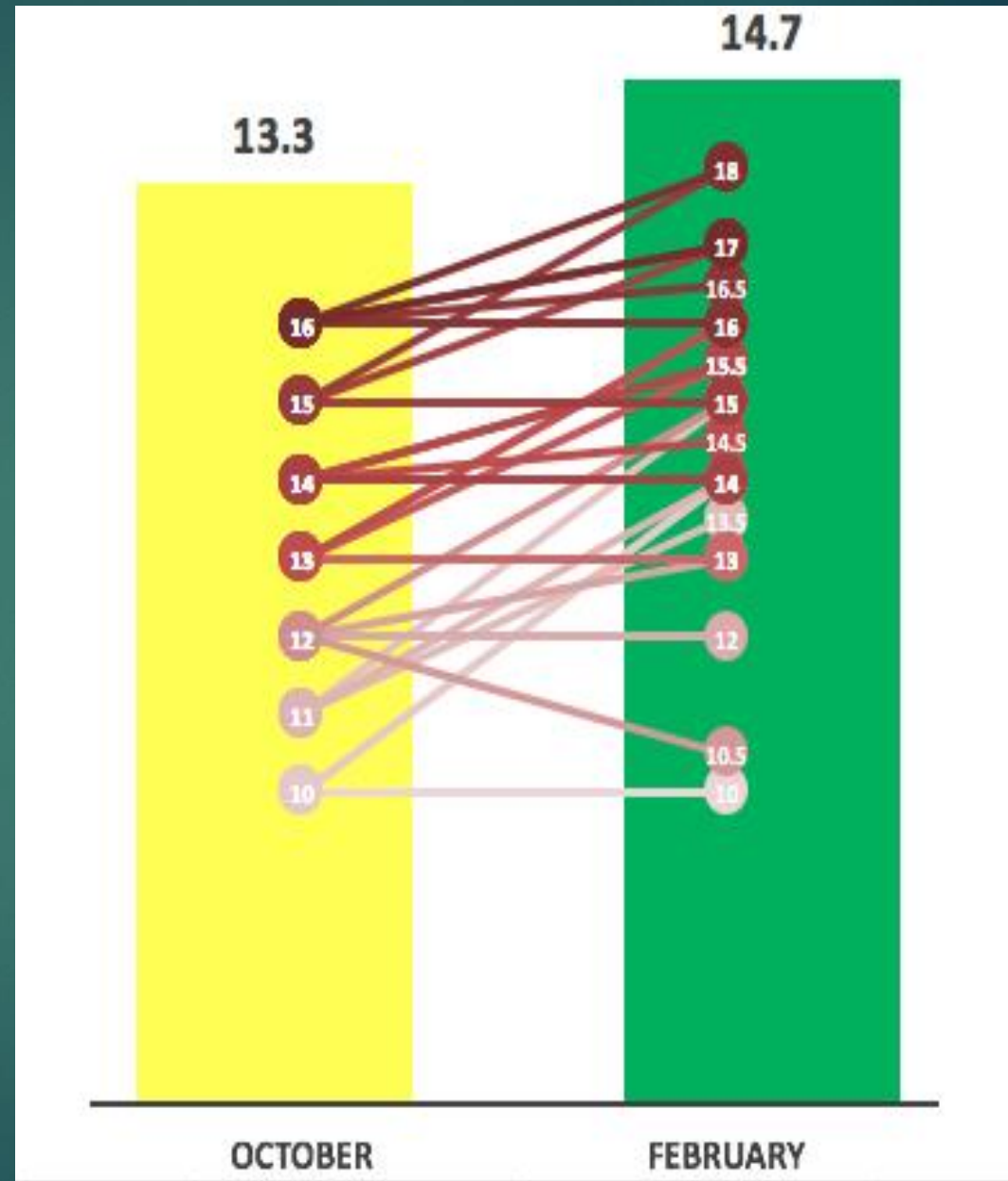
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► Movement Screen



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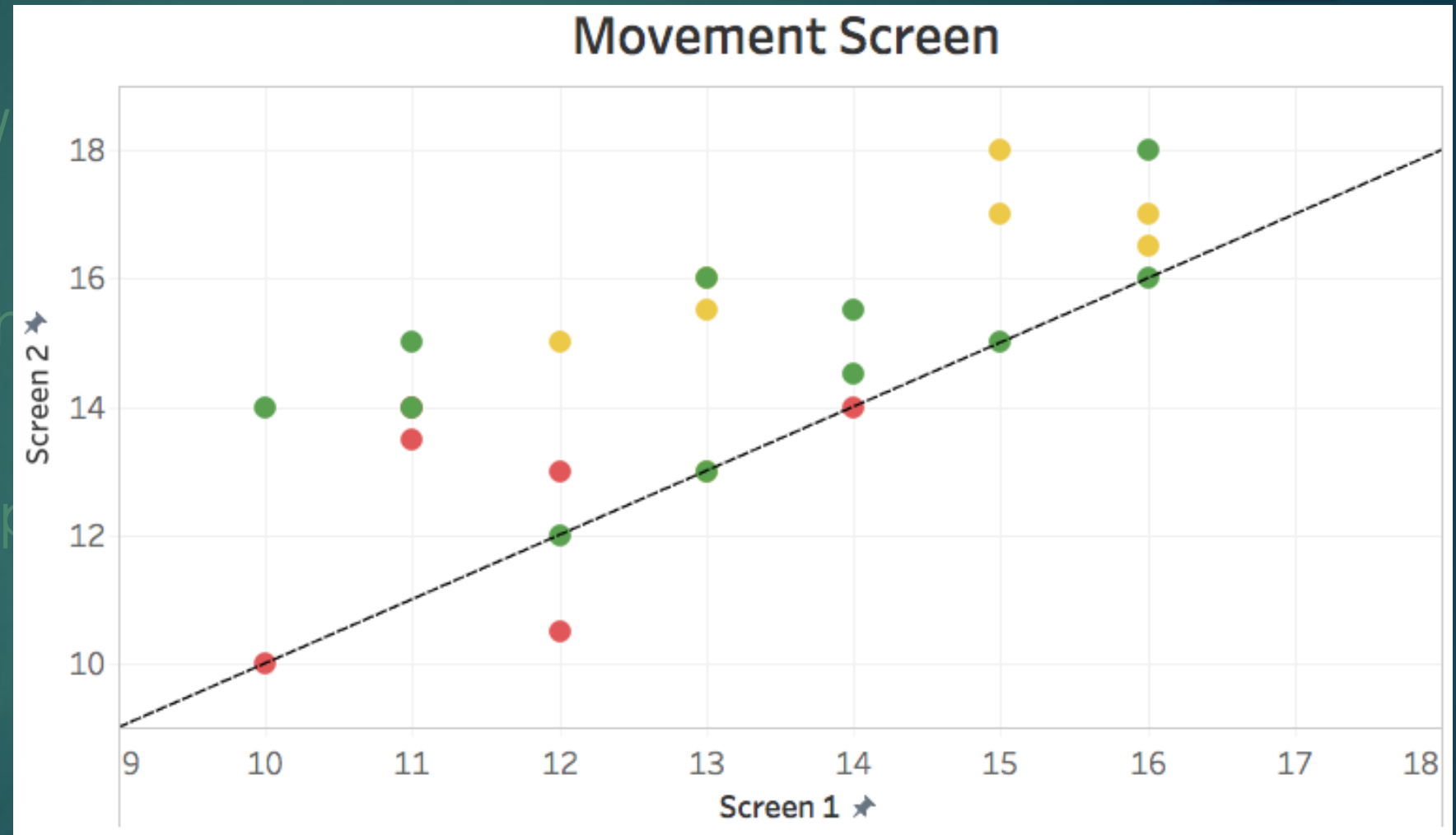
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Practical Take-Aways

- ▶ Keep exercises simple!!

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- ▶ Player Led Warm-Up/Stretching

Practical Take-Aways

- ▶ Keep exercises simple!!
- ▶ Recruit interns!!
- ▶ Player Led Warm-Up/Stretching
- ▶ Incorporate Skills/Games to Warm-Up

ATHLETIC DEVELOPMENT
ST MULLINS GAA

Winter Programme 2017-18



Monday 7.30-8.30



Warm-Up

- Mini Band March



- Bear Crawl



- Hip Thrust



- Clam



- Donkey Kick



- Kneeling Reach Around



- Scorpion



- Lying Reach Around



- Kneeling Sumo Squat



- Hip Stretch



- Hamstring Stretch



Week 1 - Acceleration and Linear Work

Block 1 – Speed Work

Wall Drills	Reps	
Wall Drill Posture	10 s e/l	https://www.youtube.com/watch?v=qj5M4jLx0Iw
Wall Drill March	10 e/l	https://www.youtube.com/watch?v=atD26MT3ops
Wall Single Exchange	10 e/l	https://www.youtube.com/watch?v=chpffoxZbT0
Wall Double Exchange	5 e/l	https://www.youtube.com/watch?v=3arfa7Gc4
5-10m Sprints	4-6	https://www.youtube.com/watch?v=yvM830Bxv0I

Block 2 - Jumps

Jumps	Reps	
Forward Jump & Hold	2 x 5	https://www.youtube.com/watch?v=FT5aaf3L_aM
Forward Bound & Hold	2 x 5 e/l	https://www.youtube.com/watch?v=1V7p070uc7Q
Forward Hop & Hold	2 x 5 e/l	https://www.youtube.com/watch?v=RO870sYB44

Completed as circuit – 2 rounds. Pause between each rep

Block 3 – Throws

Throws	Sets/Reps	
M-Ball Chest Pass	2 x 5	https://www.youtube.com/watch?v=7M_qz33TAe
M-Ball Slam	2 x 5	https://www.youtube.com/watch?v=11CwG0726Qs
M-Ball Overhead	2 x 5	https://www.youtube.com/watch?v=5CwG5U365c

Completed as circuit – 2 rounds. Pause between each rep

Block 4 – Strength

Exercise	Sets/Reps	
Squat	3 x 10-15	https://www.youtube.com/watch?v=6elch40L4FA
Hinge	3 x 10-15	https://www.youtube.com/watch?v=PhG0QwQIw
Push-Up	3 x 8-12	https://www.youtube.com/watch?v=8s3eGwG4tYc
Plank	3 x 6 (10s on 5s off)	https://www.youtube.com/watch?v=Elp4AKXQ3s

Completed as 3 station circuit. Progress/Regress as necessary

Block 5 – Accessory

Exercise	Sets/Reps	
Inverted Row	4 x 8-12	https://www.youtube.com/watch?v=724sJ10WCL4
Split Squat	2 x 8-12 e/l	https://www.youtube.com/watch?v=2VC_w3s14k
Pallof Press	2 x 12-15 e/s	https://www.youtube.com/watch?v=9995g723uY
Sprinter Bridge	2 x 10-15 e/l	https://www.youtube.com/watch?v=3a3d14u320

Completed as 4 station circuit. Progress/Regress as necessary

Week 2 – Top Speed & Lateral Work

Block 1 – Speed Work

Drills	Reps	
Top Speed Full Cycle	10 e/l	https://www.youtube.com/watch?v=qj5M4jLx0Iw
'A' March	2 x 15 m	https://www.youtube.com/watch?v=311k311w4M
Straight Leg Bound	2 x 15 m	https://www.youtube.com/watch?v=gM4sP4u34
'A' Skip	2 x 15 m	https://www.youtube.com/watch?v=dlmAtellF4ow

Block 2 - Jumps

Jumps	Reps	
Rotational Jump & Hold	2 x 5	https://www.youtube.com/watch?v=7N310uq1Jde
Lateral Bound & Hold	2 x 5 e/l	https://www.youtube.com/watch?v=2aT7114M4u
Forward Hop & Hold	2 x 5 e/l	https://www.youtube.com/watch?v=970407000

Completed as circuit – 2 rounds. Pause between each rep

Block 3 – Throws

Throws	Sets/Reps	
M-Ball Rugby Pass	2 x 5 e/s	https://www.youtube.com/watch?v=M210u01000
M-Ball Shot Putt	2 x 5 e/s	https://www.youtube.com/watch?v=8c_udepVbE
M-Ball Side to Side Slam	2 x 5 e/s	https://www.youtube.com/watch?v=0wM4u3u34

Completed as circuit – 2 rounds. Pause between each rep

Block 4 – Strength

Exercise	Sets/Reps	
Squat	3 x 10-15	https://www.youtube.com/watch?v=6elch40L4FA
Hinge	3 x 10-15	https://www.youtube.com/watch?v=PhG0QwQIw
Push-Up	3 x 8-12	https://www.youtube.com/watch?v=8s3eGwG4tYc
Plank	3 x 6 (10s on 5s off)	https://www.youtube.com/watch?v=Elp4AKXQ3s

Completed as 3 station circuit. Progress/Regress as necessary

Block 5 – Accessory

Exercise	Sets/Reps	
Inverted Row	4 x 8-12	https://www.youtube.com/watch?v=724sJ10WCL4
Split Squat	2 x 8-12 e/l	https://www.youtube.com/watch?v=2VC_w3s14k
Pallof Press	2 x 12-15 e/s	https://www.youtube.com/watch?v=9995g723uY
Sprinter Bridge	2 x 10-15 e/l	https://www.youtube.com/watch?v=3a3d14u320

Completed as 4 station circuit. Progress/Regress as necessary

Thank You!

- ▶ Questions or further details:
- ▶ johnmurphydr@gmail.com
- ▶ [@fhsperformance](https://twitter.com/fhsperformance) 