



Lessons from the GAA National Injury Surveillance Database

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Lesson 1

Understand what is happening

Lesson 2

Plan to make a difference

Lesson 3

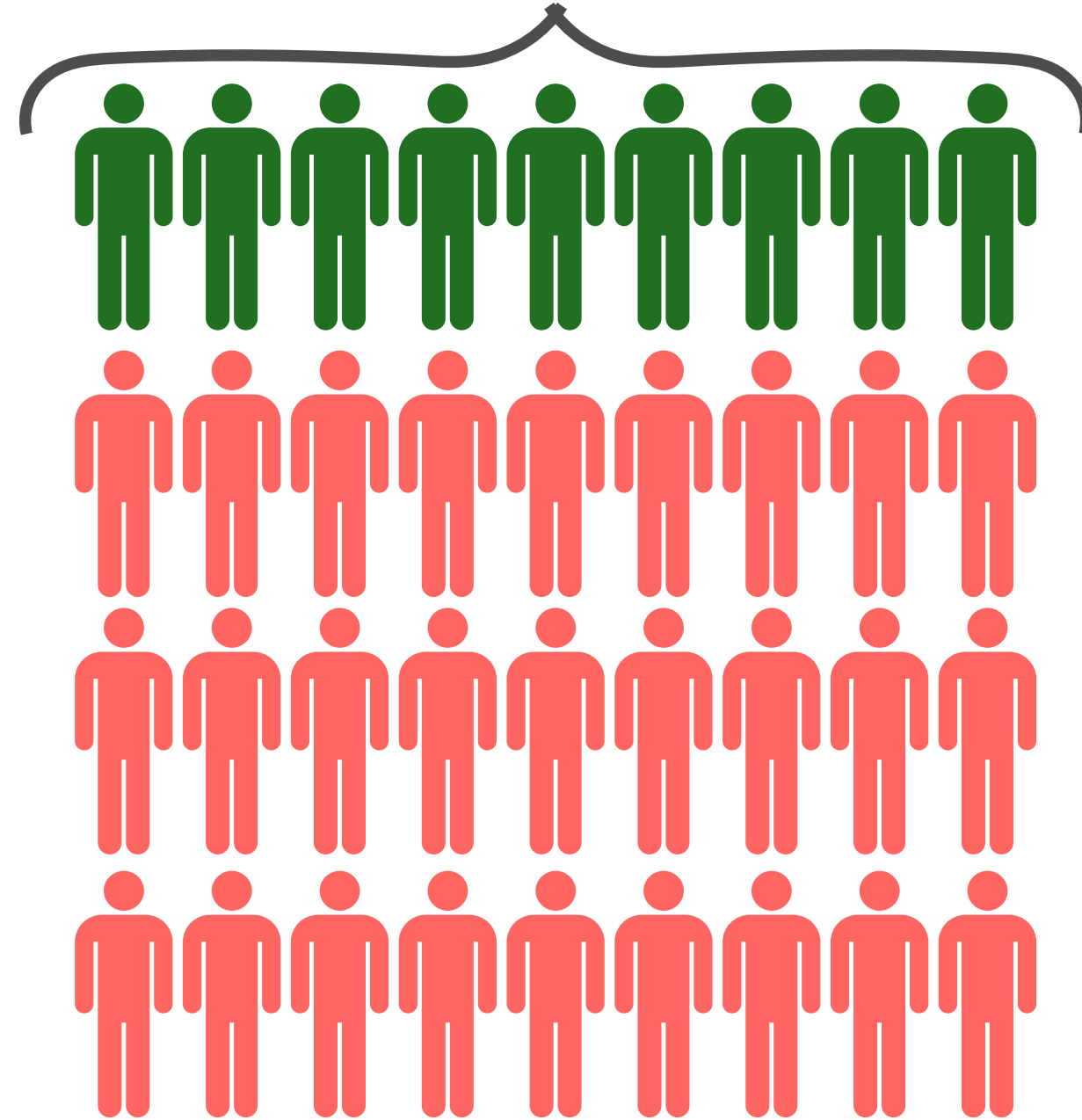
Execution is everything

Lesson 1

Understand what is happening

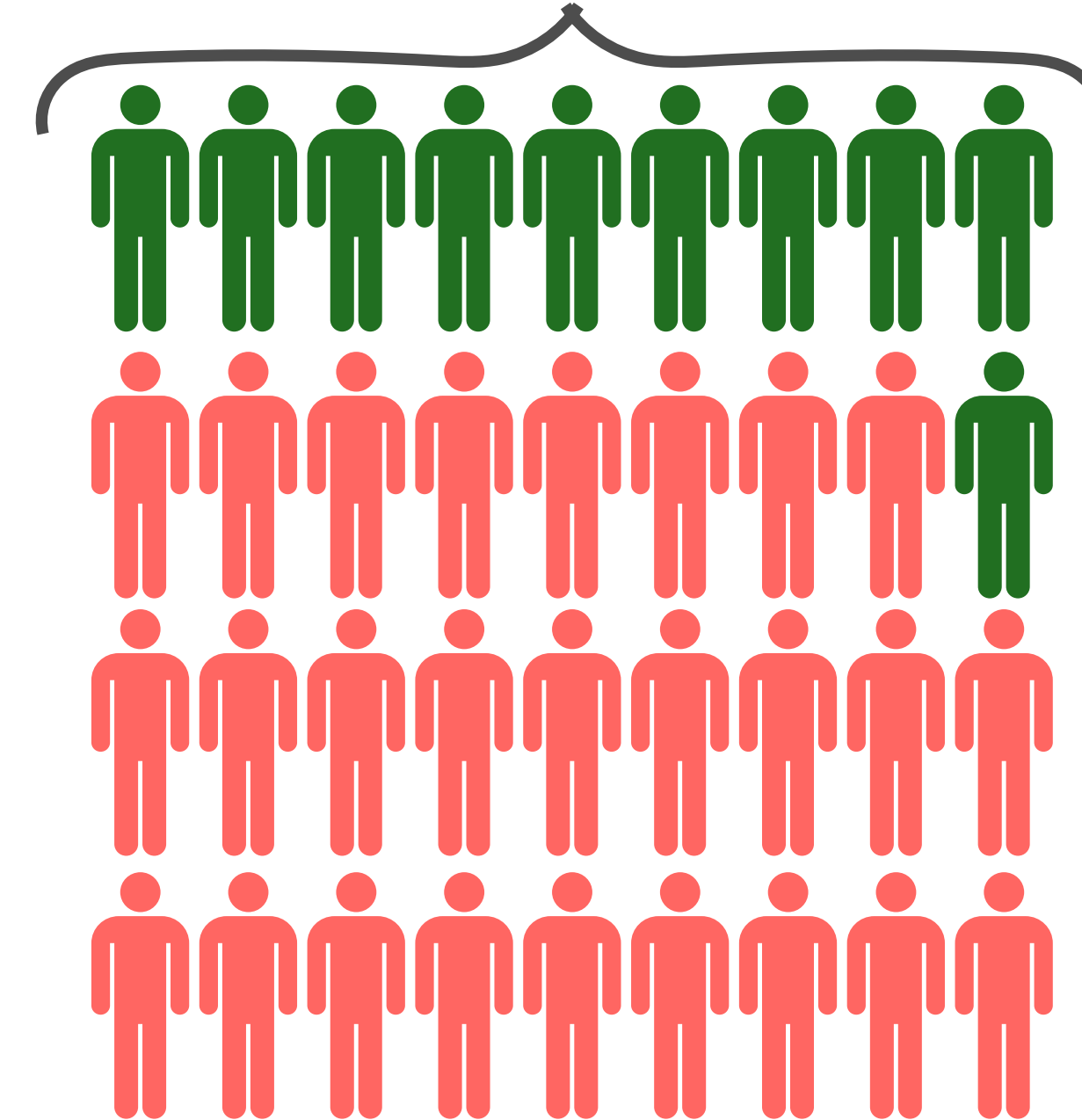
Rates & Risks

Hurling, 73%



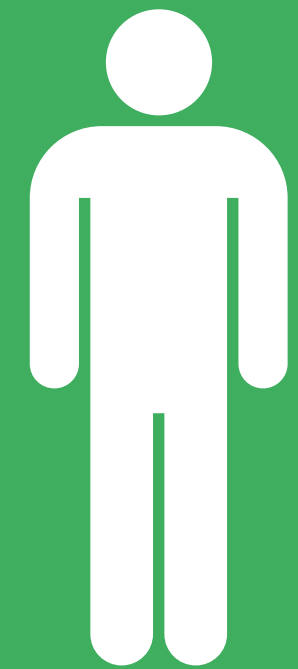
46 Injuries

Gaelic football, 70%



47 Injuries

Risk Day-to-Day



100 Training Sessions Per Season
10 Matches Per Season

110 Exposures Per Season

x

38

Players

=

4180

Player Exposures
Per Season

47

Injuries Per
Season

1-2%

Sustain Injury
Per Exposure

98%

Remain Injury-Free
Per Exposure

Common Injuries

20%

Hamstring

12%

Groin

11%

Knee

10%

Ankle Sprains

How & When Injuries Occur

83%

Non-Contact

54%

Match-Play

73%

Acute Onset

Lesson 2

Plan to make a difference

The 11+

PART 1 RUNNING EXERCISES • 8 MINUTES

1 RUNNING STRAIGHT AHEAD
The players make up 6 to 10 pairs of parallel cones, evenly 10 m apart. Two players start at the same time from the first pair of cones. **Key together** at the way to the last pair of cones. On the way back, you can increase your speed progressively as you warm up. **2 sets**

2 RUNNING HIP OUT
Make an equally spaced line of cones 10 m apart. Run forward and **rotate your hip outwards**. Alternate between left and right legs at successive cones. **2 sets**

3 RUNNING HIP IN
Make an equally spaced line of cones 10 m apart. Run forward and **rotate your hip inwards**. Alternate between left and right legs at successive cones. **2 sets**

4 RUNNING CIRCLING PARTNER
Run forwards as a pair to the first pair of cones. Shuffle sideways by 90 degrees to make a circle 10 m in diameter. **Key the circle clockwise** around one player and then counter back to the centre. Repeat for each pair of cones. Remember to take on your left and keep your centre of gravity low by bending your knee and torso. **2 sets**

5 RUNNING SHOULDER CONTACT
Run forwards in pairs to the first pair of cones. Shuffle sideways by 90 degrees to make a circle 10 m in diameter. **Key the circle clockwise** towards each other to make shoulder-to-shoulder contact. Take 10 steps and then shuffle sideways by 90 degrees. Do not let your knees buckle inwards. Take a full stop and then shuffle your legs with your feet wide as you jump and land. **2 sets**

6 RUNNING QUICK FORWARDS & BACKWARDS
As a pair, run quickly to the second pair of cones then **run backwards quickly** to the first pair of cones. **Key your feet and knees** slightly bent. Repeat for each pair of cones. Run forward and backward. Remember to take small, quick steps. **2 sets**

PART 2 STRENGTH • PLYOMETRICS • BALANCE • 10 MINUTES

LEVEL 1

7 THE BENCH STATIC
Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. **Exercise:** Lift your body up, supported on your forearms, and your buttocks, and hold the position for 20-30 sec. Your body should be in a straight line. Try not to sway on each side. **3 sets**

8 SIDEWAYS BENCH STATIC
Starting position: Lie on your side with elbows under your forearms to 90 degrees. Support your upper body on your forearms and knees. Turn your upper arm so that the elbow is under your shoulder. **Exercise:** Lift your upper body and hold the position for 20-30 sec. Take a short break, change sides and repeat. **3 sets** on each side.

9 HAMSTRINGS BEGINNER
Starting position: Stand on a soft surface. Ask your partner to hold your ankles from behind. **Exercise:** Your body should be completely straight from the shoulders to the knees through the ankles. Lean forward as far as you can, controlling the movement with your forearms and your partner's hands. When you can no longer hold the stretch, gently take your weight on your hands, bring the legs up and down. Complete the exercise 10-15 repetitions on each side. **3 sets**

10 SINGLE-LEG STANCE HOLD THE BALL
Starting position: Stand on one leg. **Exercise:** Balance on one leg while holding the ball with both hands. Keep your body weight on the ball of your foot. Remember to pull in all your groin muscles. Hold for 30 sec. Change legs and repeat. The exercise can be made more difficult by passing the ball around your waist and/or under your other knee. **2 sets**

11 SQUATS WITH TOE RAISE
Starting position: Stand with your feet hip-width apart. Place your hands on your thighs. **Exercise:** Imagine that you are about to sit down on a chair. Perform squats by bending your knees and hips to 90 degrees. Do not let your knees buckle inwards. Stand and repeat the squats up to 10 times. When your legs are completely straight, stand on your toes and then slowly lower them again. Repeat the exercise for 30 sec. **2 sets**

12 JUMPING VERTICAL JUMPS
Starting position: Stand with your feet hip-width apart. Place your hands on your thighs. **Exercise:** Imagine that you are about to sit down on a chair. Bend your legs, push your feet into the ground to support 90 degrees, and hold for 2 sec. Do not let your knees buckle inwards. From the squat position, jump up with your arms and legs straight, stand on the ball of your feet and then slowly lower them. Repeat the exercise for 30 sec. **2 sets**

LEVEL 2

7 THE BENCH ALTERNATE LEGS
Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. **Exercise:** Lift your body up, supported on your forearms, and pull your knees up to your chest. Hold for a count of 2 sec. Continue for 20-30 sec. Your body should be in a straight line. Try not to sway on each side. **3 sets**

8 SIDEWAYS BENCH RAISE & LOWER HIP
Starting position: Lie on your side with elbows under your forearms and feet. Support your upper body on your forearms and knees. Turn your upper arm so that the elbow is under your shoulder. **Exercise:** Lift your upper body and hold the position for 20-30 sec. Take a short break, change sides and repeat. **3 sets** on each side.

9 HAMSTRINGS INTERMEDIATE
Starting position: Stand on a soft surface. Ask your partner to hold your ankles from behind. **Exercise:** Your body should be completely straight from the shoulders to the knees through the ankles. Lean forward as far as you can, controlling the movement with your forearms and your partner's hands. When you can no longer hold the stretch, gently take your weight on your hands, bring the legs up and down. Complete the exercise 10-15 repetitions on each side. **3 sets**

10 SINGLE-LEG STANCE THROWING BALL WITH PARTNER
Starting position: Stand on one leg. **Exercise:** Balance on one leg while holding the ball with both hands. Keep your body weight on the ball of your foot. Remember to pull in all your groin muscles. Hold for 30 sec. Change legs and repeat. The exercise can be made more difficult by passing the ball around your waist and/or under your other knee. **2 sets**

11 SQUATS WALKING LUNGES
Starting position: Stand with your feet at hip-width apart. Place your hands on your thighs. **Exercise:** Imagine that you are about to sit down on a chair. Perform squats by bending your knees and hips to 90 degrees. Do not let your knees buckle inwards. Stand and repeat the squats up to 10 times. When your legs are completely straight, stand on your toes and then slowly lower them. Repeat the exercise for 30 sec. **2 sets**

12 JUMPING LATERAL JUMPS
Starting position: Stand on one leg with your upper body bent slightly forward from the waist, with knees and hips slightly bent. **Exercise:** Jump up and down, 1 m sideways from the starting leg on the landing, land gently on the ball of your foot. Bend your knee and torso slightly as you land and do not let your knees buckle inwards. Repeat your balance with each knee. Repeat the exercise for 30 sec. **2 sets**

LEVEL 3

7 THE BENCH ONE LEG LIFT AND HOLD
Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. **Exercise:** Lift your body up, supported on your forearms, and pull your knees up to your chest. Hold for a count of 2 sec. Continue for 20-30 sec. Your body should be in a straight line. Try not to sway on each side. **3 sets**

8 SIDEWAYS BENCH WITH LEG LIFT
Starting position: Lie on your side with elbows under your forearms and feet. Support your upper body on your forearms and knees. Turn your upper arm so that the elbow is under your shoulder. **Exercise:** Lift your upper body and hold the position for 20-30 sec. Take a short break, change sides and repeat. **3 sets** on each side.

9 HAMSTRINGS ADVANCED
Starting position: Stand on a soft surface. Ask your partner to hold your ankles from behind. **Exercise:** Your body should be completely straight from the shoulders to the knees through the ankles. Lean forward as far as you can, controlling the movement with your forearms and your partner's hands. When you can no longer hold the stretch, gently take your weight on your hands, bring the legs up and down. Complete the exercise 10-15 repetitions on each side. **3 sets**

10 SINGLE-LEG STANCE TEST YOUR PARTNER
Starting position: Stand on one leg. **Exercise:** Balance on one leg while holding the ball with both hands. Keep your body weight on the ball of your foot. Remember to pull in all your groin muscles. Hold for 30 sec. Change legs and repeat. The exercise can be made more difficult by passing the ball around your waist and/or under your other knee. **2 sets**

11 SQUATS ONE-LEG SQUATS
Starting position: Stand on one leg, leaning forward onto your partner. **Exercise:** Stand on one leg, leaning forward onto your partner. Perform squats by bending your knees and hips to 90 degrees. Do not let your knees buckle inwards. Stand and repeat the squats up to 10 times. When your legs are completely straight, stand on your toes and then slowly lower them. Repeat the exercise for 30 sec. **2 sets**

12 JUMPING BOX JUMPS
Starting position: Stand with your feet hip-width apart. Imagine that there is a box marked on the ground and you are standing in the middle of it. **Exercise:** Jump up and down, 1 m sideways from the starting leg on the landing, land gently on the ball of your foot. Bend your knee and torso slightly as you land and do not let your knees buckle inwards. Repeat your balance with each knee. Repeat the exercise for 30 sec. **2 sets**

PART 3 RUNNING EXERCISES • 2 MINUTES

13 RUNNING ACROSS THE PITCH
Run across the pitch, from one side to the other, at 75-80% maximum pace. **2 sets**

14 RUNNING BOUNCING
Run with high bounding knee with a high knee lift. Bouncing gently on the ball of your foot. Use an exaggerated arm swing for each step. Repeat the exercise for 20-30 sec. **2 sets**

15 RUNNING PLANT & CUT
Run 5-6 steps, then plant on the outside leg and run in a different direction. Repeat the exercise for 20-30 sec. **2 sets**



FIFA11+ Completed 1-2 Per Week

↓ 39%

Reduced Injury Rate

Hamstring, 60%

Groin, 41%

Knee, 48%

Ankle, 32%

Thorborg et al., 2017.



GAA 15 WARM UP
PREHAB PROGRAMME: INTERVENTION

Part A: Running. Max 5 mins.

Slow run forwards 5m and return x 2

Jog straight to the 20m line. Make sure you keep your upper body straight. Your hip, knee and foot are aligned. Do not let your knee buckle inwards. Jog back to start line.

Hip out x 2



Jog five steps, stop and lift your knee forwards. Rotate your knee to the side and put your foot down. Leg you are standing on stays straight, heel on the ground. Do not allow knee of stance leg buckle inwards. After five more steps, repeat exercise on the other leg. Repeat until you reach the 20 m line. Jog back.

Hip in x 2



Jog five steps, stop and lift your knee to the side. Rotate your knee forwards and put your foot down. Make sure that the leg you are standing on stays straight. After five more steps, repeat exercise on the other leg. Repeat until you reach the 20m line. Jog back.

Heel Flicks x 2



Jog towards the 20m line. Taking short strides flick your heels towards your glutes. Your upper thigh should remain perpendicular to the ground. Jog back to the end line. Complete twice.

Touch toes x 2







Go to learning.gaa.ie to view the videos

GAA15 Reduces Lower Limb Injuries

↓ **45%**
Reduced Training Injury Rate

↓ **29%**
Reduced Match Injury Rate

Kelly, Lodge, Milley., 2017.



5-17 Years

Should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily.

18-64 Years

At least 150 minutes of moderate-intensity aerobic physical activity throughout the week or do at least 75 minutes of vigorous-intensity aerobic physical activity the week.

1, Very very easy
2, Easy
3, Moderate
4, Somewhat hard

5, Hard
6

7, Very hard
8
9
10, Maximal

5-17 Years

60 min x 3-8
180 - 480 AU per day
**1250-3360 AU
per week**

18 + Years

150 min x >7
**>1050 AU per
week**

Lesson 3

Execution is everything

GAA15: Do it right... and keep doing it

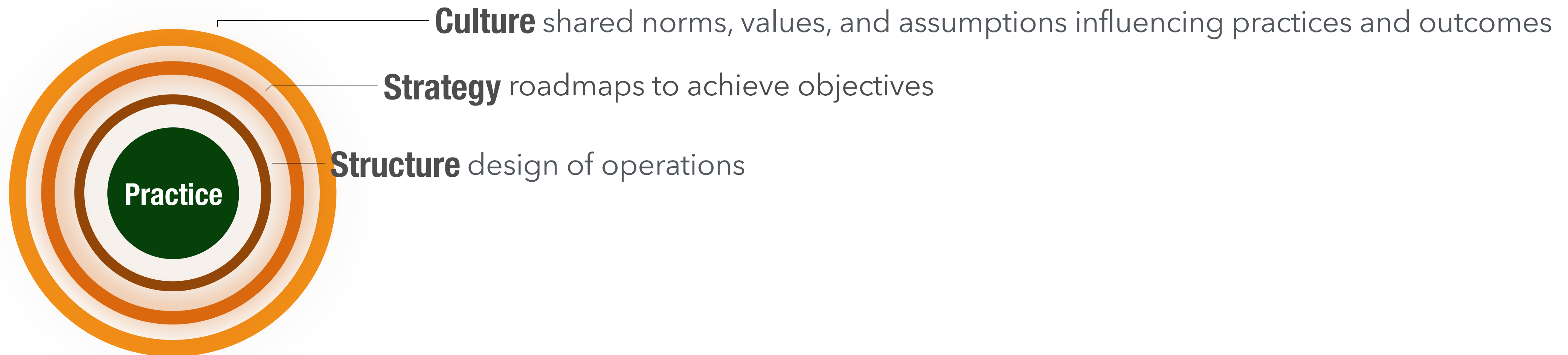
Squat

Lunge and Nordic hamstring exercise

Landing skills

Execution is everything

Make it part of the process of preparing to be a GAA player





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