RUNNING

GAA
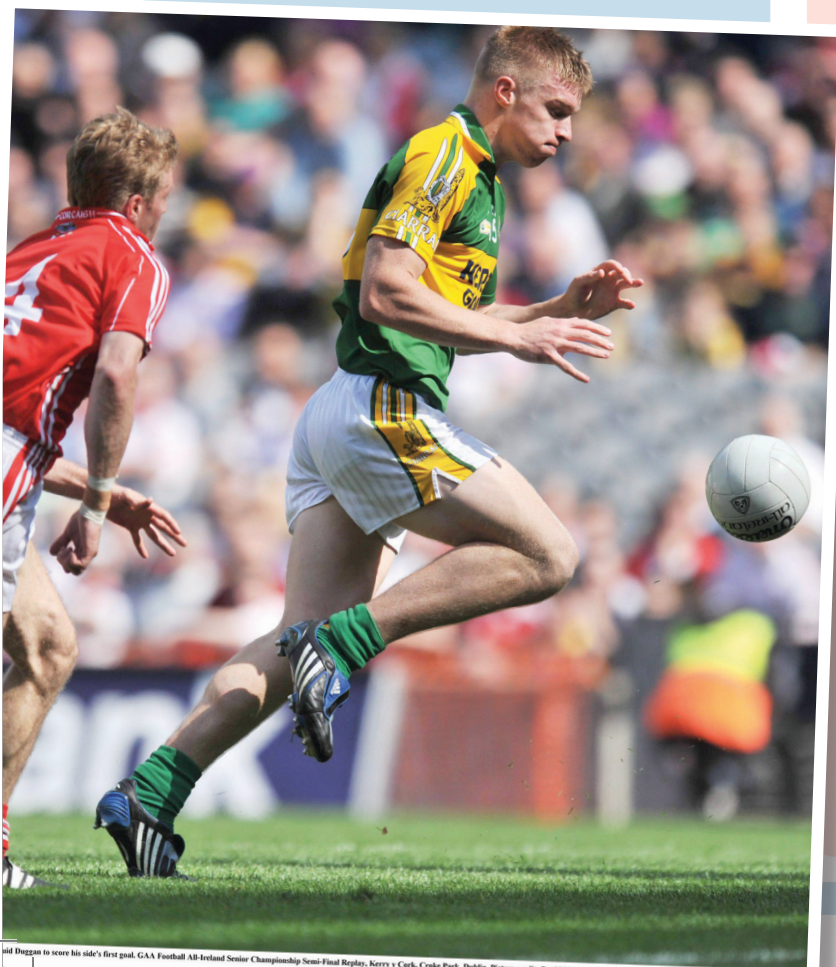
Running is a basic movement skill that involves the coordinated movement of the arms and legs. It is important that players have a good running technique and posture, as poor running technique can result in difficulty performing some skills and may lead to injury.

id Duggan to score his side's first goal. GAA Football All-Ireland Senior Championship Semi-Final Replay, Kerry v Cork, Croke Park, Dublin. Picture credit: David Maher /SPORTSFILE

LEVEL 1 EXERCISES

1 BOP ALONG
Players sit with legs out in front. Swing each arm up as if running. Speed up as technique improves.

2 HIGH KNEE LIFT RUN
Players jog on the spot using an exaggerated high knee-lift.

To Coach this Skill use the **IDEA** method

I NTRODUCE the skill
D EMONSTRATE the technique
E XECUTE the activity
A TTEND and provide feedback

LEVEL 2 EXERCISES

1

HEEL FLICKS
In a stationary position, place hands behind the back; one at a time flick heels to touch the hands.

2

RUN AND TURN
Place cones at various distances in a straight line. Run out and around each cone and back in turn.

3

STRAIGHT SLALOM RUN
Place a number of cones or poles 1m apart in a straight line. Players run in and out between cones without knocking them.

LEVEL 3 EXERCISES

1

BEAN BAG TRANSFER
Players work in teams. Players transfer bean bag from one marker to another before tagging next player who moves bean bag back.

2

TEAM PURSUIT
Mark out a square or circle using cones. Position players around the circuit. Players run around the circuit, chasing players in front.

VARIATIONS

The STEP method is a simple way to vary any activity, game or drill.

S pace **T** ask **E** quipment **P** layers

S vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity

T alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules

E alter the equipment - use a bigger or smaller ball, or playing against a wall may increase or decrease the challenge

P increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.