



Worksheet 7F: GAA Personality Profile

All GAA players follow a strict diet and exercise daily to make sure they are fit enough to compete in matches.

A. Choose your favourite GAA star and fill in this profile.

Name:	Age:
Eye Colour:	Hair Colour:
Sports Played	Club And County:
Position:	
Achievements:	
Picture/Photograph:	

B) Why do you admire this player?

C) What type of lifestyle do you think this player has?

D) What type of training do you think this person does each week?

Imagine you are a coach of this person's team, design a week's exercise programme for the team. Make sure you include enough time for skills practice.

