



PHASE 1 – RUNNING, CUTTING AND LANDING MECHANICS

OUT



Drill 1 JOG
2 reps (focusing on upper body technique)

- Exaggerate arms (hands hip to lip).
- Keep chest open and head up.



Drill 2 ½ PACE RUN
2 reps (focusing on lower body technique)

- Stay tall through the hips.
- High knee drive.
- Run off the balls of the feet.



Drill 3 JUMP, CATCH AND LAND
2 reps

- When landing, keep feet hip width apart.
- Land by flexing hips and knees.
- Keep knees over toes.



Drill 4 PARTNER SHUFFLE
2 reps

- Adopt semi-squat position.
- Keep body facing forward.
- Side step with legs.



Drill 5 SLOW PLANT & CUT
2 reps

- When planting, pick a spot lateral to cone.
- Drop the inside shoulder.
- Flex knee to load over foot.

IN



Drill 1 A SKIP
2 reps

- Co-ordinate arms and legs.
- Pick up knees and toes.



Drill 2 ICE HOCKEY STOP
2 reps

- Stop in a lateral lunge at each cone.
- Keep head and back straight.
- Sit down and back on lead leg.



Drill 3 PICK UPS
2 reps

- For Gaelic Football: alternate pick-up leg.
- For Hurling: alternate between a jab lift and a roll lift.



Drill 4 LUNGE STOPS
2 reps

- Decelerate from jog by dropping into lunge.
- Keep knee in line with foot and hip.
- Prevent knee from drifting forwards of toes.



Drill 5 SQUAT STOPS
2 reps

- From a jog, decelerate at each cone by stopping in a squat position.
- Keep feet hip width apart.
- Focus on activation of glutes and hamstrings.

PHASE 2 – STRENGTH, PLYOMETRICS AND BALANCE

Alternate between Circuits 1 and 2 on a monthly basis

CIRCUIT 1



Exercise 1 ARABESQUE
5 reps per leg

- Players stand 2m apart and perform Arabesques between hand passes.
- On receiving ball, player extends back leg and tilts forward, keeping a straight back.
- Keep the stance leg in a straight line.



Exercise 2 LEG SWINGS (FRONT)
10 swings each side

- Holding your partner's shoulder, swing inside leg forwards and backwards, in sync with outside arm.
- Keep hand high.
- Encourage good hip extension.

CIRCUIT 2



Exercise 1 ARABESQUE
5 reps per leg

- Players stand 2m apart and perform Arabesques between hand passes.
- On receiving ball, player extends back leg and tilts forward, keeping a straight back.
- Keep the stance leg in a straight line.



Exercise 2 LEG SWINGS (LATERAL)
10 swings each side

- Stand behind your partner and hold onto their shoulders.
- Swing your leg across the body from inside to out.



PHASE 2 – STRENGTH, PLYOMETRICS AND BALANCE

Alternate between Circuits 1 and 2 on a monthly basis

CIRCUIT 1



Exercise 3
10 reps
– 5 reps each leg
PARTNER PUSH INTO LUNGE (STRAIGHT)

- Player drops into a forward lunge after expected straight push in the back from partner.
- Keep front knee in line with hip and ankle.
- Land and push off heel.



Exercise 4
5 reps initially (increase to 10 over time)
NORDIC HAMSTRING CURL

- Partner keeps feet firmly pressed to ground.
- Head, body and thighs stay in line.
- Movement should only occur in the knees.



Exercise 5
Hold for 10secs (increase to 30secs over time)
FRONT PLANK

- Assume press-up position with hands under shoulders.
- Keep body in a straight line.
- Tighten abdominals and hold trunk stable.



Exercise 6
10 reps each side
SIDE PLANK WITH LEG LIFT – BENT KNEE

- Flex lowermost leg to 90°.
- Keep backside tucked in and head back.
- With hips off ground, keep body straight and lift top leg.



Exercise 7
5 reps per leg
SPLIT LEG SQUATS

- Drop back knee to the ground.
- Prevent front knee corkscrewing towards middle.
- Prevent front knee from passing toes.



Exercise 8
5 reps per leg
LATERAL HOP AND HOLD

- Land on a slightly flexed knee with weight on forefoot.
- Upper body & hip should remain aligned.



Exercise 9
10 reps
PRISONER SQUATS

- With feet hip width apart and facing forwards: break at hips to sit back and down.
- Aim to get thighs to horizontal.



Exercise 10
5 reps per leg
COUNTER MOVEMENT JUMP

- From a semi-squat use arms to jump high in air.
- Keep feet hip width apart.
- Prevent knees coming together when jumping and landing.

CIRCUIT 2



Exercise 3
10 reps
PARTNER PUSH INTO LUNGE (MULTI-DIRECTIONAL)

- Player drops into a lunge after varied push from behind.
- Prevent knee from corkscrewing in.
- Land and push off heel.



Exercise 4
5 reps initially (increase to 10 over time)
NORDIC HAMSTRING CURL

- Partner keeps feet firmly pressed to ground.
- Head, body and thighs stay in line.
- Movement should only occur in the knees.



Exercise 5
10 reps holding for 2 secs
FRONT PLANK WITH LEG LIFT

- Assume press-up position with hands under shoulders.
- Keep body in a straight line.
- Alternate leg lifts without losing form.



Exercise 6
10 reps each side
SIDE PLANK WITH LEG LIFT – STRAIGHT LEG

- Lie on side and support body on elbow with bottom leg straight.



Exercise 7
10 reps
SCISSOR JUMPS

- With hands on hips, assume split squat position and jump vertically.
- Knees stay in line with feet and hips during transitions.



Exercise 8
5 reps per leg
DIAGONAL HOP AND HOLD

- Remember to pause after each small diagonal hop.
- Upper body & hip should remain aligned.



Exercise 9
10 reps
PRISONER SQUATS

- With feet hip width apart and facing forwards: break at hips to sit back and down.
- Aim to get thighs to horizontal.



Exercise 10
10 reps
COUNTER MOVEMENT JUMP WITH A TWIST

- From a semi-squat use arms to jump high in air.
- Keep feet hip width apart.
- Prevent knees coming together when jumping and landing.



PHASE 3: AGILITY & POWER

OUT



Drill 1
2 reps **3/4 PACE RUN**

- Staying tall, use arms and high knees, encouraging forefoot contacts.



Drill 2
2 reps **2 FORWARDS 1 BACK**

- With feet hip width apart, use plenty of small steps to change direction.



Drill 3
2 reps **FAST PLANT & CUT WITH BALL**

- Execute at 3/4 pace and retain good plant & cut mechanics.



Drill 4
10 reps **FAST FEET SHUFFLE: FRONT TO BACK (TWO LEGS)**

- Off forefeet, shuffle as quickly as possible front to back.



Drill 5
5 reps each leg **DYNAMIC LUNGE**

- Transfer body weight out and across from back foot to front.
- Think of knee as a spring, absorbing and returning energy.

IN



Drill 1
2 reps **HIGH SKIPS**

- Lead with a high knee to bounce high in air.



Drill 2
2 reps **BOUNDS**

- With a whole foot contact, hit the ground hard and lead with the knee.



Drill 3
2 reps **ONE ON ONE**

- Players should side step off right and left legs to go past partner.



Drill 4
10 reps **FAST FEET SHUFFLE: RIGHT TO LEFT (SINGLE LEG)**

- Staying solid through the hip, shuffle quickly from right to left off one leg.

