



On pitch warm up

Practice various ball skills incorporating the below stretching and mobility into your warm up as you progress.

Stretching – check Gaa 15 sheet for guidance - [GAA-15-Warm-Up.pdf](#)

Hamstring sweep – heel in ground 5 on each leg

Hamstring sweep – flat foot 5 on each leg

Glutes – 3 quick steps and sit for one second 5 on each leg

Groins – step to the side hold for one second 5 on each leg

Calves – one foot on top hold for 2 seconds 5 on each leg

Quads - hold leg for 2 seconds 5 on each leg

Heel Flicks – jog 10 meters

High Knees – Jog 10 meters

Side Shuffle – 10 meters each side

Mobility

Pick 2 exercises from each section below to include in your warm up, check mobility sheet for examples. - [Mobility Development update.docx](#)

Shoulder/T-Spine Mobilisation

1. Shoulder circles-fwds/bwds (x10 each direction)
2. Arms across (x10 each side)
3. Cat/Camel Stretch (x6)
4. Quadruped rotation (x4 each side)



5. 90/90 Shoulder Stretch-open & close book (x4 each side)
6. 90/90 Shoulder Stretch-sweep arms overhead (x4 each side)

Lower Body Mobilisation- Hip Mobility

7. Spiderman Lunge with T spine rotation & elbows on floor (x4 each side)
8. Lunge Stretch with External Rotation (x4 each side)
9. Inchworm x6
10. Glute/Piriformis Stretch (x4 each side)
11. World's Greatest Stretch (x4 each side)
12. Kneeling Quad/Hip Flexor Stretch (x4 each side)
13. Frogger Stretch (x4 each side)
14. Single Leg Frogger (x4 each side)
15. Hip Flexion/Rotation (x10 each side)

Lower Body Mobilisation- Ankle Mobility

16. Ankle Mobility
17. Gastroc/Soleus Wall Stretch
18. Heel Drops
18. Kneeling Anterior Tibialis Stretch
19. Downward Facing Dog



S&C - check Athletic Development sheet to incorporate exercises for the appropriate week - [12 Week Athletic Development plan 1.docx](#)

Pick 2 exercises from each of the body parts from the Athletic Development sheet and follow the guidelines on page one.

Last part of warm up – Potentiate – check GAA 15 for guidance – 5 minutes - [GAA-15-Warm-Up.pdf](#)

1st session of the week – straight line speed work

Broad Jumps

Double and single leg plyos

3 x 20m at 70%, 80% and 90% from different starting positions, eg on your belly, on your back, walk back to the start

1 x 30m at 100%

2nd session of the week – change of direction, acceleration and deceleration.

Side shuffle out turn and sprint for 10m

Sprint 10m forward, back peddle 5m then accelerate 10m forward.

10m sprints and on coaches call plant foot and change direction to where the coach calls.

Cool Down

The exercises on the Static Stretches sheet have to be done for 20 seconds on each side. - [Warm down.pdf](#)

Calf

Hamstring

Hip Flexor

Quad

Groin

Glutes

Lower Back

Triceps

Shoulder

Chest