PHASE 1 – RUNNING, CUTTING AND LANDING MECHANICS

**OUT**

**Drill 1**
2 reps
**JOG** (focusing on upper body technique)
- Exaggerate arms (hands hip to lip).
- Keep chest open and head up.

**Drill 2**
2 reps
**½ PACE RUN** (focusing on lower body technique)
- Stay tall through the hips.
- High knee drive.
- Run off the balls of the feet.

**Drill 3**
2 reps
**JUMP, CATCH AND LAND**
- When landing, keep feet hip width apart.
- Land by flexing hips and knees.
- Keep knees over toes.

**Drill 4**
2 reps
**PARTNER SHUFFLE**
- Adopt semi-squat position.
- Keep body facing forward.
- Side step with legs.

**Drill 5**
2 reps
**SLOW PLANT & CUT**
- When planting, pick a spot lateral to cone.
- Drop the inside shoulder.
- Flex knee to load over foot.

**IN**

**Drill 1**
2 reps
**A SKIP**
- Co-ordinate arms and legs.
- Pick up knees and toes.

**Drill 2**
2 reps
**ICE HOCKEY STOP**
- Stop in a lateral lunge at each cone.
- Keep head and back straight.
- Sit down and back on lead leg.

**Drill 3**
2 reps
**PICK UPS**
- For Gaelic Football: alternate pick-up leg.
- For Hurling: alternate between a jab lift and a roll lift.

**Drill 4**
2 reps
**LUNGE STOPS**
- Decelerate from jog by dropping into lunge.
- Keep knee in line with foot and hip.
- Prevent knee from drifting forwards of toes.

**Drill 5**
2 reps
**SQUAT STOPS**
- 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.

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PHASE 2 – STRENGTH, PLYOMETRICS AND BALANCE

Alternate between Circuits 1 and 2 on a monthly basis

**CIRCUIT 1**

**Exercise 1**
5 reps per leg
**ARABESQUE**
- 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**
10 swings each side
**LEG SWINGS (FRONT)**
- 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**
5 reps per leg
**ARABESQUE**
- 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**
10 swings each side
**LEG SWINGS (LATERAL)**
- 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
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
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
FRONT PLANK
- Assume press-up position with hands under shoulders.
  - Keep body in a straight line.
  - Tighten abdominals and hold trunk stable.

Exercise 6
SIDE PLANK WITH LEG LIFT – BENT KNEE
- Flex lowermost leg to 90º.
  - Keep backside tucked in and head back.
  - With hips off ground, keep body straight and lift top leg.

Exercise 7
SPLIT LEG SQUATS
- Drop back knee to the ground.
  - Prevent front knee corkscrewing towards middle.
  - Prevent front knee from passing toes.

Exercise 8
LATERAL HOP AND HOLD
- Land on a slightly flexed knee with weight on forefoot.
  - Upper body & hip should remain aligned.

Exercise 9
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
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
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
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
FRONT PLANK WITH LEG LIFT
- Assume press-up position with hands under shoulders.
  - Keep feet hip width apart.
  - Prevent knees coming together when jumping and landing.

Exercise 6
SIDE PLANK WITH LEG LIFT – STRAIGHT LEG
- Lie on side and support body on elbow with bottom leg straight.

Exercise 7
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
DIAGONAL HOP AND HOLD
- Remember to pause after each small diagonal hop.
  - Upper body & hip should remain aligned.

Exercise 9
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
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

<table>
<thead>
<tr>
<th>OUT</th>
<th>IN</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Drill 1</strong> 2 reps</td>
<td><strong>Drill 1</strong> 2 reps</td>
</tr>
<tr>
<td>¼ PACE RUN</td>
<td>HIGH SKIPS</td>
</tr>
<tr>
<td>• Staying tall, use arms and high knees, encouraging forefoot contacts.</td>
<td>• Lead with a high knee to bounce high in air.</td>
</tr>
<tr>
<td><strong>Drill 2</strong> 2 reps</td>
<td><strong>Drill 2</strong> 2 reps</td>
</tr>
<tr>
<td>2 FORWARDS 1 BACK</td>
<td>BOUNDS</td>
</tr>
<tr>
<td>• With feet hip width apart, use plenty of small steps to change direction.</td>
<td>• With a whole foot contact, hit the ground hard and lead with the knee.</td>
</tr>
<tr>
<td><strong>Drill 3</strong> 2 reps</td>
<td><strong>Drill 3</strong> 2 reps</td>
</tr>
<tr>
<td>FAST PLANT &amp; CUT WITH BALL</td>
<td>ONE ON ONE</td>
</tr>
<tr>
<td>• Execute at ¼ pace and retain good plant &amp; cut mechanics.</td>
<td>• Players should side step off right and left legs to go past partner.</td>
</tr>
<tr>
<td><strong>Drill 4</strong> 10 reps</td>
<td><strong>Drill 4</strong> 10 reps</td>
</tr>
<tr>
<td>FAST FEET SHUFFLE: FRONT TO BACK (TWO LEGS)</td>
<td>FAST FEET SHUFFLE: RIGHT TO LEFT (SINGLE LEG)</td>
</tr>
<tr>
<td>• Off forefeet, shuffle as quickly as possible front to back.</td>
<td>• Staying solid through the hip, shuffle quickly from right to left off one leg.</td>
</tr>
<tr>
<td><strong>Drill 5</strong> 5 reps each leg</td>
<td></td>
</tr>
<tr>
<td>DYNAMIC LUNGE</td>
<td></td>
</tr>
<tr>
<td>• Transfer body weight out and across from back foot to front.</td>
<td>• Think of knee as a spring, absorbing and returning energy.</td>
</tr>
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</table>
### PHASE 1: RUNNING, CUTTING AND LANDING MECHANICS

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<tr>
<td>1</td>
<td>2 reps</td>
<td>Jog (focusing on upper body technique)</td>
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<td>2 reps</td>
<td>½ Pace Run (focusing on lower body technique)</td>
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<tr>
<td>3</td>
<td>2 reps</td>
<td>Jump, Catch and Land</td>
</tr>
<tr>
<td>4</td>
<td>2 reps</td>
<td>Partner Shuffle</td>
</tr>
<tr>
<td>5</td>
<td>2 reps</td>
<td>Slow Plant &amp; Cut</td>
</tr>
</tbody>
</table>

### PHASE 2: STRENGTH, PLYOMETRICS AND BALANCE

Alternate between Circuits 1 and 2 on a monthly basis

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<th>Circuit 1</th>
<th>Circuit 2</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>5 reps per leg</td>
<td>Arabesque</td>
</tr>
<tr>
<td>2</td>
<td>10 swings each side</td>
<td>Leg Swings (front)</td>
</tr>
<tr>
<td>3</td>
<td>10 reps – 5 reps each leg</td>
<td>Partner Push into Lunge (straight)</td>
</tr>
<tr>
<td>4</td>
<td>5 reps initially (increasing to 10)</td>
<td>Nordic Hamstring Curl</td>
</tr>
<tr>
<td>5</td>
<td>Hold of 10s (increasing to 30s)</td>
<td>Front Plank</td>
</tr>
<tr>
<td>6</td>
<td>10 reps each side</td>
<td>Side Plank with leg lift – bent knee</td>
</tr>
<tr>
<td>7</td>
<td>5 reps per leg</td>
<td>Split Leg Squats</td>
</tr>
<tr>
<td>8</td>
<td>5 reps per leg</td>
<td>Lateral Hop and Hold</td>
</tr>
<tr>
<td>9</td>
<td>10 reps</td>
<td>Prisoner Squats</td>
</tr>
<tr>
<td>10</td>
<td>10 reps</td>
<td>Counter Movement Jump</td>
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<td>10 swings each side</td>
<td>Leg Swings (lateral)</td>
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</tr>
<tr>
<td>10 reps</td>
<td>Partner Push into Lunge (multi-directional)</td>
<td></td>
</tr>
<tr>
<td>5 reps initially (increasing to 10)</td>
<td>Nordic Hamstring Curl</td>
<td></td>
</tr>
<tr>
<td>10 reps holding for 2 secs</td>
<td>Front Plank with Leg Lift</td>
<td></td>
</tr>
<tr>
<td>10 reps each side</td>
<td>Side Plank with leg lift – straight leg</td>
<td></td>
</tr>
<tr>
<td>10 reps</td>
<td>Scissor Jumps</td>
<td></td>
</tr>
<tr>
<td>5 reps per leg</td>
<td>Diagonal Hop and Hold</td>
<td></td>
</tr>
<tr>
<td>10 reps</td>
<td>Prisoner Squats</td>
<td></td>
</tr>
<tr>
<td>10 reps</td>
<td>Counter Movement Jump with a Twist</td>
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### PHASE 3: AGILITY & POWER

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<td>2</td>
<td>2 reps</td>
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</tr>
<tr>
<td>3</td>
<td>2 reps</td>
<td>Fast Plant &amp; Cut with Ball</td>
</tr>
<tr>
<td>4</td>
<td>10 reps</td>
<td>Fast Feet Shuffle: Front to Back (Two legs)</td>
</tr>
<tr>
<td>5</td>
<td>5 reps each leg</td>
<td>Dynamic Lunge</td>
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