



Faughs GAA

Coach the coach session - Agility

What do we mean by agility?

Strong, smooth, fast, powerful, fluid, co-ordinated movements.

Why do we want to coach it?

- This generation of Children is likely to be more sedentary. Computers, screens, driven everywhere, more protected and cosseted than earlier generations. Less chances to learn movements naturally.
- We need to make sure that each Child is introduced early and repeatedly to full range of movements.
- When we coach it, they'll absorb it like a sponge.
- The younger they start, the better they'll be.

Agility in Hurling

- Hurling is a unique game with unique challenges. Fast field game. Huge number of movements.
- Step back from the game and analyze the types of movements. What are they? For example:
 - Short sprints
 - Quick direction changes
 - Bending down to gather a ball
 - Jumping up in any direction to catch
 - Breaking the tackle area
 - Use of the hurl

How do you coach agility?

Your role as a coach is to look at your team's performance. Look for opportunities to improve their skill set. e.g. last year we spotted a weakness in S3 Camogie under high-ball. Not just the skills but player /team decision making in the contact area.

Break down each of the hurling movements. What are they?

- Short run and jump – backwards, forwards to the side! Hands overhead! Catch! Hurl to protect the hand! The Tommy Walsh defense!
- Ask yourself *What agility is involved?* Build drills to work on the components. Then do game drills. Then conditioned games.

What should be in a session?

1. Co-ordination drill e.g. a ladder drill; a hurdles drill
2. Fast feet / direction change drill e.g. t-bar
3. Plyometric / Power movement drill e.g. standing squat jump – backwards, sideways & forwards



Ladder drill

2 feet bunny hop

Coaching tips:

- Work on smooth & coordinated movement
- Start slowly and learn the movement - Build speed with practice
- Spring lightly off the ground. No slamming heavily onto the ground.
- Land in balance.
- Relaxed shoulders & arms.
- Head and eyes up on horizon. No looking down allowed!

Variations:

- Icky shuffle
- Hopscotch
- Fast feet – 2 feet in each space
- Side –in & out 2 feet

Difficulty:

- Add a buddy who hand passes a sliotar during the drill.
- Girl hand passes back.
- Do it with hurl & helmet.

Fun – especially younger kids:

- Set up teams.
- Give them a ball as the baton.
- Make sure you've mixed ability groups.
- Race!
- Repeat the race a couple of times. Everyone's a winner.
- Have a bar of chocolate for everyone once in a while at the end of a session. Or give a weekly trophy to the best trainer.



Hurdles drill

2 feet

Coaching tips:

- Work on smooth & coordinated movement
- Start slowly and learn the movement - Build speed with practice
- Lift knees.
- Think quick feet.
- Drive arms lightly & relax shoulders.
- Head & neck relaxed and eyes up on horizon. No looking down allowed!

Variations:

- 3 feet
- Bunny jump
- Carioca – both legs – trail leg hurdles.

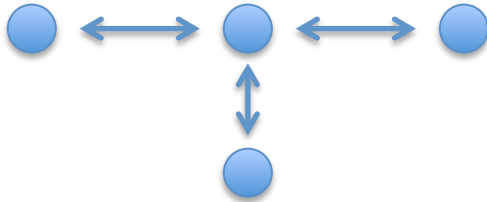
Difficulty:

- Add a buddy who hand passes a sliotar during the drill.
- Girl hand passes back.
- Do it with hurl & helmet.



T-Bar

Guidelines:



- Use cones.
- 5 metres between each cone in layout as above.
- Start from bottom. Moving forward.
- Touch middle cone. Down low in a crouch shuffle sideways. Head & eyes up, hips and shoulders facing forward. Touch side cone, shuffle back to far side cone and touch it, shuffle back to middle cone and touch it, then run backwards to start.
- Start by getting the movement skills correct. Focus on getting them to shuffle correctly. Only build speed in when they understand the movement.

Coaching tips:

- Quick feet
- Game pace, explosive movements.
- Down low on side shuffle.
- Time it. Expect tiny but nevertheless significant improvements from experienced athletes on this drill.
- Lots of hard driving of girls on this one is essential.

Variations:

- Lots of different layouts are possible.

Difficulty:

- Get them to bring a ball. Drop it on a different cone and collect another one.



Squat Jump

Objective:

This Plyometric exercise will build powerful & fast movement.

Guidelines:

Standing with feet shoulder width apart.

Jump forward landing in same position with feet coming closer together.

Flex in knees and hips.

Use arms to power the jump.

Land balanced.

Immediately & dynamically bounce back to starting position.

Use a white line as the starting point.

Variations:

Backwards

Sideways – both ways!

Add a hurl in the hand. Get them to pass - hand or hurl - when they land and as they bounce backwards.

Reps, sets:

Beginners – 1 set of 5 reps of each of 4 jumps.

Intermediate – 2 sets

Advanced – 3 sets



Set up, Reps, Sets & duration - guideline

- Set up a session with several stations.
- Break girls into small groups.
- Get them going clockwise. Work on different muscle groups and types of movements sequentially i.e. quick work is grouped, followed by jumps, etc.
- Whistle for station change every 1-2 mins.
- Run session for between 10 & 20 mins.
- Pick up the intensity towards the end of the session.
- Get voices going – the voice is a muscle – it needs practice to work in a competitive environment - use names or call for a certain pass.
- Use a buddy system.
- Begin with 20 sec rotations, intermediate a minute, advanced 2 minutes.
- Bring a whistle.
- Count them down on rotations. Keep them moving all the time.

Some Tips

- Get an agile experienced player to demonstrate. Kids learn by osmosis! They have a facility to copy movements. Better to show it done really well so that they're copying a better quality movement.
- With younger kids, make the drills into games. Get the kids to compete with each other. Emphasis on fun.
- Warm up is dynamic stretching; cool down is static stretching; every session needs a warm up and cool down.
- Always use positive re-enforcement. Pick out something they're doing well first. Then highlight something small for them to improve on. With teenagers, give them feedback quietly and one to one. No shouting or loud feedback in front of the whole group.
- Don't be afraid to drive them hard. Kids will respond really well to a hard session once you wind it up progressively over a few sessions.

Resources

What equipment do you need?

- Ladders
- Hurdles
- Sliotars
- Cones
- Hoops
- Poles
- Ball rope – younger kids

www.athleticdevelopment.ie

Youtube is a great resource for ideas from our code and others.