BALLYMORE EUSTACE GAA & LGFA

Skills & Fitness Booklet

For Under 13s, minors and adult players – sharpen your skills, build fitness and stay injury-free

Ballymore Eustace GAA & LGFA · Bishopslane, Ballymore Eustace, Co. Kildare

Take your game to the next level

This booklet gives you skills work, strength, speed and conditioning sessions you can do on your own or with a teammate between club sessions.

Ground rules

- Always warm up first and cool down after.
- Technique before load: do every exercise well before doing more of it.
- Under-18s should focus on bodyweight strength and good movement, not heavy weights, unless supervised by a qualified coach.
- Rest matters. Have at least one full rest day a week, and don't do hard sessions the day before a match.
- Talk to your coach before adding extra sessions during the season.

Dynamic warm-up (8–10 minutes)

1. Jog 2 laps, then high knees, heel flicks and side-steps (2 × 20 m each)
2. Walking lunges with a twist, 10 each leg
3. Leg swings forward and sideways, 10 each leg
4. Inchworms × 5
5. Three build-up runs to 80% pace
6. Ball work: hand passing and short kicks

Your club injury-prevention warm-up can replace this. Use it before every session.

Skills sessions

Skill Kick-pass accuracy

You need: a ball, a partner or wall

From 20 m, kick-pass to your partner's chest. 10 off each foot. Then on the move, kicking from the hand after a solo.

Make it harder: add a passive defender, or kick from 30 m

Shooting Score-taking routine

You need: a ball, posts

5 frees from the 21 m line straight on, 5 from each angle, then 5 from play off a solo. Record your score each week.

Make it harder: use your weaker foot for the play shots

Catching Fielding

You need: a ball, a partner

Partner kicks high balls from 20 m. Attack the ball, jump off one foot, catch at the highest point and land balanced.

Make it harder: add a challenger

Skill Turn and go

You need: a ball, cones

Receive a hand pass, turn on your left and solo past a cone, then turn on your right. Work on a quick first step.

Make it harder: go at full speed with a defender

Fitness sessions

Strength Strength circuit

You need: a timer, a mat

3 rounds: 12 squats · 10 lunges each leg · 12 glute bridges · 30-sec plank · 10 press-ups · 20-sec side plank each side. Rest 60 sec between rounds.

Make it harder: slow the lowering phase to 3 seconds

Make it easier: do knee press-ups, 2 rounds

Speed Speed and agility

You need: cones

6 × 20 m sprints with full recovery. Then 4 × 5-10-5 shuttle runs. Quality over quantity – stop when you slow down.

Make it harder: start from different positions (lying, kneeling)

Fitness Conditioning

You need: a pitch or field

Box-to-box runs: run the length of the pitch at about 80% pace, walk back. Build from 6 to 10 reps over the weeks.

Make it easier: jog the runs

Injury prevention Landing and balance

You need: a step

Hop forward and stick the landing for 2 seconds – knee over toes, not falling inward. 6 each leg. Helps prevent knee (ACL) injuries.

Make it harder: hop sideways, then diagonally

Make it easier: two-foot jumps

Sample week (in season)

Day	Session
Mon	Rest or light recovery (walk, stretch)
Tue	Club training
Wed	Strength circuit + 15 min skills (kick-pass, fielding)
Thu	Club training
Fri	Rest, or 10 min light skills
Sat / Sun	Match day, or speed and score-taking session

Cool-down and recovery

- Walk for 3–5 minutes, then hold stretches for 20–30 seconds: hamstrings, quads, calves, hip flexors, glutes.
- Eat and drink within an hour of finishing (see the Healthy Eating guide).
- Aim for 8–10 hours' sleep a night if you're a teenager.

Track your progress

Test	Week 1	Week 4	Week 8
Score-taking routine (out of 20)			
Plank hold (seconds)			
Press-ups in 1 minute			
20 m sprint (seconds)			