

For the purpose of this portfolio my chosen activity is Gaelic football. In this there are a number of physical fitness components involved, both health and skill related

Skill related

Balance
Agility
Co-ordination
Power
Speed
Reaction time

Health related

Muscular strength
Muscular Endurance
Cardio -vascular Endurance
Flexibility
Body Fat %

Each of these components has their use in my chosen sport, some being more pertinent than others.

Balance: The ability to maintain equilibrium whilst moving or stationary.

This has many advantages in Gaelic football, from maintaining a steady, straight line while running, the ability to bend down and pick up the ball steadily and efficiently without falling over, and the ability to withstand and stay on your feet if a tackle knocks you off your stride when running.

Agility: The ability to move the body quickly and under control.

This is required as it is necessary to move and turn quickly and accurately past players when on a solo run. Or when 'selling a dummy' it is important to give a swift dip of the shoulder, of a false hand pass movement to make your opponent go the wrong way.

Co-ordination: The ability to put movements of the limbs together, and control that movement.

Co-ordination is essential in Gaelic football in many aspects of the game; a 'toe-tap' is an excellent example. It requires movements from the hands, arms, legs and feet to be made in a specific and controlled manner and in a certain order. Starting from the dropping of the ball from the hands, to the foot, and the movement of the leg, co-ordination is required all the way through, and without it, there is little chance of performing this elementary skill.

Power: The ability to perform strength activities at speed.

This involves gross muscle movements, and in actions such as jumping and kicking. The more powerful you are, the higher you are able to jump and farther you can kick the ball.

Speed: The ability to perform movements at speed.

This includes running at speed, which is hugely important in a game. With it being needed in some positions rather than others.

Reaction time: the ability to react to a stimulus or stimuli at speed.

This is necessary in Gaelic football as there are situations when a ball may take an unexpected bounce or deflection off a post or a player, the faster you react to this stimulus, the better chance you have of winning the ball which is an obvious advantage

Muscular strength: the ability of the muscles to apply force and overcome resistance.

This is advantageous in all walks of life, and especially in sports, of which Gaelic football is no exception. The stronger you are the more force you can generate in each movement, giving an advantage when challenging for possession or in any other action that involves strength.

Muscular endurance: the ability of the muscles to work for prolonged periods of time without fatigue.

This is needed through out the whole match to ensure that fatigue does not affect performance. This will give the performer the ability to play for longer at their most efficient/

Cardio-vascular endurance: this is the ability of the whole body to work for prolonged periods of time without fatigue.

This is specifically dealing with the heart and vascular systems, the better cardiovascular endurance you have, and the more efficient blood transportation to the lungs and the working muscles will be. Thus allowing the body to continue exercising efficiently and without fatigue.

Flexibility: the ability to move the limbs through their full range of movements.

This is not the most applicable component to Gaelic football, as limbs are rarely forced to their maximum limit. However, being flexible gives the performer an advantage if the situation arose in which the limbs were moved beyond their normal range of movements.

Body fat percentage: this is the amount of fat that is actually in your body

This does not have a direct link to Gaelic football but it does have an impact on performance. This will affect performance ability, as more fat in the body leads to more stress on the heart, and vascular system. This in turn will decrease cardio-vascular efficiency and therefore performance.



Components of skill and health with regard to individual playing positions in a match.

Goalkeeper		
Reaction time		
Agility		
Balance		
Corner back	full back	corner back
Speed	muscular strength	speed
Reaction time	power	reaction time
Power	speed	power
	Reaction time	
Wing half back	centre half back	wing half back
Speed	speed	speed
Muscular strength	muscular strength	muscular strength
Muscular endurance	muscular endurance	muscular endurance
Cardiovascular endurance	cardiovascular en durance	cardiovascular
		Endurance
Midfielders		
Muscular strength		
Muscular endurance		
Cardiovascular endurance		
Speed		
Power		
Wing half forward	centre half forward	wing half forward
cardiovascular endurance	speed	cardiovascular endurance
Agility	cardiovascular endurance	speed
Balance	agility	agility
Speed	power	balance
Corner forward	full forward	corner forward
Speed	speed	speed
Agility	muscular strength	agility
Balance	power	balance

with regard to individual playing positions in a Gaelic football match.

Goalkeeper

Reaction time he may need to react quickly to a stimulus of a shot being taken at the goal at pace or unexpectedly and he must save this.

Agility being able to move body position quickly will enable him to get down to the ball on the goal line quicker.

Balance in a 1 on 1 situation its essential for a goalkeeper to stay on his feet as long as possible.

Corner backs

Speed corner forwards are usually fast so the defender needs to be out in front especially for quick low balls down the wings, a tactic which many teams employ.

Reaction time he needs to be alert to breaking balls from the full back full forward line mid air clashes or if the ball rebounds of the post he needs to react.

Power strength with power is needed for the defender to muscle past his man if he must, to get the ball first.

Full back

Muscular strength full forward is usually one of the bigger men on the field so Ariel battles are common. Upper body strength is especially needed.

Power needs the power in the air or to get past his man.

Speed he may need to go on a sprint to get to a loose ball

Reaction time it is vital he reacts quickly if a ball hits off a post or keeper drops it.

Wing half back

Cardiovascular and muscular endurance

Half forwards are used along the wings from their own 50 to the end line, much running is involved in this, therefore high levels of cardiovascular and muscular endurance are required to keep this going throughout the full match.

Speed to be in front of his man for a break ball from midfield or to get the ball to make a defensive clearance.

Power needs to push out of defence to set up an attack.

Centre halfback

Needs all the components of a wing half back although in greater quantities. This is due to the player he marks, the centre half forward is a key figure in all teams and usually the most skilled.

The centre half back will also have to be quick of mind to mark him and to counter act the dummies and anticipate the movements of his man

Midfield

Cardiovascular and muscular endurance one of the most important aspects of a midfielder's game. Their position requires them from end line to end line throughout the game.

Muscular strength and power in their position, midfielders need to jump and challenge for the ball in the middle of the field, they need to use their power to jump high to gain possession. They need strength to break through the tackles.

Speed the midfield need to support their attacks on many occasion throughout the match, these attacks must be moved at speed. The runs they make are key to getting scores.

Wing half forwards

Cardiovascular endurance and muscular endurance half forwards patrol much of the wings between the 50-yard lines. They therefore may need to help out in defence as well as attack. They need high fitness levels to do this for the whole game.

Speed is required in a quick darting run to receive a pass out of defence, or to escape his marker.

Agility and balance needs to maintain balance and control body movements when soloing the ball.

Centre half forwards

Need all qualities expressed in wing half forward only in greater quantities, quick thinking is also preferable, usually the most skilful member of the team.

Corner forward

Speed, agility and balance corner forwards are usually the quickest players on the field. They need to maintain their speed, control movements and body position while going past people.

Reaction time need to be alert for the breaking ball from a full forward, a ball of the post or uncleared ball etc.

Full forward

Speed not as essential as in corner forward, but can be advantageous in order to get out to a ball quickly

Muscular strength and power teams sometimes play a long, high ball into full forward, this requires him to challenge in the air against the full back, power and strength are needed here

Agility and Balance for solo runs, body position and movement must be controlled, this is not that vital; however as the full forward is quite close to the goal anyway and many choose to shoot rather than solo.

The warm up and cool-down routines in Gaelic football

As Gaelic football is a sport that requires the movement of the whole body, from the neck to the ankle are warmed up before performance and cooled down afterwards. To neglect any muscle or joint of the body during a warm up or cool down is to risk injuring yourself. However, this risk is easily avoided.

A warm up routine will vary from team to team and from coach to coach, however all the main aspects of the routines remain the same with more or less the same muscles being exercised

Warming up has many benefits for a sports person; it prepares the body both physically and mentally for performance while guarding against injuries. The warm up has many advantages for the body, including;

Muscular advantages

- . Exercise before performance warms up muscles and enables better ATP conversion in the muscles. Other advantages include glycolytic enzyme action and muscle response times being quicker due to the body's elevated temperature
- . The speed of nerve impulses conduction increases.
- . Enables greater extensibility and elasticity of muscle fibres this ultimately leads to increased speed and force of contraction.

Vascular advantages

- . Slightly better blood flow due to blood viscosity lower at higher temperature
- . An increase in blood pressure forces blood more quickly through arteries.
- . Capillaries dilate with oxygenated blood.

Joint advantages

- . Stretching of relevant joints and muscles prepares them for operation over its full range.
- . Increased production of synovial fluid allows efficient, smooth at the joint.

Hormonal advantages

- . Secretion of adrenaline increases the metabolic rate.

A warm up has psychological advantages to the performer; it prepares them mentally for their event. If they can spend a few minutes

alone warming up it gives them time to visualise how they want their performance to go, this will give them a mental goal, which they can aspire to, and it has the overall affect of mental preparation.

A cool down also has beneficial effects for the body in almost all the same areas as the warm up including;

Muscular advantages

- . Assists purging the o₂ debt
- . Oxidises and helps flush out lactic acid
- . Prevents muscle soreness-(doms) delayed onset of muscle soreness

Vascular advantages

- . Keeps capillaries open longer
- . Keeps oxygenated blood flowing to muscles
- . Prevents blood pooling (blood will remain in limbs if muscle action is stopped suddenly by keeping muscles active until the need for oxygenated blood has reduced
- . Active muscles will activate the muscle pump for venous return of blood to the heart

Joint advantages

- . Stretches during cool-down can increase flexibility of joints

Hormonal advantages

- . Helps lower levels of adrenaline

Sample Gaelic football warm-up routine

For a warm up to be totally effective, there are 3 main stages, which are;

Phase 1; this has the purpose of raising the heart rate and body temperature. This can be achieved by performing some sort of cardiovascular activity such as jogging.

Phase 2; now the muscle temperature has increased, the athlete can perform some flexibility stretching exercises incorporating all the major muscles in the body.

Phase 3; this final stage of the warm up should involve a sport related skill which is related to the sport related component where the neuromuscular mechanisms related to the heart are worked. Some light ball handling exercises for example.

Phase 1 – cardiovascular activities

A very simple exercise here, simply get the player(s) to jog lightly from one end of pitch to the other and back again. As this is a very low demand routine, it can be repeated a number of times. To incorporate variations in the exercise, involve different techniques of running, such as jogging with 'high knees' or 'leg flicks'. After around 4 or 5 lengths, the pace may be quickened, but only to a half pace run, when a length or two of increased pace running to a half pace run. After a length or 2 allow the players to stretch.

Phase – 2 stretching routine

Ex1

Target area-neck muscles

Procedure; move neck from side to side and up and down slowly. Do not totally rotate the neck, as this may lead to injury. One complete turn is one movement in each four directions, forward, back, left and right. This should be repeated around 5 times to insure muscles are stretched.

Muscle affected: sternocleidomastoid

Platysma

Trapezius superior

Splenius

Diagram

Ex 2-shoulder rotation

Target area-muscles of the upper arm, upper torso and lower neck. As well as the shoulder joint.

Procedure;

Begin with one arm raised straight in the air; rotate the arm throughout the full range of movement allowed by the shoulder joint, thus describing a circle with the arm (with it touching your ear every time it passes the head to ensure the arm is at full stretch.) one full shoulder rotation is described when the arm return to its starting position straight in the air. Around ten rotations (5clockwise, 5anti-clockwise) are required to fully stretch this area on one side. Repeat on the other shoulder. Variation can be added by stretching the 2 shoulders at the same time, or moving one arm clockwise, the other anti-clockwise at the same time.

Muscles effected: trapezius

Platysma

Biceps brachii
Deltoid
Triceps brachii
Pectoralis major

Diagram

Ex 3 lower torso half push up stretch'

Target area-lower back and abdominal muscles

Procedure

Begin on hands and knees as if you were starting to do a push up from your knees. Stretch legs fully out with hips touching the floor but do not allow the top half of your body from above the waist to touch the floor. With hands remaining palms flat down on the ground, push your body upwards until you feel a stretch in your lower back and abdominal muscles, when this has come, hold that stretch for 5 secs, then relax. Repeat 5 –10 times

Muscles effected external oblique

Internal oblique

Latissimus dorsi

Gluteus medius

Diagram

Ex4 hip twist

Target area- lower back and hip muscles

Procedure;

Place your hands on your back just above the waist. Put your feet shoulder width apart. Begin to twist the body around the hips without moving on the ground. Twist the body as far as you can one way, then repeat it on the other side. This back and forward twist counts as one, repeat this 10 times.

Muscles effected; latissimus dorsi
Gluteus maximus
Gluteus medius
External oblique

Diagram

Ex 5 crossed legs and touch toes hamstring stretch

Target area hamstrings

Procedure

Cross legs while standing up, and gently reach down with hands out stretched in order to touch your toes, go down as far as possible until u feel mild tension hold for 5seconds. This must be down on each once more only. The leg must be kept straight at all times.

Muscles effected; biceps femoris
Semimembranosus
Semitendinous

Diagram

Exercise 6 groin squat

Target area- groin area, in the inside of the upper leg

Procedure;

Squat down with heels just touching each other, place hands together and put them down on the ground between your legs so that elbows are touching knees. Keep feet on ground use the elbows to push the knees out while keeping hands together, thus stretching the groin muscles.

Muscles affected: Adductor group

Diagram

Ex 7 quadriceps 'ankle grab' stretch

Target area-quadriceps front part of upper leg

Procedure;

Stand on one leg and bend the knee on the leg in the air so that the foot comes closer to the ass. Reach back and hold the ankle of the foot into the backside. Ensure contact is maintained between ankle and backside, and create tension for the stretch in the muscle by pushing the knee of the leg slightly forward of the other knee on the standing leg. Hold this stretch (maintaining balance) for 5 seconds repeat on opposite legs. Repeat once more on each leg.

Muscles affected;

- Rectus femoris
- Sartorius
- Vastus lateralis
- Vastus medialis

Diagram

Exercise 8-calf wall push stretch

Target area-back of lower legs,calves

Procedure;

Move to a wall of a building or similar, place legs out in a position of a long stride, ensuring both feet are pointing in the same direction. Move hands onto wall and begin to push into the wall. The stretch should be relaxed and contracted 2 or 3 times on each calf? With the muscle being stretched to a higher tension each time. This is done by moving further away from the wall. Switch legs and repeat stretch once more on each leg.

Muscles effected; gastrocnemius
Soleous

Diagram

Ex 9 ankle rotation

Target area- ankle joint and muscles of the lower leg

Procedure; stand on one leg with the other knee bent. The ankle of the raised must be rotated slowly in a full circle motion, with a slight stretch being felt in the calf muscles. Complete 5 full rotations clockwise on 1 leg and then complete 5 rotations anti clockwise. Repeat on other leg.

Muscles effected; gastronemius
Tibilalis anterior
Extensor digitorum

Diagram

Skill related routine

The group of players being worked is split into two equal groups, with approximately ten in each group. These smaller groups should be split again so there are now four small groups each with five members. A group of five must face another group of five, as shown in the diagram, lined up one by one along a line, with a space of around ten yard between the groups.

A ball is given per two groups and the person with the ball, first passes it to the first man in the other group of five. The original man then follows his pass to the other group where he joins the back of their line. The man who received the ball firsts it to the second man in the first group and joins the back of their line. The man who received the ball firsts it to the second man in the first group and joins the back of their line, and so on. (See diagram)

This is repeated for a few minutes until each man has passed and received the ball a number of times. The groups must then re form in their original positions, but the size of the gap between them must increase to twenty or twenty-five yards. The man with the ball must repeat the procedure, however, he does not just first pass, he solos about fifteen yards towards the man he is facing, before firsting the ball to him as he comes out to receive the ball. The first man joins the back of the line and the routine is repeated until each man has had numerous chances to control the ball.

The groups should then reform and ensure the twenty-five yard gap is maintained as the man with the ball must now punt-pass the ball to his opposite man's chest. The procedure is followed once more, with each man following his pass and joining the back of the line they have arrived at. After each player has passed and received the ball a few times, the groups must reform, and the gaps between them decreased to fifteen yards or so. The idea is now for the man with the ball to throw it straight up into the air, allowing his opposite man to come and catch it above his head. In this drill, procedure must again be followed as each man follows the ball and joins the back of the line.

In these four short drills almost every major Gaelic football skill has been covered:

- Fist-passing
- Receiving fist-passes into the chest
- Toe tapping
- Receiving the ball in the move
- Punt passing
- High catching

The High-Catch as an Essential Skill in Gaelic Football

The major coaching points of the high-catch

It is vital to ensure the learner understands how important the high-catch is in Gaelic football. Without it the chances of gaining possession of the ball from the kick-out or throw-in would be almost non-existent. A catch is needed to get to the ball before the opposition do, while it is still in the air.

It is also imperative that the learner comprehends the methods that will help him optimise his performance at the high catch, such as the need for a large contact surface area between ball and hand when catching. So he should be taught to recognize the reasons why hands should be open wide when catching the ball

It is totally essential that the learner sees a correct, flawless demonstration of the skill as this will be the basis from which they perform the skills themselves.

The high-catch can be broken down into numerous component parts in order for the skill to be taught and learned most effectively. No part of the skill is more important than another, and the parts must be learned individually and then put together in a series to form the complete action. It is also beneficial that the skill is demonstrated to the learner in its part form, this will ensure the performer will have individual examples of components to refer back to in his memory.

When coaching this skill the learner needs to know the reasons why each part of the skill is necessary;

Run-up This is not necessary in the skill as a catch can be performed from a static position, but a short-run-up of few paces or so, coupled with a firm launch off from the performer's strong foot will enable them to lift themselves higher off the ground compared to if they jumped statically.

The need to be out in front of his man – There is a higher chance of you catching the ball if you are in front of your man, as he will be reaching out over you to catch it.

Arms fully extended and straight – When performing the high-catch it is essential to gain all the extra height in the air that is possible, one easy way to do this is by ensuring arms are stretching in the air as high as the performer can allow them to go.

Hands spread wide – To increase surface area between ball and hand, the hands must be made as large as possible. This will allow maximum contact, and give the ball a better chance of being caught.

Knee into chest – When challenging for the ball in the air, it is necessary for the player to protect themselves as much as possible. Bringing the knee of one leg towards the chest when jumping, affords some protection to the lower torso and the upper leg of the performer.

Ball into body – Once the possession of the ball has been won in the air, it needs to be consolidated. If the ball is taken into the body of the catcher, as soon as they have caught it, it is easily defended and possession maintained. The opposition's only choice to win the ball back is now through fouling the player with the ball.

Progressive Practices for Developing the High-Catch

To begin it would be of use to describe to the pupil how important the high-catch is in Gaelic football, and how much the team relies on it to gain possession to the throw-in or after a goal kick. Explain that without a good high catch the team is at a loss.

Communicate to the pupil what the most important component parts of the skill are (as above) and they will realise they already know how to perform some, or all of these actions. Enforce to him that all the high catch is, is essentially those parts performed in order. This will provide the learner a simplified view of the skill, and perhaps give them confidence enough to believe they can perform it. Explain the reasons why these component actions are necessary as part of the catch so that the learned will have an understanding of the skill.

Start by showing the correct hand position to the pupil so they are accustomed to it. When you as the coach are satisfied they know the way to position their hands around an imaginary ball, allow the pupil to hold a ball into the way you have showed him, let him see how easy it is to hold the ball with one hand only at the side of the ball, and how much grip there is using the grip instead of another inferior hold.

Once received and understood;

Throw balls at the pupil's chest, encouraging him to use the hand positioning technique learnt. As their confidence grows using this type of catch, move on to throwing the balls higher so the pupil has to catch them above his head without leaving ground.

Increase the height at which balls are thrown at and make the pupil catch them (with correct hand positioning) without leaving the ground. This will make them extend their arms high and straight to find the extra height.

Throw the ball a little higher, and while ensuring the hands and arms are in the correct position incorporate a static jump into process

Involve a raised knee into action reaching towards chest for protection purposes during a game. It must be stressed to remember to raise the knee.

When you as a coach are satisfied that the pupil has grasped the concept of the skill, and understands the basic part of the actions you have been working to up till then, without the ball, allow them to take a short run up, and whilst incorporating every aspect of the skill learnt so far, complete the action in the air after taking off from their strongest foot.

If the technique looks good at the catch in the air, throw balls in the air for them allowing catching it while jumping. This will take a while to perfect.

Finally put the pupil into competition with other players, progressively increasing in ability and numbers, making it more difficult for the pupil as he becomes more proficient at the skill of high catching.

Although the development scheme described above is predominantly for beginners a competent player who wishes to improve his high catching could benefit from it as it breaks the skill down into the different components.

Information on the GAA

National headquarters
GAA Croke Park Jones Road Dublin 3

Website www.gaa.ie

Phone 018363222

Provincial headquarters
Address oifig comharairle uladh
Paire thiarnaigh naomtha
Cluain eois
Muineachain

Phone 047 52380

County headquarters

Address Down GAA
6A Newcastle road
Castlwellan
Co.Down.

Website www.downgaa.net

Phone 02843770880

Regional structures

The structure of the GAA is a simple one. It begins with the central council who work out of Croke Park. This body makes rules changes and implements amendments. They work in conjunction with the management committee who are in charge of the day to day affairs of the organisation and run all the all Ireland club and intercounty competitions and the railway cup.

From here the next level down is the four provincial councils(Ulster munster leinster and connaught). These councils are responsible for the arrangement of GAA matters in their province. They organise the provincial county and club champ ionships. They also look after disciplinary matters in their jurisdiction.

The groups below that are the county boards organises its own affairs in their region. The county boards is responsible for the development of the underage system in their district. They organise all the competitions in the county.

The final break down is to the clubs, the clubs are usually defined parish by parish. The club structure is one, which a committee organises the day to day running of the club providing the opportunity to be involved at different levels in the GAA. They also provide a selected team or teams to compete in various levels of competitions.

Coaching courses

The GAA has many different coaching courses. From 1995 all coaches have been expected to have recognised coaching qualifications. This coaching qualification will only be given to those who have completed official courses. There are 5 different levels.

The foundation level course is primarily geared to cater for people who will be coaching from under 12 downwards. All the coaches who want this qualification provided they are over 16 will be obliged to commence their coaching career.

Having successfully completed the foundation level course and provided they are over 18 they can progress to a level one course. This is designed for those preparing teenage and adult teams.

Having successfully completed the level one course, the coaches can then participate in level 2, level 3 and level 4 coaching honours. The same principles apply as for the previous.

After each level achieved you are presented with a certificate

The coaches at the coaching courses are qualified to tutor the aspiring coaches.

Promotional/grass roots schemes

There are many grass root schemes currently involved in Gaelic football. Most of these are geared towards primary school children who are at the age where their interest in sport usually develops. These are facilitated by Cumann na Bunscoile, the primary schools GAA organisation. These take the form of inter-school matches etc. the McDonalds catch and kick programme was a good example last year of how young children are taught the basics of Gaelic football and encourage them to take part in it. There are incentives at the end of these programmes to encourage the child to stay with the sport and develop into a career.

Further promotional activities are seen in the support and sponsorship of major football and tournaments run by the GAA, ie the Coca-Cola Compromise Rules Series. These sponsors raise the profile of the competitions itself as well as advertising the product itself. There are spin off events which allow the children to participate and feed their interest in the game.

Regional and national competitions

There are numerous types and levels of competition. These range from county leagues and championship right up until All-Ireland finals and international compromise rules matches. The scope for teams to enter is getting increasingly wide with teams from colleges and schools taking place. Sub-councils of the GAA run these.

At the lowest level young players can participate in blitz competitions within their own schools and clubs. From this they can progress to county league and championships. The winners of the county championship go through to the provincial championship and finally to the national phase. This is known as the club championship. It's held on St. Patrick's day in Croke Park.

The best players from the clubs are selected to play for their county team. At intercounty level there are the national league and the All Ireland championships which take the winners of the provincial finalists and the wild card winners from the qualifiers. These competitions are staged at minor and senior level.

There are some province v province competitions ie the Railway Cup where all 4 provinces compete against each other. There are competitions for universities the most prestigious varsity competition being the Sigerson cup.

Doping control and testing

The way the GAA tests for banned substances is similar to the procedures in any other major sporting governing body, as the process shows below

1. Competitors are chosen for selection competition rules say who will be tested competitors will be notified by writing.
↓
2. Competitors go to the doping control centre a GAA official goes with them id is checked the competitor may declare any medication used.
↓
3. Competitors provide a urine sample while being supervised at all times.
↓
4. The sample is split and placed into 2 separate sealed containers the procedure is monitored by the competitor.
↓
5. The containers are sent to the lab they are kept safe under special conditions.
↓

6. Sample A is tested

7. Negative result no drugs found.

7. Positive result

Drugs are found.
GAA are informed
Competitor is

informed and suspended

8.GAA investigate competitor is asked for an explanation

9.GAA arrange hearing and punishment is given out.

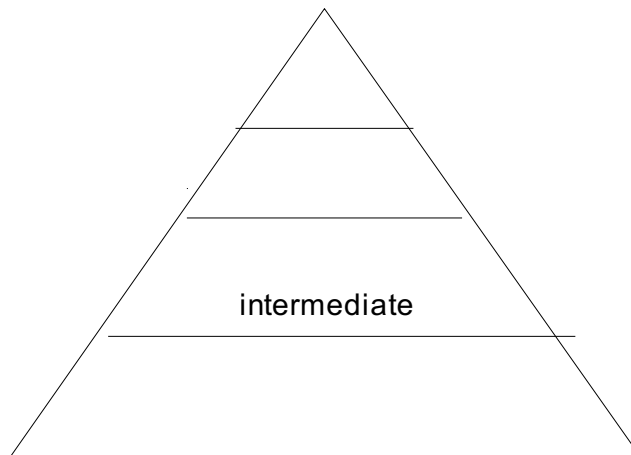
This can however be appealed through the board of appeals. The committee hears the appeal and decides weather to uphold the sanctions or over turn it

Sanctions there are 2 types of sanction for those found guilty

1.) Suspension from all activities under GAA organisation.

2.) Suspension from all activities under GAA organisation for a time specified by the disciplinary council.

Assessment of my development in the chosen activity



Performance pyramid of Gaelic football, with levels ranging from total beginner to elite players who have represented their county, province and even their country. I feel I am in the low elite boundary because I am representing my county and have represented Ulster.

Currently I am playing for my local senior side and minor team. I have represented down in underage teams and now I am part of the minor team. I hope I can progress as a player and make it into the senior team if I follow the right path. I was given the opportunity to play football at school which gave me an interest so I joined the local team and my career progressed from there as I soon got to the required standard to play for the school which ultimately gave me the coaching and advice I needed to make the county and provincial team.



Evaluation of chosen activity

Identification of strengths and weaknesses

Most major components of the game were undertaken both effectively and efficiently showing high levels of competence.

High catching

Every aspect of skill is well developed. I am aware of all the various subroutines and how they need to be linked smoothly. I can show good technical and tactical awareness. I can perform in both in all conditions showing that the environment does not affect the performance of the skill

Toe tapping

I am highly competent and well practised at this skill, I am able to solo confidently and move at pace. I can sell dummies while retaining my balance.

Lifting ball from the ground

I can perform this basic and vital skill in each situation. My technique of the skill is well learned and practiced and am able to do it without losing pace.

Shooting

I am fairly accurate free taker from the ground. Since I bought the predator boots. The key to taking frees from the ground is confidence in your swing. I am much less able from play at taking scores I am not good at kicking from my hands.

Fist pass

Skill is used well and in appropriate situations however my passes were a little inconsistent in their direction and velocity

Punt pass I can perform this skill fairly well however it can be quite inconsistent extra practice is required.

Speed I am fairly quick over short distances I believe this is due to the muscles fibres I possess the fast twitch and the speed training I did when I was younger.

Fitness

My fitness levels are moderately high around the middle in my club team with extra training it could be improved.

Tactical awareness in I am a goalkeeper so I need to be aware of the ball over the top and getting out to collect it and to intercept passes. Iv got basic knowledge of each position on the pitch and I know who has the capability to shoot and who doesn't I am aware of the formations and tactics that can be employed in Gaelic football. A conversation with my coach for some extrinsic feedback could aid me in the pursuit of a greater understanding of the game.



Training and action plan to improve performance

As a result of my self-evaluation in my chosen activity I have identified several aspects of my game that need improving. To improve these in both short term and long term. I have devised a training programme to allow me to make me a better all round player. the two aspects of my game I will deal with are fitness and punt passing.

I will design two training schemes for both areas, one for pre/close season training for long term goals and a more simple one for in-season training when results must be seen in the short term. In each training programme there will be a clear realistic goal to aim for, a timescale to achieve this, methods of achieving the goals and a method of evaluation.

First dealing with fitness this aspect of Gaelic football is usually concentrated on during pre-season training. The reason for this is to achieve a higher standard of fitness; rigorous training schedules must be kept to.

This requires a huge amount of effort and if done during the season the performer would not be fit to take part in competitive action. This means that the performer needs to build up his fitness levels before the start of competition. He must maintain them during the season by working hard. For this reason I am going to start my programme 10 weeks before the season starts. It will be 4 times a week. After this period the fitness training will be scaled down and the ball work will take over. So it is the latter session that will be the long-term session.

Before I start it is essential that on the first session I measure the initial fitness levels. This will be my starting point to improve methods for these measurements are explained further on in the section.

Overload is essential for improvement and variety is the key so tedium does not set in. each session is designed to work on fitness it is hard however to make a wide range of fitness drills. As the weeks progress

ball work should be included more often. I have developed 2 sessions 1 on a 4-day week and the other on 3 with the inclusion of a fortnightly football match.

Sunday	Tuesday	Wednesday	Friday
Fitness work	Fartleack run	Circuit training	20 minute run
pitch	road	gym	pitch

Sunday	Tuesday	Wednesday	Friday
Match day	circuit training	fitness work	fartleack run
Pitch	gym	pitch	pitch

Initial measurements

The bleep test

The bleep test takes place in a gym hall. And the performer must run from one end of the hall to the other in time, which has, a pre-recorded system of bleeps played on a tape. The time allowed for the completion of each lap decreases as each minute goes by, thus making the task more difficult as time progresses. After each bleep the number of run ups and down is called out by the tape. The aim is to run up and down as many times as possible. When he drops out his last completed is the measurement recorded. This score is vital so we can measure improvement.

Resting heart rate and recovery rate.

The amount of blood that the heart pumps out in a single beat can be improved with regular training. this is due to the increased demand forces the heart to attempt to pump more blood around the body out of the ventricles. So over time the heart will adapt to become more efficient. This means the amount of blood even at rest will be greater which reduces the number of times the heart has to beat. The resting heart rate will be used as a measurement of how well the performers heart is adapting to the training.

The recovery rate is also a measure of how well the heart is adapting due to the increased demand for oxygenated blood to the working muscles the heart rate has to remain high to pay off the o₂ debt. To monitor the adaptation we must make sure that the intensity and duration of the exercise stays the same.

Recording measurements

Each of the tests will be carried out in the first week this is to give an impression of ordinary fitness levels and see the improvements made as the weeks go on.

Test	Week 2	Week 5	Week 7	Week 10
Bleep test				

And record in a table like the one showing above.

To give a clear long-term goals for the performer to reach. I have set targets to be achieved.

Improve by 10 laps or more by the end of the programme.

Explanation of long term training sessions

Road running.

I will start of running through the park in my area I will start will a pulse raiser then make sure they are well stretched before starting off on the 20 minute run.

They will have to push themselves as hard as possible to make the exercise fruitful they will need to overload there body the best way is setting them selves targets of doing a further di stance in the 20 minutes each time.

Fartleck training

This Swedish means speed play. It involves changes of pace and is a great way of improving fitness. Each lap will consist of 500 meters around the ground. The situation will now be a team 1 where gr oups of

5players will set off on a 30 second jog at intervals and then on the whistle they will move to $\frac{1}{2}$ pace then again to $\frac{3}{4}$ and then to flat out on my command these will vary in duration.

For an hours and a half long session there are a few combinations of drills and exercises I could use, sample is shown below

Session 1

Exercise	duration
Warm up	10 minutes
Fartleck session	20 minutes
Light stretch	3 minutes
Triangle runs	15 minutes
Stretch	3minutes
Alternate cone run	15 minutes
Stretch	3 minutes
Extended hill run	10 minutes
Flexibility session	10 minutes
Warm down	5 minutes

Total= hour 29 minutes

Short-term sessions for fitness

As fitness is hard to improve on a short-term basis we will probably not see much improvement in the short-term.

Sessions won't be as long but they will be more frequent and of higher intensity.

I will work on fitness everyday except Sunday, which is match day

It would be ideal if the competitor had no matches on this would allow him to give maximal effort because he doesn't need to save himself for games. The measurements of the tests will be taken at the start of the session and it is through the measurements in these tests the sessions will be evaluated. Each session needs to begin with a warm up and finish with a cool down to reduce the risk of injury.

Fitness exercises

To begin the test to measure the performer's original fitness is the bleep test as explained before.

The session consists of a player and a coach finding a place to run where there are distinct landmarks so you can measure the distance. In this case 2 miles he should aim to cut his time by 10 seconds from the previous day in the 1st week and by 5 seconds in the second week.

An accurate way of measuring the success of this programme is the bleep test.

Evaluation method for the short-term programme

If the short term programmes are implemented then the following goal should have been reached. If it hasn't then the programme has not been totally effective.

The bleep test should have improved by 4 or 5 laps or more.

The punt pass

The second thing I specified I needed improving was punt passing. There is no difference between long term and short term training methods, except you train longer to reach a long-term goal. There is only one basic way to improve punt-passing which is to continuously practice the skill as a whole however before the programme is to be implemented there must be measurement must be taken to see what level the skill is at.

We can do this using the following method make a square using wood and place it in the middle of the goal mouth hanging from the bar around a meter. Then place markers from 10 20 and 30 yards away. The performer must have 5 attempts from each marker.

The coach should be keeping a record by using the following scoring method 3 points for a ball hit right through the square 2 points if it hit the square and rebounds out. 1 if it hits the goal but not the square.

Diagram

The performer repeats the procedure at each of the three distances, and his points system is calculated by the coach who is monitoring his performance. His results may be recorded in a table as so. The score must be recorded and kept for evaluation.

Out of 15	In square	Hit square	In goal	points
10 meters				
20 meters				
30 meters				

The coach has also been monitoring his technique of striking the ball and as a result of this he will be able to offer advice on how to optimise his kicking. Some of the factors may range from poor contact and little follow through. The coach will give him feedback and allow the correction of errors in the technique.

The way to train punt passing is hitting the ball through the square. Only when the technique is correct and well learned. The practice must be constant until he can hit 5 consecutively through the square. When he can do that he should step back a further 10 meters until they can hit 5 out of 6 then back to the 30 meter mark where he can hit 10 out of 15 balls through the square.

Training can be everyday but should be at least 4 times a week if necessary.

Evaluation of action plan for punt -pass

The max score for any one distance is 45 and the maximal for All 3 distances is 135 the actual score should be compared to this and a % accuracy taken $(50/35) \times 100 = 37.04\%$

The test will be administered every week to constantly evaluate performance. The goal set for a week is determined by the score of the following week.

Previous weeks score(%)	% to improve for next week
0-10	15
11-20	12
21-30	10
31-40	9
41-50	8
51-60	6
61-70	5
71-80	4
81-90	3
91-99	1

So for example if the player scored 16 then his target would be to improve by 12%. Now his new target would be improve by 10% etc. thus goals and targets are given. For the programme to be effective the player must reach the goals in the predetermined table. This will be as effective for long-term goals as for short-term goals.

Review of action plan

Although I never fully took part in the full long term programme, I participated in the short term ones for 2 weeks and I found them to be effective and I improved my performance. I felt some of the targets were too low so if I were to repeat the exercise I would raise them.

The scoreboard for the punt pass was a great and accurate way of measuring the improvement and therefore the effectiveness of my action plan. In hindsight some of the long-term programmes for fitness were over strenuous and the times for completion were too short. The plan to improve was sound and the targets to get there were realistic and easy to follow.



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