



# **Strength & Conditioning for Female Players**

**CPD Workshop**

**2014**



# Strength & Conditioning For Female Players

## Introduction

This booklet acts as a coaching resource to aid coaches to incorporate strength and conditioning exercises into their sessions. Throughout our “Strength & Conditioning for Female Players” workshop we will work through some of the exercise listed and will discuss how and when you should be including these exercises in your sessions.

The following points should be noted with regard to strength & conditioning in Female Players:

- Strength and conditioning work is not something that should be done in isolation. It should be incorporated into all sessions both pre and during the playing season.
- No equipment is needed for S&C work – in fact body weight exercises are proven to be just as effective for Gaelic Players.

It is recommended that all coaches working with teams should have obtained their coaching certificates in their relevant code. For more information on courses please contact:

Sheena on [sheena.kelly.ulster@gaa.ie](mailto:sheena.kelly.ulster@gaa.ie) for Ladies Gaelic Football courses

or

Niall on [niall@camogie.ie](mailto:niall@camogie.ie) for Camogie courses

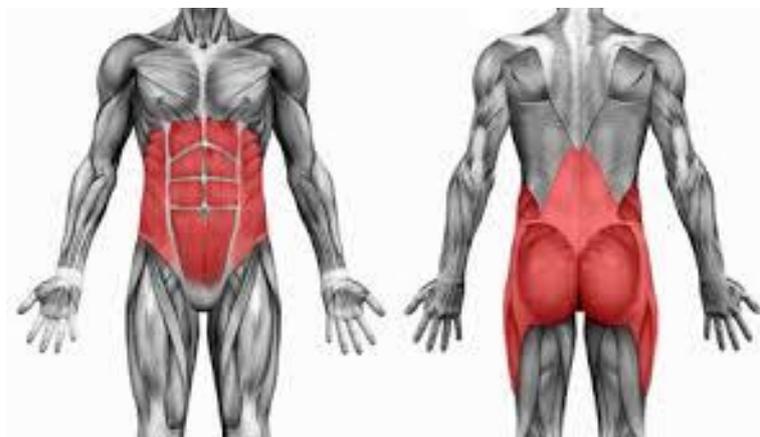


## Strength & Conditioning For Female Players

### What are the Functions of the Core Muscles?

The “main functions” of the core is to stabilize and provide support. If you want to be powerful or strong then the core is the first place that need built upon. The stabilization and support that your core provides can allow **large amounts of power** to be **transferred to the extremities** of the body.

A “weak” core will provide weak power to the extremities, yet a “strong” core will do just the opposite. Think of it as **the core is the center** of where all your power can be created and then that power flows outwards in the direction you are putting your attention towards.





## Strength & Conditioning For Female Players

Exercise: Supermans	Muscles Engaged:	Applied when?	Sets:Reps
	Core: Pelvic Floor, Obliques, Abdominis, diaphragm.	Core strength helps your upper & lower body work together. Important when striking/kicking the ball. It is vital for balance, power & Coordination.	Repeat 8 to 12 times on each leg/arm, holding each rep for 5 seconds. Do 2 sets. Build up reps to 10 - 30 sec holds.

- Kneel on the floor in prone position (face down). Your hands should be straight in line with your shoulders and your knees should be in line with your hips.
- Now at the same time extend your left arm forward and your right leg backwards.
- Focus on keeping your body in a straight line from your back leg all the way to your extended arm. Repeat with the opposite arm and leg.





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Exercise: Side Plank	Muscles Engaged:	Applied When?	Sets:Reps
	<b>Core:</b> Pelvic Floor, Particular attention to Obliques, Abdominis, diaphragm.	Very important when striking, kicking, catching and also during contact	1 Rep each side, aim for 25 second holds. Build seconds up in 5 second increments as body adapts and conditions. 3 – 5 sets.

- Lie on side on mat. Place forearm on mat under shoulder perpendicular to body.
- Place upper leg directly on top of lower leg and straighten knees and hips.
- Raise body upward by straightening waist so body is ridged. Look straight ahead, straight line from head to foot.
- Hold position and reset when control is lost.
- Repeat with opposite side.





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### Lower Body Exercises to Develop Explosive Power, Stability and Aid Injury Prevention

Exercise:	Body	Muscles Engaged:	Applied When?	Sets:Reps
Weight Squats		Glutes, Quads, Hamstrings.	Jumping for Ball, Bending for pick up/Lift, sprinting, kicking.	2-3 sets of 8-10 reps.

- Stand with your head facing forward and your chest held up and out.
- Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help keep your balance, or above the head.
- Sit back and down like you're sitting into an imaginary chair – hips should be the first thing to move, not the knees.
- Lower down so your thighs are as parallel to the floor as possible, with your knees over your ankles. Press your weight back into your heels. Keep upper body as upright as possible.
- Keep your body tight, and push through your heels to bring yourself back to the starting position.





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Exercise: Forward Lunges	Muscles Engaged:	Applied when?	Sets:Reps
	Glutes, Quads, Hamstrings.	Jumping for Ball, Bending for pick up/Lift, sprinting, kicking.	2-3 sets of 8-10 reps (each side)

- Stand with hands on hips or clasped behind neck
- Lunge forward with first leg. Land on heel then forefoot.
- Lower body by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor. Front knee should not go further forward than the toes.
- Shoulders and hips should remain level.
- Front knee should remain in line with hip and should not turn in or out.
- Return to original standing position by forcibly extending hip and knee of forward leg.
- Repeat by alternating lunge with opposite leg.





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Exercise: Hamstring Bridge	Muscles Engaged:	Applied when?	Sets:Reps
	Hamstrings, Glutes, Hips & Thighs	Shielding the sliothar, Holding off opponent, Running	2-3 sets of 10-12 reps.

- Lie on the floor and slide heels in towards glutes with knees pointing up.
- Lift the hips up so that your body is in a straight line from head to toes. Keep heels and toes flat on the floor, contracting the hamstrings when lifting hips.
- Hold for count of 5 - 10 seconds. Relax for count of 3. Do 10 repetitions.
- Repeat for 2-3 sets of 10-12 reps.
- For a modification, use fit ball. Digging heels into the ball when lifting and rolling ball inwards before extending outwards again.





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### Upper Body Conditioning Exercises

Exercise:	Muscles Engaged:	Applied when?	Sets:Reps
Abdominal Crunch 	Rectus Abdominis & External Obliques.	During Contact, breaking through tackles.	2-3 sets of 15-20 reps

- Lie down on the floor with your knees bent and gently press your lower back to floor.
- Cross hands across your chest.
- Contracting your stomach (squeeze it like you're squeezing water out of a sponge), slowly lift shoulder blades a few inches off the floor. Keep your neck in alignment & ensure you're not tilting your head ie ensure there is a space between the chin and the chest
- At the top of movement, contract your stomach as hard as you can, and hold for a few seconds and exhale.
- Inhale and slowly lower back down to the floor, stopping just before you relax all the way down.
- Try not to put weight on your feet as you come up...initiate the movement from your abdominals.



## Strength & Conditioning For Female Players

Exercise: Back Extension	Muscles Engaged:	Applied when?	Sets:Reps
	Latissimus Dorsi	Again aids core strength when bending, lifting, during contact etc.	2-3 sets of 10-16 reps.

- Lie face down on a mat and place the hands by your sides, palms facing up or at the temples of the head for a more advanced exercise.
- Contract the abs and keep them contracted throughout the exercise.
- Squeeze the back to lift the chest a few inches off the floor.
- Lower and repeat for 2-3 sets of 10-16 reps total.





## Strength & Conditioning For Female Players

Exercise: Tricep Dips	Muscles Engaged:	Applied when?	Sets:Reps
	Triceps	Blocking, Hooking, Tackling, Holding off opponents	2-3 sets of 10-16 reps

- Sit on a bench or chair.
- Begin with the hands next to or slightly under the hips.
- Lift up onto the hands and bring the hips forward.
- Bend the elbows (no lower than 90 degrees) and lower the hips down. Elbows should not turn in or out. Keep back close to the chair. Keep the shoulders down.
- Push back up without locking the elbows and repeat for 10-16 reps





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Exercise: Press ups	Muscles Engaged:	Applied when?	Sets:Reps
	Pectoral muscles, triceps, and anterior deltoids	Breaking the tackle, Holding off opponent, shielding the ball.	2-3 sets of 10-16 reps

- Get down on the hands and knees, positioning the hands directly under the shoulders with fingers pointing forward.
- Push the knees up so that you're resting on the hands and toes. Keep the abs engaged and make sure your body is in a straight line from the head to the heels all throughout the movement.
- Bend the elbows and lower into a pushup until your elbows are at about 90 degrees.
- Press back to start and repeat for 2 to 3 sets of 10 to 16 reps.

