



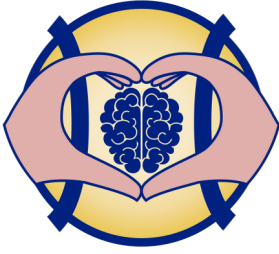
**THE
CAMOGIE
ASSOCIATION**
An Cumann Camógalochna

THE CAMOGIE ASSOCIATION

PLAYER WELFARE

Vol.4

2024



Player Welfare



Louise Keane

Player Welfare and
Inclusion Coordinator

Email: louise.keane@camogie.ie



THE EVOLUTION SERIES

The Camogie Association has expanded the Evolution Series which houses both the Evolution Technical Skill Series, as well as the Evolution Athletic Development Series. This suite of video content is produced specifically for coaches and caters to an array of phases across the Gaelic Games Coach Pathway.

Across the series, easily accessible visual supports are provided to coaches in the form of games and drill activities, along with the associated coaching cues, all catering towards the player at their specific point upon the Gaelic Games Player Pathway.

The Evolution Technical Skill Series is made up of three overlapping elements, namely Skill Evolution, Game Evolution, and Drill Evolution. These elements emphasise the technical skills of the game of Camogie and provide the viewer with a little inspiration in the coaching of such.

The Evolution Athletic Development Series looks to provide coaches with the cues and practices associated with the development and support of the Camogie player as an athlete. Jump Evolution provides the viewer with



essential patterns in assisting the player in jump and landing mechanics. This series branch will continue to develop with a view to supporting coaches in ensuring they are provided with a visual support in how best to facilitate building strong and robust Camogie athletes.

Going forward, the Camogie Association looks to utilise resources such as the Evolution Series in supporting coaches with easily accessible, visually appealing content, relevant to their area of coaching activity upon the Gaelic Games Coach Pathway.



**The
Evolution
Technical
Skill Series**



**The Evolution
Athletic
Development
Series**

The following pages are a guidance document to support coaches in implementing Jump Evolution into their training. The exercises used in the programme can all be found on the Camogie Association website using the QR code above.

Jump Evolution



PROGRAMME FOCUS

Landing
Technique

Jump
Technique

Jump Height/
Distance

Hurl/Slotar
Included

Earn the right to progress



GUIDING PRINCIPLES

When	After your warm up Players line up in lines of 2 or 3 (Side
Set Up	note: Lines of 3 allows players more rest. This is more important when the focus is on improving jump height/distance) 3-6
Reps/Sets	reps for exercises with two feet, 3-5 reps each side for single leg exercises, 1-3 sets per exercise (Side note: 4-6 exercises per session) 2times per week (Side note:
How Often	Exercise quality is more important than exercise quantity)
For How Long	6 week blocks with 1 weeks rest after each block



KEY POINTS

Training Age

Training ages refers to a players experience of the type of training. If players have not done this type of training before, they start at the beginning of the programme regardless of their age.

Safety Considerations

1. Warm Up first.
2. Ensuring training surface is flat and stable.
3. Check for injuries.

Exercises

TRANSITION 1 LANDING MECHANICS

- ✓ Set Position
- ✓ Single Leg Set Position
- ✓ Triple Extension Set Position
- ✓ Single Leg Triple Extension Set Position

TRANSITION 2 INCLUDING THE JUMP

- ✓ Counter Movement Jump, Landing in the Set Position
- ✓ Single Leg Counter Movement Jump, Landing in the Single Leg Set Position
- ✓ Broad Jump, Landing in Set Position
- ✓ Single Leg Broad Jump, Landing in the Single Leg Set Position
- ✓ Bounding, Sticking the Landing
- ✓ Bounding, Without Sticking the Landing



TRANSITION 3 LATERAL AND ROTATIONAL MOVEMENTS

- ✓ Lateral Counter Movement Jump, Landing in the Set Position
- ✓ Single Leg Lateral Counter Movement Jump, Landing in the Single Leg Set Position on the Same Foot
- ✓ Single Leg Lateral Counter Movement Jump, Landing in the Single Leg Set Position on the Opposite Foot
- ✓ Counter Movement Jump with 90 Degree Rotation, Landing in Set Position
- ✓ Single Leg Counter Movement Jump with 90 Degree Rotation, Landing in the Single Leg Set Position

TRANSITION 4 CHALLENGING WITH THE SLIOTAR

- ✓ Counter Movement Jump with Overhead Catch, Landing in the Set Position
- ✓ Single Leg Counter Movement Jump with Overhead Catch, Landing in the Single Leg Set Position
- ✓ Running Start and Jump, Landing in the Set Position
- ✓ Running Start and Jump, Landing in the Single Leg Set Position
- ✓ Counter Movement Jump with Partner Push, Landing in Set Position
- ✓ Single Leg Counter Movement Jump with Partner Push, Landing in Single Leg Set



REFERENCE POINTS



Head



Hands



Hurl



Feet

We should only add the hurl and sliotar when players have mastered the technical element of Landing and Jumping



COACHING CUES

Coaching cues are short phrases we use to guide players when executing an exercise. Effective use of coaching cues can positively affect both the execution of the skill and retention of the skill.

Movement	Coaching Cue	To help with...
LANDING	Try not to make a sound/ be quiet on the ground	Absorbing impact of the Landing
	Try to land softly	Absorbing impact of the Landing
	Imagine your Landing in a puddle and you don't want to make a splash	Absorbing impact of the Landing
	Imagine you have an elastic band around your knees and you want to push against it	Knees collapsing in on land
	You should be able to slide a piece of paper under your heel	Landing on the ball of the foot (not the toes, heel is just slightly off the ground)
	Don't squash the grape under your heel	Landing on the ball of the foot (not the toes, heel is just slightly off the ground)

Movement	Coaching Cue	To help with...
JUMPING	Focus forward	Keeping their head up
	Look at a fixed point in front of you	Keeping their head up
	Trust your feet know what to do	Keeping their head up
	Stick your chest out	Keeping a neutral spine
	Keep your shoulders back and down	Keeping a neutral spine
	Show off the crest/logo on your chest	Keeping a neutral spine
	Bring your hand to your back pocket, and your other hand to your cheek	Hand placement
	Stretch an imaginary band around your knees	Knees collapsing in as they jump
	Be like a spring being pulled tight	Create length in the body when jumping
	Push the ground away	Improve jump height/distance
	Reach for the sky	Improve jump height/distance
	Try to look over the fence	Improve jump height/distance
	Bounce like a spring	Improve jump height/distance
Spring forward/up	Improve jump height/distance	



HELPFUL TIPS

1. Observe players technique carefully to get used to spotting what needs correcting. Then work on correcting it.
2. Give players 1-3 cues when instructing them how to perform the exercise initially (Reference head, hands, hurl (when relevant), feet). Then use cues to correct specifics where needed. Too many coaches cues can confuse things.
3. Be conscious we can't correct everything all at once. It is okay to focus on one element of technique at a time.
4. Ask players questions (When you land, do you think it should be loud or quiet?). You will learn from them too.
5. Avoid negative language (when we tell someone not to do something, it tends to be the thing they do):
 - Don't
 - No
 - Stop
6. Not all coaching cues work for all players. Experiment to find what clicks.



Programming

Exercise Progression: Progress of exercises depends on players mastery of the exercise. We have created a 21-week programme, consisting of 3 blocks, progressing the exercises from Jump Evolution. Please note that this programme is not set in stone and can be changed to suit you (the player) or the players you coach (you the coach). Only progress exercises when you are comfortable that you/your players have learned the technique.

BLOCK 1

SL = Single Leg ES = Each Side

Week	Sessions per week	Exercises	Session Focus	Video	Set Up	Reps	Sets
1	2	Set Position	Landing Mechanics	1	2 Lines	6	2
		SL Set Position		1		3ES	2
2	2	Set Position	Landing Mechanics	1	2 Lines	6	2
		SL Set Position		1		3ES	2
		Triple Extension Set Position		1		6	2
		SL Triple Extension Set Position		1		3ES	2
3	2	Set Position SL	Landing Mechanics	1	2 Lines	6	2
		Set Position		1		3ES	2
		Triple Extension Set Position		1		6	2
		SL Triple Extension Set Position		1		3ES	2
		Counter Movement Jump		2		6	2
		SL Counter Movement Jump		2		3ES	2

BLOCK 1 (CONTINUED)

4	2	Set Position	Landing Mechanics	1	2 Lines	6	2
		SL Set Position		1		3ES	2
		Counter Movement Jump		2		6	2
		SL Counter Movement Jump		2		3ES	2
		Broad Jump		2		6	2
		SL Broad Jump		2		3ES	2
		5		2		Triple Extension Set Position	Landing Mechanics
	SL Triple Extension Set Position	1	3ES	2			
	Broad Jump	2	6	2			
	SL Broad Jump	2	3ES	2			
	Bounding (Stick Landing)	2	6	2			
	Bounding (Non- Stick Landing)	2	6	2			
6	2	Triple Extension Set Position	Landing Mechanics	1	2 Lines	6	
	SL Triple Extension Set Position	1		3ES		2	
	Broad Jump	2		6		2	
	SL Broad Jump	2		3ES		2	
	Bound (Stick Landing)	2		6		2	
	Bound (Non-Stick Landing)	2		6		2	
7	Rest Week						

BLOCK 2

SL = Single Leg ES = Each Side

EW = Each Way

Wk	Sessions per week	Exercises	Session Focus	Video	Set Up	Reps	Sets
1	2	Set Position	Landing Mechanics	1	2 Lines	6	2
		SL Set Position		1		3ES	2
		Counter Movement Jump		2		6	2
		SL Counter Movement Jump		2		3ES	2
		Lateral Counter Movement Jump		3		3EW	2
		SL Lateral Counter Movement Jump Landing on the Same Foot		3		4EW/ES	2
2	2	Triple Extension Set Position	Landing Mechanics	1	2 Lines	6	2
		SL Triple Extension Set Position		1		3ES	2
		Lateral Counter Movement Jump		3		3EW	2
		SL Lateral Counter Movement Jump Landing on the Same Foot		3		3EW/ES	2
		SL Lateral Counter Movement Jump Landing on the Opposite Foot		3		3ES	2
3	2	Triple Extension Set Position	Distance/ Height (Landing Mechanics)	1	3 Lines	6	2
		SL Triple Extension Set Position		1		3ES	2
		Lateral Counter Movement Jump		3		6	2
		SL Lateral Counter Movement Jump Landing on the Opposite Foot		3		3ES	2
		Counter Movement Jump with 90-degree Rotation		3		3EW	2
		SL Counter Movement Jump with 90-degree Rotation		3		3EW/ES	2

BLOCK 2 (CONTINUED)

4	2	Triple Extension Set Position	Distance/ Height (Landing Mechanics)	1	3 Lines	6	2
		SL Triple Extension Set Position		1		3ES	2
		Counter Movement Jump		2		6	2
		SL Counter Movement Jump		2		3ES	2
		Broad Jump		2		6	2
		SL Broad Jump		2		3ES	2
5	2	Counter Movement Jump	Distance/ Height (Landing Mechanics)	2	3 Lines	6	2
		SL Counter Movement Jump		2		3ES	2
		Broad Jump		2		6	2
		SL Broad Jump		2		3ES	2
		Bounding (Stick Landing)		2		6	2
		Bounding (Non-Stick Landing)		2		6	2
6	2	Broad Jump	Distance/ Height (Landing Mechanics)	2	3 Lines	6	2
		SL Broad Jump		2		3ES	2
		Bounding (Stick Landing)		2		6	2
		Bounding (Non-Stick Landing)		2		6	2
		Lateral Counter Movement Jump		3		3EW	2
		SL Lateral Counter Movement Jump Landing on the Same Foot		3		3EW/ES	2
7	Rest Week						

BLOCK 3

SL = Single Leg ES = Each Side

EW = Each Way

WK	Sessions per week	Exercises	Session Focus	Video	Set Up	Reps	Sets
1	2	Triple Extension Set Position	Distance/ Height (Landing Mechanics)	1	3 Lines	6	2
		SL Triple Extension Set Position		1		3ES	2
		Lateral Counter Movement Jump		3		3EW	2
		SL Lateral Counter Movement Jump Landing on the Same Foot		3		3EW/ES	2
		SL Lateral Counter Movement Jump Landing on the Opposite Foot		3		3ES	2
2	2	Lateral Counter Movement Jump	Distance/ Height (Landing Mechanics)	3	3 Lines	3EW	2
		SL Lateral Counter Movement Jump Landing on the Same Foot		3		3EW/ES	2
		SL Lateral Counter Movement Jump Landing on the Opposite Foot		3		3ES	2
		Counter Movement Jump with 90-degree Rotation		3		3EW	2
		SL Counter Movement Jump with 90-degree Rotation		3		3EW/ES	2
3	2	Triple Extension Set Position	Landing Mechanics	1	3 Lines	6	2
		SL Triple Extension Set Position		1		3ES	2
		Counter Movement Jump		2		6	2
		SL Counter Movement Jump		2		3ES	2
		Counter Movement Jump with Overhead Catch		4		6	2
SL Counter Movement Jump with Overhead Catch	4	3ES	2				

BLOCK 3 (CONTINUED)

4	2	Set Position	Landing Mechanics	1	3 Lines	6	2
		SL Set Position		1		3ES	2
		Broad Jump		2		6	2
		SL Broad Jump		2		3ES	2
		Running Start and Jump, Landing in the Set Position		4		6	2
		Running Start and Jump, Landing in the SL Set Position		4		3ES	2
5	2	Triple Extension Set Position	Landing Mechanics	1	3 Lines	6	2
		SL Triple Extension Set Position		1		3ES	2
		Counter Movement Jump with 90-degree Rotation		3		3EW	2
		SL Counter Movement Jump with 90-degree Rotation		3		3EW/ES	2
		Counter Movement Jump with Partner Push		4		6	2
		SL Counter Movement Jump with Partner Push		4		3ES	2
6	2	Counter Movement Jump with Overhead catch	Landing Mechanics	4	3 Lines	6	2
		SL Counter Movement Jump with Overhead catch		4		3ES	2
		Running Start and Jump, Landing in the Set Position		4		6	2
		Running Start and Jump, Landing in the SL Set Position		4		3ES	2
		Counter Movement Jump with Partner Push		4		6	2
		SL Counter Movement Jump with Partner Push		4		3ES	2

Player Welfare and Inclusion Resources

Below are some of the resources which can be found on the Camogie Association website.

You can check them out at camogie.ie



Player Welfare Booklet Vol 1 & 2



Player Welfare Booklet Vol 3 & 4



Player Health Check Programme



Injury Prevention Programme



Self Care Series



Player Welfare Podcast



Player Safety and Helmets



Concussion Guidelines



Health and Wellbeing Information



Camogie Association Disability Inclusion Policy



Supporting Organisations contact information