

## **Camogie Early, Rapid and Mature Movers Programmes**

### **Introduction:**

The Camogie Early Movers (Under 8 – Under 12), Rapid Movers (Under 13 and Under 14), and Mature Movers (Under 15 and Under 16) Programmes are warm-ups designed for underage Camogie players. These warm-up exercises help players build strength, coordination and develop good movement patterns, providing them with a solid foundation of movement that is specific to each stage of their physical development based on the Long-Term Player-Athlete Development Model. The exercises are not seen as a replacement for current warm-up procedures, rather it is suggested that the exercises can be introduced over time as deemed appropriate by the coach. They target specific windows of trainability for each age group and provide a framework in which players can progressively work towards being equipped to complete the full Camogie Injury Prevention Programme (described above).

**The full programme is completed by players from Under 17 up.** It is important to note that, as players mature at different rates, coaches are encouraged to implement the programme as they deem most appropriate for their players.

There are three age-specific adapted versions also available:

- 1. The Camogie Early Movers Programme (Under 8 - Under 12)**
- 2. The Camogie Rapid Movers (Under 13 and Under 14)**
- 3. The Camogie Mature Movers (Under 15 and Under 16)**

These age-specific programmes have been tailored to match the developmental needs of underage Camogie players and it is encouraged that they are made as fun as possible to increase player engagement.

## The Camogie Early Movers Programme (Under 8 - Under 12)

### PHASE 1

Exercise	Sample Cue for Children
Jog	"Run on hot ground"
A-March	"March like a soldier"
½ Pace Jog	"Run on lava"
Ice Hockey Stop	"Stop like an ice hockey player"
Jump, catch and land*	"Jump and land on a horse"
Pick ups	"Dig up the ground"
Partner Shuffle	"Walk like a crab"
Lunge Stops	"Walk like a robot"
Slow plant and cut	"Walk like an astronaut"
Squat Stops	"Lay an egg"

\*progress to include catching

### PHASE 2

Exercise	Sample Cue for Children
Arabesque	"Pretend you're an aeroplane"
Leg Swings (Front)	"Cut the grass with your foot"
Leg Swings (Side)	"Cut the grass with your foot"
Lateral Hop and Hold	"Stuck in the mud"

### PHASE 3

Exercise	Sample Cue for Children
¾ Pace Run	"Run with rockets on your feet"
High Skips	"Skip to the sky"
2 Forward, 1 Back	"Rocket racers"
Fast Foot Shuffle (Front)	"Itchy Feet"

**What are the aims for this group?**

- Build the mechanics of good movement while incorporating basic object control.
- Ensure that the programme is kept fun throughout. This can be done by making exercise descriptions simpler such as 'laying an egg' rather than 'squat stop' and limiting the amount of time spent explaining the exercise to your players.

**What does the Early Movers Programme do?**

- Emphasises fundamental movement and sports skills
- These phases occurs during a window of accelerated adaption to motor co-ordination training in young players between the ages of 8-11. Emphasising these skills at this age helps develop young players' overall movement quality and sport-specific skill levels.

**How do you coach it?**

- It is important that these phases are fun.
- Continuous exercises without specified reps should be done for a moderate period of time – about 10-15 seconds or to your own discretion. A repetition or rep is one successful completion of an exercise. So for the squat stop there are two reps meaning you do two squats fully.
- It is recommended that you gradually introduce the programme phase by phase to allow you and your players to become accustomed to it.
- Use simple instructions or cues that describe good technique for that exercise. Too much information to players in this age group will decrease their engagement and interest.
- Make sure to adapt it to your group. The exercises below are rough guidelines but the best judgement of what will be suitable to a group is your own knowledge of their skill and maturity levels so the exercises and coaching style can be adjusted to this accordingly.

## The Camogie Rapid Movers Programme (Under 13 and Under 14)

### PHASE 1 – As above

### PHASE 2 – Early Movers Plus the Following

Exercise	Sample Cue for Children
Side Plank	"Pretend you're a Starfish"
Diagonal Hop and Hold	"Stuck in the Mud"
Counter Movement Jump	"Jump on a Trampoline"

### PHASE 3 – Early Movers Plus the Following

Exercise	Sample Cue for Children
Two Foot Bounds	"Jump/Bound like a Rabbit"
Fast Plant and Cut	"Run like a ninja"
One on One	"Show n' go"
Fast Foot Shuffle (Side)	"Hot Potato"

### What are the aims for this group?

- Build the mechanics of good movement and strength while incorporating basic object control.
- Ensure that the programme is kept fun throughout. This can be done by making exercise descriptions simpler such as 'laying an egg' and limiting the amount of time spent explaining the exercise to your players.

### What does the Rapid Movers Programme do?

- Emphasises early strength training while incorporating fundamental movement and sports skills.
- This phase occurs at the beginning of a window of accelerated adaption to strength and aerobic training.
- Skill and speed is also maintained or further developed at this phase.

### How does it differ from the Early Movers Programme?

- At this age we are still looking to keep the warm-up fun and engaging, but we are also looking to incorporate more strength training. There are six additional exercises implemented at this age.

### How do you coach it?

- It is important that this phase is fun. At the Under 12 age group although players are maturing we want to stay on the fun side of training to keep them interested and engaged.
- Continuous exercises without specified reps should be done for a moderate period of time – about 10-15 seconds or to your own discretion. A repetition or rep is one successful completion of an exercise. So for the squat stop there are two reps meaning you do two squats fully.
- It is recommended that you gradually introduce the programme phase by phase to allow you and your players to become accustomed to it.
- Use simple instructions or cues that describe good technique for that exercise. Too much information to players in this age group will decrease their engagement and interest.
- Make sure to adapt it to your group. The exercises below are rough guidelines but the best judgement of what will be suitable to a group is your own knowledge of their skill and maturity levels so the exercises and coaching style can be adjusted to this accordingly.



## The Camogie Mature Movers Programme (Under 15 and Under 16)

The Camogie Mature Movers Programme is a functional movement programme based on the Activate\* Warm-up. This takes fifteen minutes and can be done before all training and matches as part of your warm-up. The programme is done with helmets on and where possible with hurley in hand. In this example, the programme was completed inside a 20 x 20 metre square, but the size and number of squares is flexible to the number of players in your group. In between exercises in phases 1 and 3 players move in multiple directions around the square. Coaches should encourage players to include sport specific skills throughout e.g. striking, hand-passing and roll/jab lift. The Camogie Mature Movers Programme is a sample recommendation of exercises that may be suitable for the Under 15 and under 16 age groups. This breakdown is based on the player pathway and long-term player-athlete development programme.

The injury prevention programme consists of three phases:



**NOTE: Phase 2 should not be done before matches**

### What are the aims for this group?

- Optimise and progress strength and aerobic training
- Begin to introduce structure and format to the warm-up
- Progress speed and skill training

**What does the Mature Movers Programme do?**

- Optimises and develops further strength and aerobic training
- Players come to the end of the window of accelerated adaption for strength and aerobic training at this age. By emphasising this, we optimise players' physical development.
- Skill and speed is also maintained or further developed at this phase.

**How does it differ from the Rapid Movers Programme?**

- At this age group we begin to make the warm-up more structured throughout. We move away from making exercises fun to a more rigid programme. We also continue to build on the strength and aerobic training we did before. There are five additional exercises in this phase.

**How do you coach it?**

- Give the players full instructions and continue to give cues and directions the entire time they are doing each exercise. Make the warm-up more structured and focused as we move away from training with an emphasis on fun.
- Give regular feedback to players throughout the warm-up to maintain good technique for all exercises.
- Continuous exercises without specified reps should be done for a moderate period of time – about 10-15 seconds or to your own discretion. A repetition, or rep, is one successful completion of an exercise. So for the 'squat stop' there are two reps meaning you do two squats fully.
- It is recommended that you gradually introduce the programme phase by phase to allow you and your players to become accustomed to it.
- Make sure to adapt it to your group. The exercises below are rough guidelines but the best judgement of what will be suitable to a group is your own knowledge of their skill and maturity levels so the exercises and coaching style can be adjusted to this accordingly.

**Phase 1:** Running, cutting and landing mechanics

<p><b>Jog</b> 10-15 seconds</p>  <p><b>Instructions:</b> Jog on the balls of your feet and move around the square</p> <p><b>Watch out for:</b> Players running in circles and not all around the square</p>	<p><b>A-March</b> 10-15 seconds</p>  <p><b>Instructions:</b> With high knees and arms march on the balls of your feet</p> <p><b>Watch out for:</b> Players struggling to move opposite arms and legs—this must be corrected</p>
<p><b>½ Pace Jog</b> 10-15 seconds</p>  <p><b>Instructions:</b> Run on the balls of your feet staying tall throughout</p> <p><b>Watch out for:</b> Players heel-striking while running—this should be corrected</p>	<p><b>Ice Hockey Stop</b> 2 each leg</p>  <p><b>Instructions:</b> Stop with your feet wide, bend one knee and sit back. Put your weight through the lunging foot, hold for one second.</p> <p><b>Watch out for:</b> Players rounding their back, ensure knee is bent and player is sitting back</p>
<p><b>Jump, Catch, Land</b> 10-15 seconds</p>  <p><b>Instructions:</b> Jump in the air to catch a high ball and land with bent ankles, knees and hips</p> <p><b>Watch out for:</b> Players' knees caving in, players landing with very straight legs—extremely important that this is corrected</p>	<p><b>Pick-Ups</b> 10-15 seconds</p>  <p><b>Instructions:</b> Bend over and jab lift or roll lift the sliotar, you should feel a gentle stretch in your hamstring</p> <p><b>Watch out for:</b> Player's with poor lifting technique</p>

**Partner Shuffle** 10-15 seconds**Instructions:**

Side-step around partner with knees slightly bent, stay facing the whole way the entire time

**Watch out for:** Knees caving in as players sidestep. Players facing forwards rather than sideways.

**Lunge Stops** 2 each leg**Instructions:**

On your call, drop into a quick lunge. Keep knees and hips at right angles. Hold for one second.

**Watch out for:** Knees caving in or rounding in the lower back

**Slow Plant & Cut** 10-15 seconds**Instructions:**

Pick a spot on the ground, bend your knee over your toe, drop opposite shoulder and change direction

**Watch out for:** Knees caving in, cutting off the wrong foot—must be corrected

**Squat Stop** 2 reps**Instructions:**

On your call, players lower into a squat. Keep knees straight over the toes and sit back into the squat. Hold for one second

**Watch out for:** Players rounding their backs, knees caving in.

**Phase 2: Strength, Plyometrics and Balance****Arabesque** 5 Each Leg

**Instruction:** Focusing on your balance, keep hips level and tilt backwards. At end range pull back upright using the hamstrings

**Watch out for:** Players rounding their lower back rather than hinging from hips

**Leg Swings (Front)** 10 Each Leg**Instructions:**

Face opposite directions holding shoulders, swing your inside leg back then kick up into your hand

**Watch out for:** Player's not kicking inside leg/opposite arm

**Leg Swings (Side)** 10 Each Leg



**Instructions:**  
Stand behind partner and hold onto shoulders, swing your legs across your body

**Watch out for:**  
Players moving upper body rather than hips

**Partner Push into Lunge** 5 Each Leg



**Instructions:**  
Push partner gently in the back. Drop into a lunge keeping knees and hips at 90 degrees and upper body upright

**Watch out for:**  
Knee caving in, knee hitting off the floor in the lunge

**Diagonal Push into Lunge** 5 Each Leg



**Instructions:**  
Push your partner gently in a diagonal direction. When receive a push drop into a lunge keeping your knee in line with the toes

**Watch out for:** Knee caving in, players who fail to control the push

**Front Plank** 10 Second Hold



**Instructions:**  
Put your hands straight underneath shoulders and keep your body in a straight line. Tighten glutes and core

**Watch out for:** Players who cannot stabilise through their core and lower back. These players must be regressed to an easier version

**Side Plank** 10 Second Hold Each Leg



**Instructions:**  
Bend knee to 90 degrees and rest on elbow., keep backside tucked in and head back.

**Watch out for:**  
Players bodies not in a straight line, hip dropping down—must be regressed to an easier exercise

**Split Squat** 5 Each Leg



**Instructions:**  
Starting in a semi-lunge position, drop your back knee towards the ground. Keep hips and knees at 90 degrees

**Watch out for:**  
Players without the strength to keep knee off the ground

**Lateral Hop and Hold** 5 Each Leg**Instructions:**

Jump side to side landing on a bent knee, stick the landing and propel to the other side

**Watch out for:** Knee caving in on landing

**Diagonal Hop and Hold** 5 Each Leg**Instructions:**

Jump diagonally landing on a bent knee, stick the landing and propel back to the start position

**Watch out for:** Knee caving in on landing

**Counter Movement Jump** 5 reps**Instructions:**

From a semi-squat position keep feet hip width distance apart and use your arms to jump high in the air

**Watch out for:** Knees coming together on jumping or landing

**Phase 3: Agility and Power** **$\frac{3}{4}$  Pace Run** 10-15 seconds**Instructions:**

Run on the balls of your feet staying tall throughout.

**Watch out for:**

Players running at too slow a pace, heel striking

**High Skips** 10-15 seconds**Instructions:**

Moving opposite arms and legs skip high in the air

**Watch out for:**

Players not jumping high enough—encourage explosive jumps

**2 Forward 1 Back** 2 reps**Instructions:**

Sprint out 2 meters, chop your feet and backpedal 1 meter then run on

**Watch out for:**

Players running in the wrong direction

**2 Foot Bounds** 2 reps**Instructions:**

With your whole foot, land on the ground and jump out as far as you can three times

**Watch out for:**

Knee caving in on landing

**Fast Plant and Cut** 2 reps each leg



**Instructions:**  
At speed, plant your foot in the ground, bend the knee over the toes and change direction

**Watch out for:**  
Knee caving in while changing direction

**One on One** 2 reps each leg



**Instructions:**  
Side-step off one leg to beat your defender

**Watch out for:**  
Knee caving in while changing direction

**Fast Foot Shuffle Front** 10 reps



**Instructions:**  
On balls of the feet shuffle back and forth as fast as possible

**Watch out for:**  
Players knees knocking together

**Fast Foot Shuffle Side** 5 reps each leg



**Instructions:**  
On one foot, shuffle side to side as fast as possible

**Watch out for:**  
Knee caving in, player not staying upright

**Dynamic Lunge** 5 reps each leg

**Instructions:**

Jump forward, landing with a bent knee spring back as fast as you can and land where you started

**Watch out for:**

Big impacts on landing, landing with a straight leg, knee caving inwards

## Summary Table:

Exercise selections for phase two and three of the Camogie Early Movers (EM), Camogie Rapid Movers (RM) and Camogie Mature Movers (MM) Programmes.

**Note** – The entirety of Phase 1 is used in all three programmes

PHASE 2			
Exercise	EM	RM	MM
Arabesque	•	•	•
Leg Swing (Front)	•	•	•
Leg Swing (Side)	•	•	•
Partner Push into Lunge			•
Diagonal Push into Lunge			•
Front Plank			•
Side Plank		•	•
Split Squat			•
Lateral Hop and Hold	•	•	•
Diagonal Hop and Hold		•	•
Counter Movement Jump		•	•
PHASE 3			
¾ Pace Run	•	•	•
High Skips	•	•	•
2 Forwards 1 Back		•	•
2 Foot Bounds		•	•
Fast Plant and Cut		•	•
One on One	•	•	•
Fast Foot Shuffle (Front)		•	•
Fast Foot Shuffle (Side)			•
Dynamic Lunge			•

For more information on the Camogie Injury Prevention Programme please see <https://learning.gaa.ie/camogieinjuryprevention>