

# U16 – A Critical Age



Main focus is to continue refining and embedding the basic skills, game skills and game plans, training with intensity and further developing Strength & Conditioning, Nutrition and Goal-setting.



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# Handle with C. A. R. E.

- **C** - Challenging
- **A** - Achievable
- **R** - Respect
- **E** - Enjoyable



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# Sports Nutrition

“Nutrition can make a good athlete great, or a great athlete good”

Extracts from: Gaelic Performance – Nutritional Resource Manual



## The Basics of Sports Nutrition

*After natural talent and appropriate training, an adequate diet is known to be the next most important element for enhancing the training and performance of sports people.*



## An Introduction

The aim of this workbook is to examine sports nutrition and the GAA player in realistic and practical terms. The reality is that many GAA players don't understand what food to eat to improve performance, recover from intense training sessions and to prepare for match day demands. The benefits of a sound diet are most obvious with regard to GAA matches, where nutrition strategies help players perform their best by reducing or delaying the onset of factors that would otherwise cause fatigue. The daily diet plays a major role as it supply's athletes with the fuel and nutrients needed to optimise adaptations achieved during training and to recover quickly between workouts.



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# Sports Nutrition

## What is Sports Nutrition?

Sports nutrition is the nutritional guidelines involving primarily carbohydrate, protein, fats and fluid intake that are used to improve athletic performance. Optimal nutrition improves training, match performance and recovery from exercise.

### **Good sports nutrition programmes should:**

- Improve body composition
- Improve overall health
- NB – Improve sporting performance

## Reasons to follow correct nutritional strategies

- Delay onset of fatigue
- Maximise recovery
- Accelerate recovery
- Combat delayed onset muscle soreness
- May prevent injury
- Improves immune function



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## Tips for the Diet

### Tips for reducing salt from diet

- Avoid adding salt directly to food
- Choose breakfast cereals with care. Compare labels and choose product with the lowest sodium content.
- Reduce or avoid salt in cooking. Substitute with herbs, spices, garlic etc.
- Use fewer processed foods from jars, cans, packets and cartons.
- Avoid high salted foods eg cheese, crisps, savoury snacks, salted foods (salted peanuts) smoke fish, preserved sausage (salami)



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# Hydration and the GAA player

- Dehydration and loss of body fluids will have an adverse affect on your physical performance. Training will be much harder and you will suffer fatigue sooner.
- Sweating is a major route of fluid loss through the skin .
- Normal daily intake is approx. 2 litres
- More is needed for a sportsperson approx. 4 litres depending on amount of training and sweating done during training.
- Any form of physical work or activity will increase this again such as warm offices, air conditioned labs, building sites etc
- Tip: The easiest way to ensure adequate of fluid consumption is to fill a **2 litre** bottle of water at the start of each day and try fill it up half way through the day again.
- Pee Test – simply check your colour of urine with the chart displayed below to check your hydration status.
- GaelicPerformance DURING helps to ensure that players stay hydrated during intense exercise



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## Am I Hydrated? Urine Color Chart

1		<p>This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout day to stay hydrated.</p> <p>If your urine matches the colors numbered <b>1, 2, or 3 you are hydrated.</b></p>
2		
3		
4		<p>If your urine matches the colors numbered <b>4 through 8 you are dehydrated</b> and need to drink for more fluid.</p>
5		
6		<p><b>Be Aware!</b> If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the color of your urine for a few hours, making it bright yellow or discolored.</p> <p>If you are taking a vitamin supplement, you may need to check your hydration status using another tool like Handout #15: Hydration Check: Body Weight Log.</p>
7		
8		





A sensation of thirst indicates that you are already more than 1% dehydrated. This subsequently leads to decreases in performance

Common signs of dehydration include nausea, dizziness, irritability, cramps, unusual fatigue, dry mouth, muscle soreness, decrements in performance

Don't forget – All fluids count towards your daily intake: water, milk, juice soft drinks, sports drinks however, remember that some are better than others



### Hydration - Before training/matches

Your main priority is to insure that you are well hydrated before exercise. Training or playing matches in a dehydrated state will affect your performance and leave you at a competitive advantage.

Ensure urine colour is clear

Try to avoid tea/coffee if possible 4 hours prior to throw-in

A good guide is try to drink 1 litre of water with breakfast and a half litre every 2 hrs prior to throw in

It is recommended that you drink between 450 ml 20 mins before training

It is recommended that you use an Isotonic Formula like GaelicPerformance During Powder.



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# Goal Setting

Dream Goal:

(The highest honour you would like to achieve in the remainder of your career.)

Year Goal:

(What you would like to achieve this year- either personally or team or both!)

Winners: Know where they want to go.  
Recognise where they are now.  
Understand what it's going to take to reach their goal.  
Commit themselves to getting there.

Decisions followed by actions.  
This separates winners from the rest.  
They are people of action - not talk.  
They commit.



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## Where are you now?

Fill in the following giving yourself a score out of 10.  
(Where 10 is excellent and 1 is poor or 10 is no problem and 1 is a problem).

### Profile

Physical	Technical	Tactical	Mental	Lifestyle	Support
Stamina	Passing	Keep ball	Commitment	Diet	Family
Strength	Ball winning	Stop goal	Control	Rest	Friends
Speed	Tackling	Create score	Confidence	Work	Club
Flexibility	Shooting	Pressure	Concentration	Stress	Finances

What do you need to put in place to achieve your goal for this year?  
(Consider things like Fitness, Training, Skills, Lifestyle.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

What things do you think might get in the way of achieving your goal?  
E.g. Lack of self-belief, unhealthy habits, fear of failure, work pressures,  
family commitments, team mates unavailable, apathetic team mates.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



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Training Needs Analysis Sheet				
Name		Date		Players Signature
Position		Level		
Age				
1. Go down the list and think about how important each one of those attributes is to your performance				
2. Then go back and rate yourself between 1-10 against each one of those attributes – where are you now with each one of those attributes (10 is nothing more to be done)				
3. Finally highlight the critical success factors that will form the basis of your personal development programme (approx 3 key areas)				
Components of Physical Fitness	Rating	Weighting	Totals	Comments/Required
Strength		1		
Speed		1		
Agility		1		
Flexibility		1		
Endurance		1		
Technical Ability				
Good first touch - Doesn't spill ball in contact		1		
Hand-Passing - Proficient off both hands		1		
Kicking - Proficient off both feet		1		
Blocking - Can execute a perfect block		1		
Catching - Can execute overhead, body and low catch		1		
Passing -chooses the right pass for the situation		1		
Defensive Game				
Understands the principles of defence - The 3Ds of Defence		2		
Running/attacking play - Can score of either foot. Sees space and gets into good positions.Beats opponents with a variety of footwork. Can bring other attackers into the game		2		
Game understanding - Communicates clearly & accurately				
Reads the game well.Plays "heads up" .Sees plays developing. Doesn't waste support runners & doesn't get isolated on the ball		2		
Knowledge of the rules - Learns from the referees decisions. Can go to the limit without being penalised		2		
Position Specific - knows the requirements of their position		2		
Lifestyle - Exhibits the lifestyle of a high performance athlete/Good time management, diet, & lifestyle		3		
Leadership - Takes responsibility. Leads by example.		3		
Strong in crisis-Will take charge during crisis points		3		
Courage - Puts self in physically challenging positions for team		3		
Belief - Sees him/herself playing senior county football		3		
Ambition - Wants to be the best he/she can be in that position				
Benchmarks the best players in the sport		3		
What are your critical success factors?				
1				
2				
3				
4				

# “Circuit Training For Young Players”

- **Circuit training** is a combination of high-intensity [aerobics](#) and [resistance training](#) designed to be easy to follow and target fat loss, muscle building and heart-lung fitness.
- An exercise "circuit" is one completion of all prescribed exercises/stations in the programme.
- When one circuit is complete, one begins the first exercise again for another circuit.
- Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise.



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## CIRCUIT TRAINING STATIONS & EQUIPMENT

•	<b>SKIPPING</b>	<b>2 Leather Skipping Ropes.</b>
•	<b>TRICEP DIPS</b>	<b>2 chairs.</b>
•	<b>SPEED BOUNCE</b>	<b>2 Speed Bounce mats.</b>
•	<b>LADDERS</b> <b>FAST FEET – forward.</b>	<b>2 Indoor ladders.</b>
•	<b>HEAD RAISING</b>	<b>2 mats.</b>
•	<b>STRAIGHT ARM LIFT</b> <b>BENDING KNEES</b>	<b>4 Dumbbells &amp; 1 mat.</b>
•	<b>SITS UPS</b>	<b>2 mats.</b>
•	<b>BICEP CURLS</b>	<b>4 Dumbbells &amp; 1 mat.</b>
•	<b>CROUCH JUMPS</b>	
•	<b>REVERSE CRUNCH</b>	<b>2 mats.</b>
•	<b>SHOULDER PRESS</b>	<b>4 Dumbbells &amp; 1 mat.</b>
•	<b>STEP UPS</b> <b>Fast Feet</b>	<b>Bench or 2 Steppers.</b>
•	<b>PRESS UPS</b> <b>Feet on Bench</b>	<b>Bench or 2 chairs</b>
•	<b>FLADDERS</b> <b>FAST FEET – sideways.</b>	<b>2 Indoor Ladders.</b>
•	<b>SIDE LATERALS</b>	<b>4 Dumbbells &amp; 1 mat.</b>
•	<b>SQUAT THRUSTS</b> <b>FAST FEET</b>	
•	<b>DOUBLE CRUNCH</b>	<b>2 mats.</b>
•	<b>20M</b> <b>¾ PACE RUN</b>	<b>4 small Cones.</b>

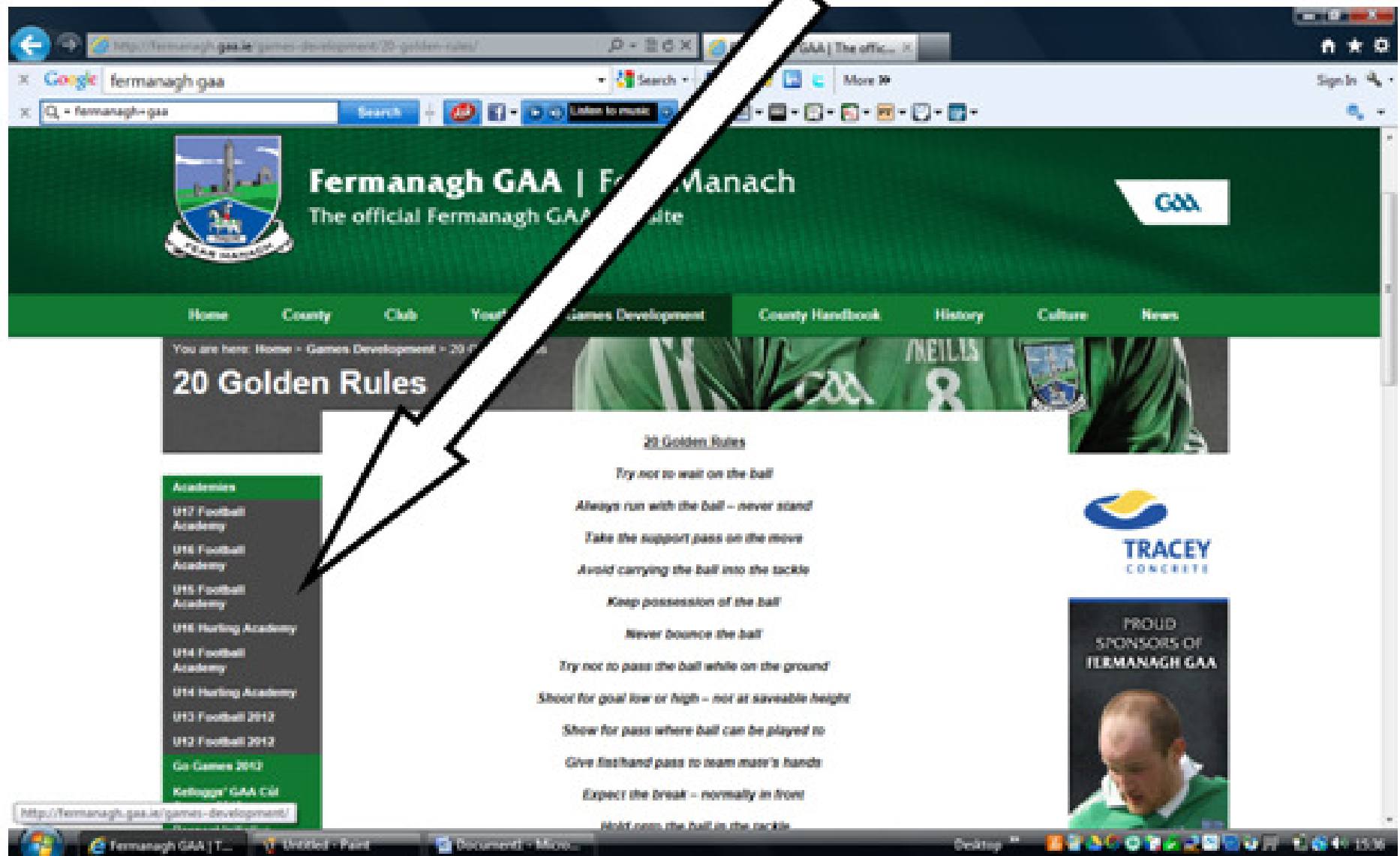
- **EQUIPMENT**
- **CD Player and CD of mixed Dance music – 135 -145bpm**
- **16 x 4kg Dumbbells.**
- **2 x Leather Skipping Ropes.**
- **14 x personal Gymnastic Mats.**
- **4 x Indoor Ladders.**
- **2 x Speed Bounce Mats.**
- **2 x Steppers or bench.**
- **2 x 6kg Medicine Balls/Power-Bags.**



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# RESOURCES – FERMANAGH GAA

[www.fermanagh.gaa.ie](http://www.fermanagh.gaa.ie) / Games Development / Articles on the Left



The screenshot shows the Fermanagh GAA website. The header features the club crest and the text "Fermanagh GAA | Fermanagh The official Fermanagh GAA website". The navigation menu includes "Home", "County", "Club", "Youth", "Games Development", "County Handbook", "History", "Culture", and "News". The "Games Development" menu item is highlighted, and a large white arrow points from it to the "20 Golden Rules" article on the page. The article title is "20 Golden Rules" and the content lists the following rules:

- Try not to wait on the ball
- Always run with the ball – never stand
- Take the support pass on the move
- Avoid carrying the ball into the tackle
- Keep possession of the ball
- Never bounce the ball
- Try not to pass the ball while on the ground
- Shoot for goal low or high – not at saveable height
- Show for pass where ball can be played to
- Give firsthand pass to team mate's hands
- Expect the break – normally in front
- Hold onto the ball in the tackle

On the left side of the page, there is a sidebar menu with the following items:

- Academics
- U17 Football Academy
- U16 Football Academy
- U15 Football Academy
- U16 Hurling Academy
- U14 Football Academy
- U14 Hurling Academy
- U13 Football 2012
- U12 Football 2012
- Go Games 2012
- Kellogg's GAA Cú

On the right side of the page, there is a logo for "TRACEY CONCRETE" and a section titled "PROUD SPONSORS OF FERMANAGH GAA" featuring a photo of a player.

# RESOURCES – ULSTER GAA

[www.ulster.gaa.ie](http://www.ulster.gaa.ie) / Coaching / Articles

The screenshot shows the Ulster GAA website with a match announcement for the Ulster Under 21 Football Championship Preliminary Round on Wednesday, March 13th. The match is between Fear Manach and Ard Mhacha at Breda Park. Tickets are available at the gate on match day, with prices of €10/£8 for adults, €5/£5 for concessions, and free for U16s.

The website features a navigation menu with options: Home, Fixtures and Results, News, Council, Media, Coaching, Club & Community, County, Culture, and Contact. A 'LIVE TO PLAY' banner is visible, along with logos for sponsors like Guinness, Neutrel, Powerm, Lairdesign, and ISSPORT.

A central video player shows a match in progress. Below it, a section titled 'Young Sports Volunteers Awarded' features a group photo of volunteers receiving GoldMark certificates.

A dark sidebar menu lists various resources under the 'Coaching' section, including:

- Articles
- Courses
- Coaching Awards
- Award 2 Coach Information
- Level 2 Diploma Courses
- Team Management 2013
- Performance Analysis in the GAA
- Team Fit 2010
- 'Pipeline to Performance Coaching' Award 2 - 2010
- Gaining An Edge Workshop Programme
- G2M Schools Coaches
- Special Needs
- Foreign Nationals
- RFL - No Foul Language

On the right side, there is a 'Join our Mailing List' section with an email input field and a 'Subscribe' button. Below this, there are several featured articles and images, including one from 'THE IRISH NEWS' Workplace & Employment Awards 2012 Winner.

The bottom of the page shows the website URL <http://www.ulster.gaa.ie/coaching/articles/> and the date 'Monday, March 7'.

**Questions**

**Thank You**



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