Clontarf GAA Club
CLG Chluain Tarbh

GAA U14 Athletic Development   December 2014

Well done to all the boys on your efforts in matches and training during 2014! All the boys have developed very well in both Football & Hurling.

Next year fitness will be increasingly important – and so we have been assessing the level of fitness of the group over the last 2 weeks. Based on this assessment we will introduce a tailored fitness development programme early in 2015.

In the meantime, we are asking boys to complete the following basic set of exercises at home.

Enjoy the break and see you in January!

The U14 Mentors.

Complete these 4 exercises - 5 times / week

1   Squat
        Set of 10
	2 Stationary Lunge
	    Set of 5 on each side.
		3 Plank
		      60 seconds.
			4 Press Ups
			      Set of 10.

Plant feet on floor in front shoulder width apart. Chest up, head looking straight forward, arms out in front for balance. Push backside back. Now lower <u>slowly</u> into the squat until backside in line with knees, hold, then come back up.	Step forward with left foot, keep both feet pointing forward. Chest up, back straight, and face forward. Drop right knee to ground and back up again. Left knee should not pass over left toes, and left heel stays on ground. Repeat on other leg.	Rest on elbows and toes and keep body straight from shoulders to ankles. Keeping hips straight is essential. Engage core and hold.	Lie face down. Place hands aligned with chest and push body off ground. Body must be kept straight all the way up and down.
Progression: Hold for 5 seconds each time.	Progression: hold for 5 seconds each time.	Progression: Hold 120 sec.	Progression: 2 x set of 10.

Athletic Development Record! (Write your Initials & the date each time) Name:_____					
Week 1: Mon 01/12/14 on					
Week 2: Mon 08/12/14 on					
Week 3: Mon 15/12/14 on					
Week 4: Mon 22/12/14 on					
Week 5: Mon 29/12/14 on					
Week 6: Mon 05/01/15 on					

P.S. **Park run** is a fun way for all the family to get exercise. It is a free 5km run in parks all over Ireland – including St. Annes every Saturday 9.30am. If you are available why not give it a go? You must register in advance - and you can see how you did on the website afterwards!
http://www.parkrun.ie/stannes/