

Circuits for Success – Ulster GAA CDP

“Circuit training is a method of fitness training that is designed to develop general, all-round physical and cardiovascular fitness.”

Scholich (1990:40)

Circuit training is a powerful form of physical training. It is essentially doing specific exercises at a rapid pace, back to back. These exercises form a circuit of exercises and you typically do a circuit 3-5 times, or sometimes as many times as you can.

Circuit training can be used to develop various aspects of strength and conditioning. It is a versatile training modality that allows many people to train at the same time and can be used throughout the training year.

The principles of overload and progression need to be applied to circuit training to ensure that the athletes achieve overload to stimulate adaptation to occur.

Effective instruction is required to ensure that circuit training is conducted in a safe and enjoyable environment, where the athletes are gaining the desired training benefit.

What makes circuit training so Successful?

It not only works your muscular system but it can also work your cardiovascular system.

Functional Analysis Test

- A Functional screen can be used to assess competence in general dynamic movements.
- A Fitness assessment can identify general capacities of agility, endurance, flexibility, speed, strength and power, and relate these to body composition.
- It will provide a clear understanding of the players ability to stabilize the spine and Lower limbs, Mobility at the hip and Shoulder, and minimize injuries to ankle, knee & shoulders
- Assessments are therefore used to;
 - Establish each player's strengths, weaknesses and priorities for development
 - Help maximize the sports potential of each player
 - Monitor team/player fitness progress
 - Determine the effectiveness of the training programme
 - Monitor individual player response to training/playing
 - Ensure that a player is 'fit to play'

What is “core stability”?

“Core stability” describes the ability to control the position and movement of the central portion of the body. Core stability training targets the muscles deep within the abdomen which connect to the spine, pelvis and shoulders, which assist in the maintenance of good posture and provide the foundation for all arm and leg movements.

What are the benefits of core stability training?

Quite simply, good core stability can help maximize running performance and prevent injury. Power is derived from the trunk region of the body and a properly conditioned core helps to control that power, allowing for smoother, more efficient and better co-ordinate movement in the limbs. Moreover, well-conditioned core muscles help to reduce the risk of injury resulting from bad posture.

In short the advantages of Core Stability are:

- Provides central body control
- Generates power
- Maximises muscular efficiency
- Helps reduce injury by balancing muscles
- Increases efficiency of sport specific movements
- Improves posture

Core Stability Workout

| No | Basic | Advancement |
|----|-------------------------|-----------------------------|
| 1 | Crunches | Oblique Crunches |
| 2 | Plank | Oblique Plank |
| 3 | Bridging | Bridging with leg raise |
| 4 | Hamstring Raise | |
| 5 | Superman – leg | Superman – Leg & Arm |
| 6 | Leg Throws – Straight | Leg Throws – Diagonal |
| 7 | Single leg Squat – Wall | Single leg Squat – On Step |
| 8 | Press Up | Press Up with Rotation |
| 9 | Squat | Y Squat |
| 10 | Turkish Get-Up | Turkish Get-Up holding Ball |

Work to Rest Ratio:

| Beginner | | | |
|-----------------|-----------------------------|--------------|-----|
| Age: 12-14 | 12-15 Reps on Coaches call. | Work to Rest | 1:2 |
| Age: 14-16 | 15-20sec on 40sec | Work to Rest | 1:2 |
| Age: 16-18 | 30-45sec on 90sec | Work to Rest | 1:2 |

Strength Development Circuit

Technique Using Bodyweight, SB & MB

| No | Basic | Advancement |
|----|-------------------------------------|---|
| 1 | Press up on Ball | Dynamic Press up on Ball |
| 2 | Step up With Knee Drive | Step Up with Knee Drive Holding MB above Head |
| 3 | Anterior Reach | |
| 4 | Diagonal MB Plate Raise/Woodchopper | |
| 5 | Single Leg Bridging | Single Leg Bridge on Step |
| 6 | SB V-Sit Up | |
| 7 | SB Hold | SB Press Up (Hands on Ball) |
| 8 | Squat Jump | |
| 9 | SB Back Extension | |
| 10 | Mountain Climber | Mountain Climber on SB |
| 11 | MB Chest Pass | |
| 12 | MB Pullover - Lying on SB | |

Work to Rest Ratio:

| Beginner | | | |
|------------|-----------------------------|--------------|-----|
| Age: 14-16 | 15-20 Reps on Coaches call. | Work to Rest | 1:1 |
| Age: 16-18 | 30-45sec on 30-45sec Rest | Work to Rest | 1:1 |
| Age: 18+ | 45-60sec on 45-60sec Rest | Work to Rest | 1:1 |

Strength & Conditioning Circuit

| No | Basic | Advancement |
|----|--|---|
| 1 | Hurdle Hop Over | |
| 2 | SB Partner Wrestle | MB Partner Wrestle |
| 3 | Burpees | Burpees with Press Up |
| 4 | DB Iron Cross | |
| 5 | Single leg Bound | Single leg Bound (gradually get wider) |
| 6 | MB Overhead Throw | |
| 7 | 10m Sprint Forward 7 Back | |
| 8 | DB Punches (Horizontal, Over Head, Lateral, Bent Over) | |
| 9 | Tackle Bag Hit | |
| 10 | Pick Up Drill | MB Pick Up Drill |
| 11 | 10m Bunny Hops | |
| 12 | Punch Pads | Punch Pads with Press Up |

Work to Rest Ratio:

| U14-18+ | | | |
|--------------|-----------------------------|--------------|-----|
| Basic | 15-20 Reps on Coaches call. | Work to Rest | 1:1 |
| Intermediate | 30-45sec on 30-45sec Rest | Work to Rest | 1:1 |
| Advanced | 45-60sec on 45-60sec Rest | Work to Rest | 1:1 |