

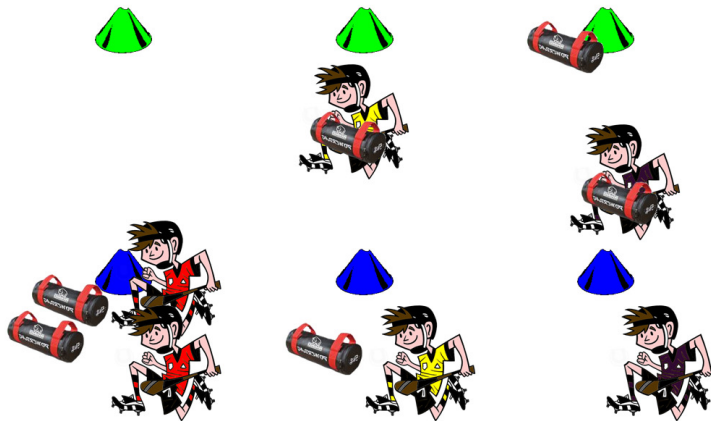
## Ulster GAA Council CPD - Power Bag Training

This is a demonstration pitch session that will identify a series of different exercises and drills that will help maintain and develop strength will incorporate the Football or Sliothar.

Power Bag sessions are predominantly used during pre season but can be used year round and are an ideal mechanism for maintain any gym work that has been carried out during pre season.

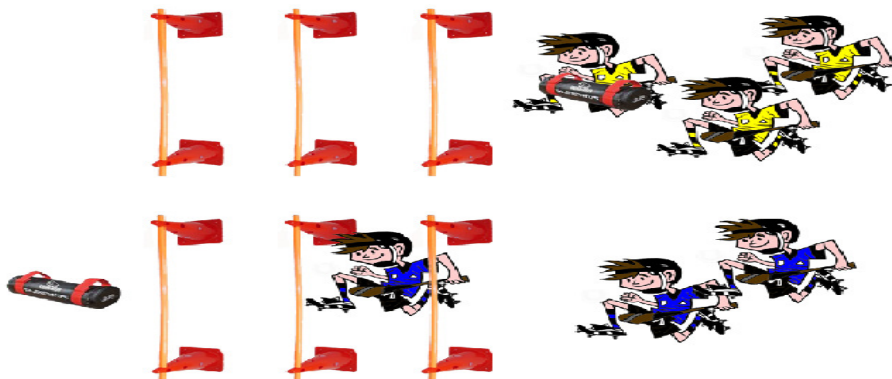
### 1. Bag Carry

- Two Players start at point A
- Player 1 will lift one bag and carry's to point B
- Player 1 then returns to point A to lift bag 2 and carry to point B.
- Player 2 will then lift the 2 bags from point A and return to point A carrying 1 bag at a time.



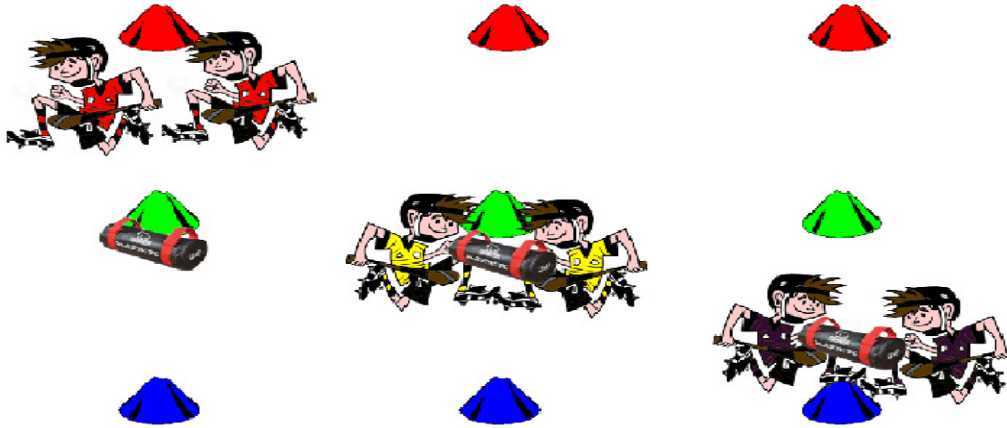
### 2. Agility Run.

- 2 players start at point A.
- Player 1 will throw the bag over jumps 1 and 2.
- Player 1 will then run through jumps 1 and 2 to point B.
- Player 1 will then throw the bag back over jump 1 and 2 and return to point A.



### 3. Double Player Carry (Sprint)

- Two players start at point A.
- Player 1 and 2 hold a handle of the bag each and sprint to point B, C or D.
- They can alternate where they run to and how far they sprint or jog.



### 4. Chest Throws

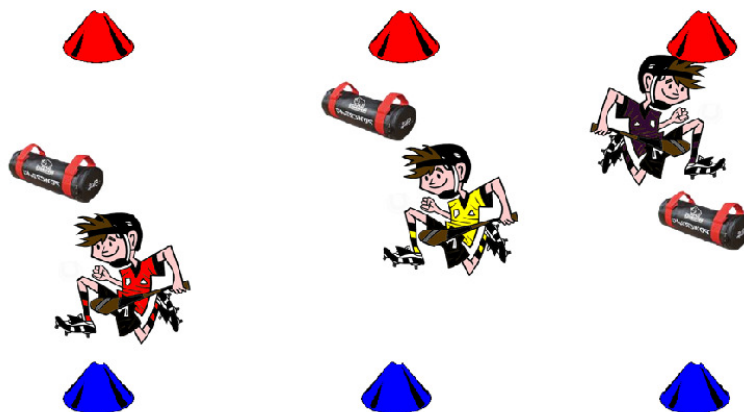
- 2 players start at point A.
- Player 1 throws the bag from their chest continuously until they get to point B.
- Player 1 then lifts the bag and carry's back to point A.

### 5. Side Throws

- 2 players start at point A.
- Player 1 throws the bag from their side continuously until they get to point B.
- Player 1 then lifts the bag and carry's back to point A.

### 6. Over Head Throws.

- 2 players start at point A.
- Player 1 throws the bag over head continuously until they get to point B.
- Player 1 then lifts the bag and carry's back to point A.



### 7. Clear the Corner

- 4 players start in the square.
- 1 player takes up a position at each corner with 1 bag
- The objective is then to ensure that you clear your corner of any bags
- This is achieved by moving them to 1 of the other three corners
- This will run for up to 1min.



### 8. Hurdle Jumps.

- 2 players start at point A.
- Player 1 will carry the bag over hurdles with a double leg hop or with side hops
- Place the emphasis on carrying to point B or by sprinting to a finish.

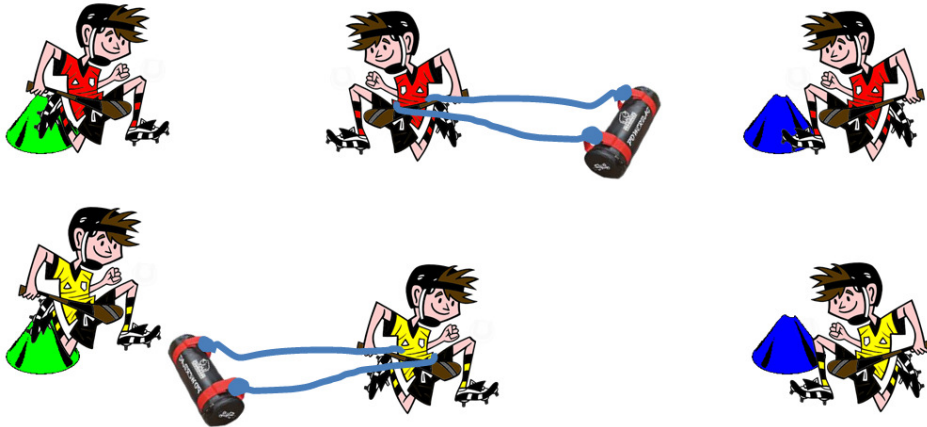


### 9. Bag Carry (Throw) Rely

- Two players start at point A and B with 1 bag.
- Players then complete a rely between point A and B
- Each time they get to point A or B they must pass the bag to the player waiting at that point.

## 10. Bag Pull

- 3 players start at points A.
- Player 1 and 2 start at the same time and pull the bags to point B opposite.
- They then swap will player 2 who begins again at point A.
- Then finally swapping with player 3.



## Other Activities

- Bag Swings – Around the head, full arms length, Large Circles
- Clean & Press with Burpee
- Shoulder to Shoulder with a Squat
- Press Ups with Bag across Back (Shoulders)
- Seated Twists – Bag held close to body, Progress to Russian Twists
- Arm Curls – Palms facing down, then, Palms facing up
- Tricep Raises
- Squat with the bag on Shoulder
- Bent over Rows
- Lunge walks with Bag on Shoulders
- Sit ups with bag on chest
- Turkish get ups
- Throw & receive bag with a partner
- Squat Jumps
- Plyometric push up
- Hopping side to side over the bag
- Kneel and jump onto feet
- Crawl on hands with feet through the handles dragging the bag
- Let the bag rest on side of the leg and then raise the leg
- Bag on the shoulders and jogging with high knee raise