

INTegrity  
HARD WORK



ONE  
ARENA

Long Term Athletic Development Program

# Overview of Long-Term Athletic Development

Long-term athletic development addresses the different stages of trainability during childhood and adolescence.

It takes 8-12 years for an athlete to reach elite levels, therefore a long-term commitment is required.

Gaelic Football and Hurling are classified as late-specialisation sports. This means that a generalised approach is required in the early stages of training. This is where a structured strength and conditioning program comes into play.

# Stages of Long-Term Athletic Development

Stage	Age	Objective
FUNdamentals & Learning to Train	9-12	Develop fundamental movement & fundamental sport skills
Training to Train	12-15	Develop sport specific skills, general strength, speed and endurance
Training to Compete	16-17	Position/player specific skills and specific strength, speed and endurance preparation
Training to Win	>18	Maximise performance

# Training to Train - 12 - 13's

**Objective:** Develop sport specific skills and the physical capabilities of the athletes

The physical capacities that we are focusing on are general strength, speed, change of direction and fitness.

Strength work should be included in a 10 to 15 minute block at the end of field training focusing on improving the main movements: Squatting, Lunging, Hinging and Bracing.

Speed work, change of direction and fitness will all be included within warm ups and training sessions.



# Training to Train - 14 - 15's

**Objective:** Develop sport specific skills and the physical capabilities of the athletes

The physical capacities that are focused on are general strength, speed, change of direction and fitness.

Strength work would be performed as a group for 30 to 40 minutes, with the players using their bodyweight as the resistance with the aim of progressing to the use of additional resistances such as bands and water bottles.

Speed work, change of direction and fitness should all be included within your warm ups and training sessions.

# Training to Compete - 16 - 17's

**Objective:** Develop Position/player specific skills and specific strength, speed and endurance preparation.

The development of the athlete now becomes more position focused rather than a general focus from both a skills and S&C perspective.

Strength work would be performed separately in a 45 minute session to maximise the physical development of the athlete. Usually performed in the club gym using the equipment available.

Speed work, change of direction and fitness work should all be included within your warm ups and training sessions but with a focus on the positional demand of the athlete. There may be additional top-up programs given if deemed necessary.

# How's this going to happen?

We are going to provide the club with a Long Term Athlete Development Pathway outlining the training that is carried out at the different age groups. Through a LTAD documents and practical workshops with coaches.

Every 12 weeks, we will deliver a practical workshop to all the coaches, showing them how to structure, implement and progress the training for the upcoming 12 weeks.

The workshops will be split into the following age groups 12's to 13's, 14's to 15's and 16's to 17's.

# How's this going to happen?

## 12 Week Practical Workshop Structure:

20 Minute Presentations will cover:

- Focus for the next 12 weeks
- Suggested session structure
- Q&A

40 Minute Practicals will cover:

- How to deliver the sessions
- Examples of warm ups, field based conditioning, strength and power training

Once the practical workshop is delivered we will complete 3 follow up sessions per age group being spaced 2 weeks apart. These sessions are in place to ensure all the coaches and comfortable and confident in delivering the sessions.

There will also be performance testing every 12-weeks to evaluate the progress of all the athletes and ensure that the training fits the athletes current level of development.



# What does 12 Wks look like?

<i>Focus</i>	<i>Strength</i>	<i>Speed</i>	<i>Change of Direction</i>	<i>Fitness</i>
<b><i>Week 1-4</i></b>	Bodyweight Training Level 1	Linear Running Mechanics	Side Stepping Drills	Games - Fun
<b><i>Week 5-8</i></b>	Bodyweight Training Level 2	Linear Sprints Without a Ball	Reactive COD Drills	Straight line running
<b><i>Week 9-12</i></b>	Bodyweight Training With a Ball	Linear Sprints With a Ball	Mirror Drill	Small sided games

# Dylan's Experience

## Education

Master of Science in Sports Performance

Bachelor of Science (Hons) in Sport & Exercise Science

ASCA Accredited S&C Coach

Athletics Ireland Sprints Coach

REPS Level 3 PT



**Basketball  
Ireland**



## Work

Basketball Ireland National Teams, U15 -16's

>5 years working with a range of GAA teams

>8 years working with a range of individual amateur and olympic athletes

>10 Years as a PT



# What Can We Do For You?

Our Services:

- Small Group Training
- Fitness Classes
- Personal Training
- Open Gym
- Health and Wellbeing Programs



**Thank you**