

## **Camogie/ Ladies Gaelic Injury Prevention Warm Up**

### **1. Pulse Raiser and Basic Skill Practice**

- 30 secs Handpass
- 30 secs Pick and Drop
- 30 secs Solo and Hand Pass
- 30 secs Roll and Pick Up
- 30 secs Overhead Catch

### **2. Stretch 1: Light Kinetic Movements**

- Pulsing Calves
- Hamstring Kicks
- Quad Pulls
- Knee Hugs
- External Hips
- Internal Hips

Square 20m x 20m  
(alter for group  
size)

### **3. Tempo Increase**

- 30 secs Hand Pass and take a shoulder
- 30 secs Pick up and break a tackle
- 30 secs Overhead catch and throw & sprint to furthest corner
- 30 secs Solo and break a tackle

### **4. Body Weight Movements/ Corrective Exercises**

- Overhead Squat
- Forward Lunge
- Lateral Lunge
- Nordic Hamstring Curls
- Scorpion Squat
- Lateral Walks
- SL Balance with ball throws

### **5. Movement Exercises**

- Accelerate 10m and Sharp Deceleration x3
- Z Cutting and Take Off Drill x3
- SL Bounds Left-Right-Left-Right x3
- Squat Jump 2-2
- Squat Jump 2-1

### **6. Small Sided Game**

- Reds v Blues 3 passes = 1 point (1 Ball)
- Reds v Blues Timed Dispossession (Ball per player on attacking team)
- Reds v Blues Gates Game (1 Ball)