

Strength Training for Hurling

Ulster GAA – Hurling Roadshow

Mobilisation		
Exercise A	Hurling/Camogie Activity	Exercise B
Star Jumps	Throwing & Catching (boxer Stance, Both Sides)	Star Jumps Arms Across
Calf Stretch	Throw low; 1 touch of Hurl into hand	Mountain Climbers
Lunging (add Rotation/ Sweeping Action)	Lifting & Dispossess (hurl under/ hand in)	Lateral Lunges
Overhead Pull down	Striking & Catching (to Hand)	Push Out
Back Extension/ Prone Row	Throw for High Catch between 2 Players (change sides each time)	Press Up
Walking Hamstring Stretch	Hooking & Lifting	Nordic Hamstring
Squat	Blocking & Lifting	Gate Swings
Lateral Low Lunge	1v1 get ball to line	Lateral Step Over's
Activation		
<i>Beginner</i>	<i>Intermediate</i>	<i>Advanced</i>
Front Plank	Front Plank Alt Leg Raise (2sec)	Front Plank 1 Leg Raise & Hold
Right Side Plank	Right Side Plank Raise/Lower Hip	Right Side Plank Raise/Lower Left Leg
Bridge	Hip Raise (Bridge)	Hip Raise (Bridge) Alternate Leg Raise
Left Side Plank	Left Side Plank Raise/Lower Hip	Left Side Plank Raise/Lower Right Leg
Coordination		
Lateral Movement	Push Partner Resisted	Pull Partner Resisted
Acceleration/ Deceleration Sprints Straight Line	Acceleration/ Deceleration Sprints Partner Reaction	Acceleration/ Deceleration Sprints Sporadic Partner Reaction
Add any 1v1 – 4v4 Hurling/Camogie Activity		