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Integrating Ball Work and Fitness

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Introduction

Ball-Conditioned Running

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There is a suggestion that intermittent training generates greater aerobic/anaerobic endurance, more so than high levels of continuous training.

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It is possible to structure training so that it targets aerobic/anaerobic endurance that is game specific.

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Aerobic/anaerobic exercises can be performed in a series of repetitions of continuous work, or it can be irregular e.g. 1 – 12 min of this training alternated with recovery intervals.

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Aerobic/anerobic exercises that use skills associated to the Hurling game, combination of players etc. in a 'Cyclic Exercise' format are sure to produce better results

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Aerobic/anaerobic exercises can be carried out in various formations, with players acting as 'Receivers' and 'Servers' with role rotation.

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Ball-conditioned aerobic exercises are dependant on the training objectives and the period of the competition season

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Examples:

3 X 10min @ 60% heart rate (hr) max

8 X 4min @ 75% hr max

10 X 60sec @ 90% hr max



These are only suggestions as requirements will differ according to:

- *Performance Level*
- *Experience of Players*
- *Style of Play*
- *Ethos of management*
- *Game Mentality*
- *Climate*

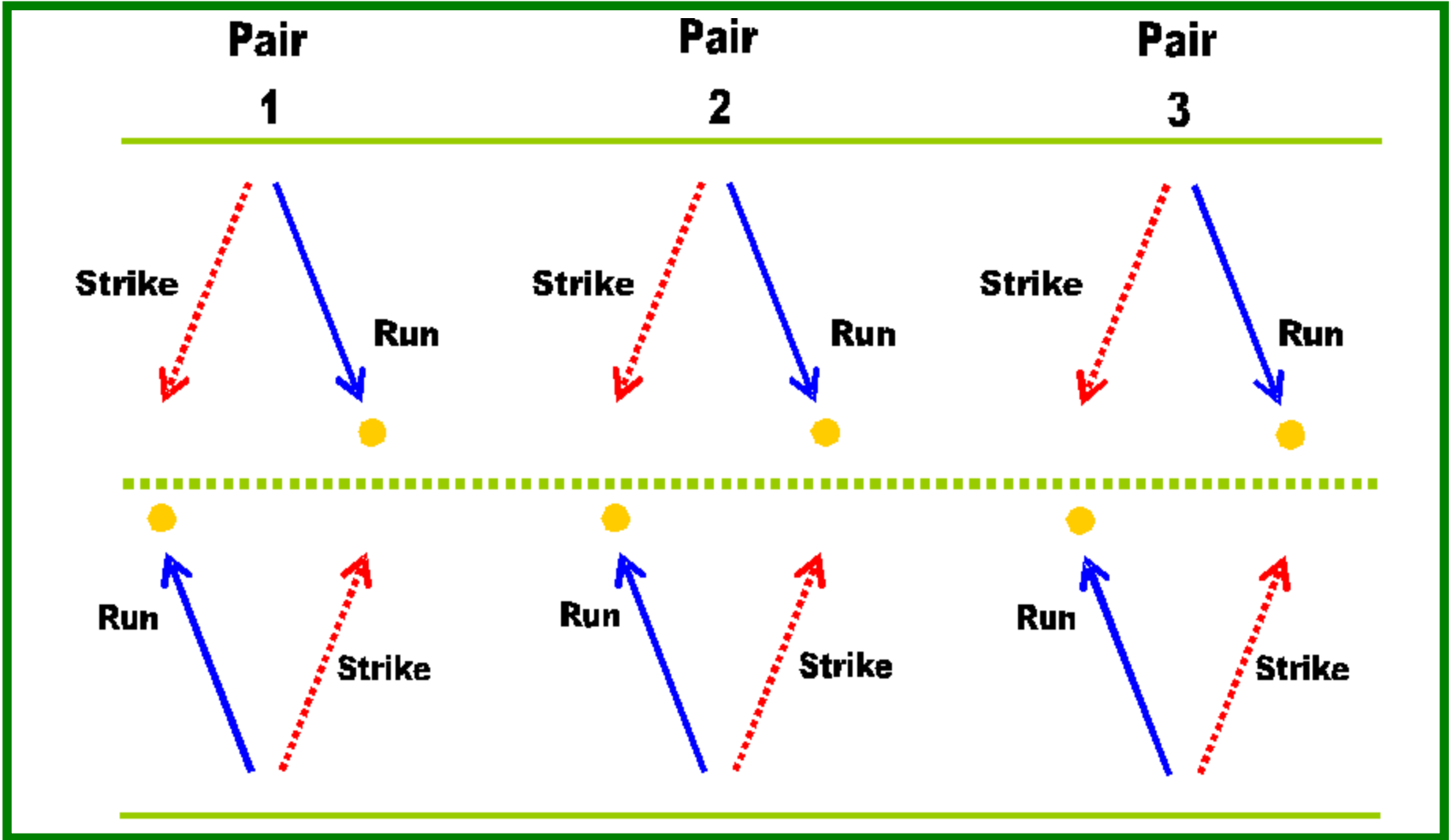


Session Type 1

Hurling

Content: Passing into space while running and receiving and/or collecting the ball from different direction

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Players are divided into pairs facing their partner 30 – 50 m apart. Players have a ball and at the same time pass the ball to each other, to the left or right. They have to run to receive or collect the other players pass.

If the ball is hit at each other, it is important to collect their partners pass and not to interfere with their partner.

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On collecting ball, they solo or strike the ball on the run in a forward direction to a target and switch places. Collect sliothar or have sliothars at start points

Tactical importance of running in one direction while passing in the other must be emphasized to players.

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During runs, players have a choice of running backwards or making a full turn for a third of the distance, before accelerating to meet the sliothar.

Combinations of additional movements should change every 3 runs.

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Over a short distance (30m) and at a moderate pace, the players should have active rest every 2 - 4 minutes of continuous work.

Brief periods of active or specific rest should follow each sequence of maximum speed.



Variations:

- Players exchanging 1 – 3 passes after collecting the sliothar and before switching sides.
- Training in small groups, a variety of goal-scoring tasks/ competitive challenges could be added.



Session Type 2

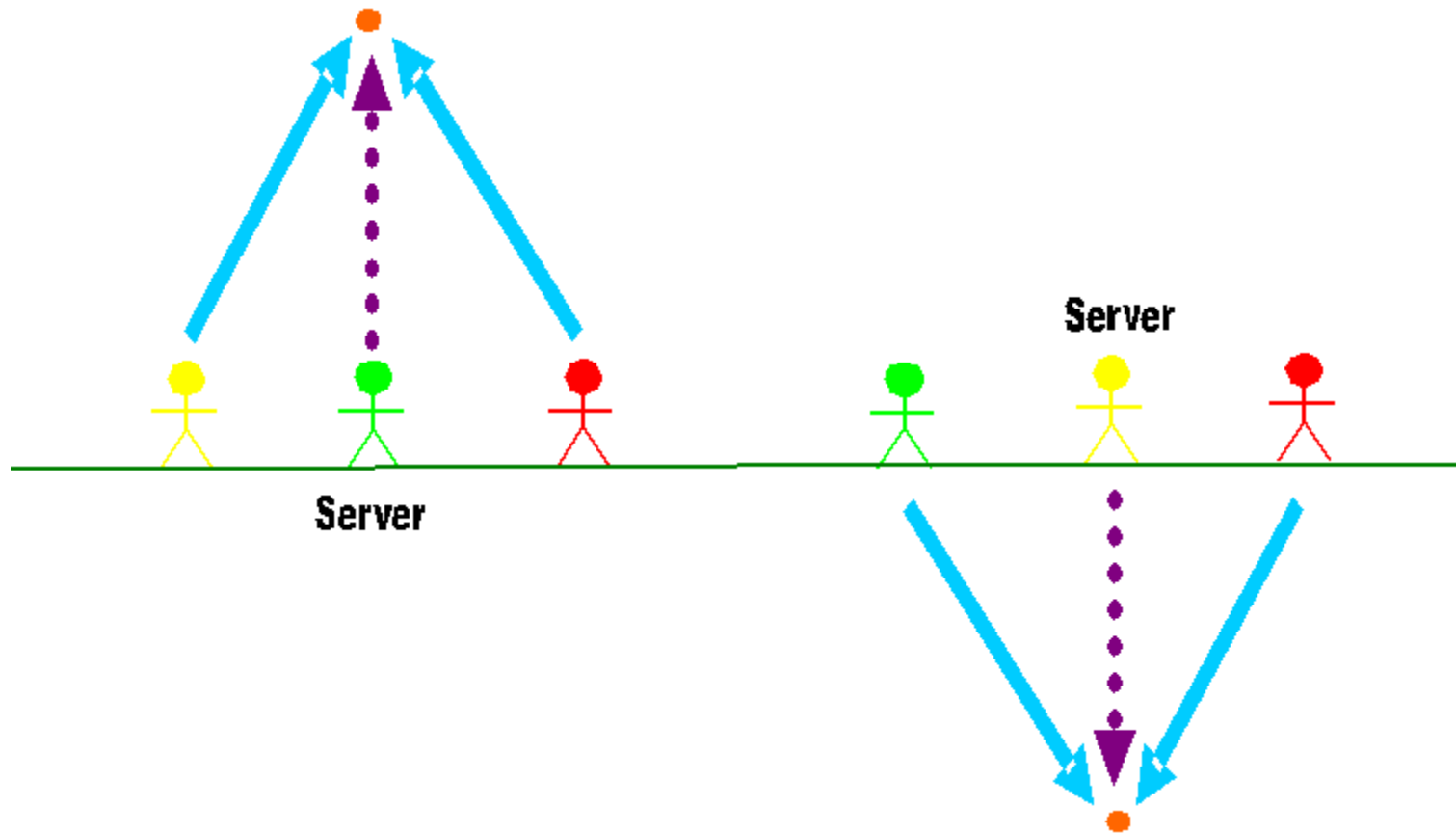
Hurling

Content: Competitive Ball-conditioned sprinting with multi-factor components

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- Three players are positioned on a starting line. The middle player strikes the sliothar forward 4 – 10m or longer (max 20 – 30m). The other two players sprint to ‘win’ the ball. Whoever gets the ball & gains possession returns to the start point.
- The exercise restarts with another player striking the sliothar as the players rotate the role of ‘server’.

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- Deceptive moves before striking the ball could be encouraged. E.g., 'quick start', the server challenges the alertness/timing/reactions of players.
- Aimed for specific benefits of fitness, the sprinting distance, number of repetitions without changing the 'server' or active rest time can be manipulated.
- This structure offers results in players responses to attacking/defending under game specific conditions.

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In addition, the structure offers a player whose ability is fully activated to convert mental responses effectively and quickly from one form of demand to a contrasting or opposing one.

E.g. Positioning/repositioning/safe control of ball/shielding/picking = gain possession



Variations:

- Server may strike the sliothar in any direction, ground or air, in front/behind players
- Scoring attempts, 4 competitive ground pulls, competitive passes between 'server' & ball winner for 6 hurl passes



Conclusion

The Positive Effects of
Integrating
Ball-work and Fitness

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The efficiency and economy of running are adapted to Hurling specific tasks.

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They are so diverse; they can be applied to other areas of a training programme warm-up/fitness procedures/specific active rest.

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Improvement of all the components of Hurling
specific movements.

E.g. Co-ordination, balance, agility, cyclic,
acyclic running – Attention and perception
have been activated

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Maximise Aerobic/Anerobic conditioning at low levels of complex intensity.

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Combinations of creative work, interaction, initiative & leadership offer mental stimulation and sustained activation that give a.....



Positive Thinking/Training Effect

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Finally

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The fundamental principles of Integrating Ball work and Fitness is it offers the players' attention and perception to connect the ball with all other aspects of movement for Hurling specific performance.

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If this connection is not maintained/practiced in the training process, then the fitness, running patterns & associated movements are not transferred to hurling specific performance.

Note: The time, effort, adaptations, desires etc could also be considered wasted.

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Questions & Answers