

# More Heartening Work

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Little boy on early morning summer training jumping over trammels in training field.

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Noel McCarthy, Wayne Sheehan, Patricia Flynn and John Morrissey at STC Athletic Development in Ireland have made huge inroads into their athletic development process. No longer do they just concentrate on the sports-specific journey of the athletes they work with. Their intention is to integrate movement efficiency, consistency and resilience into the training session. They join the ever-growing number of practitioners who have decided to change things for the better. Greg Thompson, Steve Myrland, Jeremy Frisch, James Marshall, Nick Hill, Darren Ritchie, Tracy Fober, Joe Przytula, John Scriven, Rob Anderson, Andy Thomson, Mick McDermott, to name just a few (I know – I have forgotten to mention so many more!), are at the forefront of this quest for movement efficiency. If these practitioners can embrace change surely so can all Physical educators and sports Coaches. Example session from the Ireland crew:

## STC Youth Athletic Development - Session plan 17<sup>th</sup> July 2020 (60 mins) 3-4pm Glenville GAA Pitch

Activity	Description	Time
Warm-up	<p><b>Part 1</b> – Crawling exercises Bear crawl out crab walk back (x3), Forward roll to jump 10m, backward roll back 10m (x2)</p> <p><b>Part 2</b>- Jumping and landing, two legged jumps and landing to accelerate, hops to accelerate</p> <p><b>Part 3</b> – (Crab to Squat to push up to Spiderman each side and back x3)</p> <p>Back-up - Wayne's warm-up (Jumping jacks, high knees, Punches etc)</p>	15 mins
Form 10 groups with approx. players in each group		
Speed game	<p><b>Option 1</b></p> <p>Rock, Paper, Scissors chase, similar too (1<sup>st</sup> video in this link)  <a href="https://www.instagram.com/p/B-sPDDsAv_K/?igshid=n4iefqngsnb1">https://www.instagram.com/p/B-sPDDsAv_K/?igshid=n4iefqngsnb1</a></p>	10 mins

<b>Strength break</b>	Staggered Squat x 5, Bear position touch opposite hand-opposite leg x 5, Water bottle catch plank x 5, Donkey kick x 5, bean bag Lunge hold x 5.	5 mins
<b>Speed and agility</b>	<b>Option 1 (5 group of 4?)</b> Game overtime Set a mini-pitch, two players at the end have to get as many cones/beanbags from one end to another in 30(?)secs, the guys in the middle have to obstruct them by getting in the way... but players cannot touch or tackle... so the offensive players have to bob, weave and sidestep, similar too (1 <sup>st</sup> video in this link) <a href="https://www.instagram.com/p/CAqL_rnMyK/?igshid=5ia2ngs2zb7p">https://www.instagram.com/p/CAqL_rnMyK/?igshid=5ia2ngs2zb7p</a>	10 mins
<b>Strength break</b>	Staggered Squat x 5, Bear position touch opposite hand-opposite leg x 5, Water bottle catch plank x 5, Donkey kick x 5, bean bag Lunge hold x 5.	5 mins
<b>Craic</b>	Battle rope exercises  Tug of war rope	10 mins
<b>Back-up</b>	Cone reaction game (similar too) <a href="https://www.instagram.com/p/CBukvMzBe72/?igshid=1hzqef3lc53gv">https://www.instagram.com/p/CBukvMzBe72/?igshid=1hzqef3lc53gv</a>	

A few weeks ago I offered the following session / lesson to a group of PE Teachers which has some similarities to what is illustrated above.

#### A 'Movement' Lesson Plan – Locomotion Theme

##### Warm Up

Walking Lunge across the area – Hands on Hips  
Walking Lunge & Reach across the area  
Crawling activity  
Giant Circles  
Marching Drills  
Run Forwards / Backwards / Sideways

**Movement Break** – Exercise 1 from 5in5 Module

##### Locomotion – Crawling

180 Crawls; Sideways Crawls; Carioca Crawls; Spiderman Crawls

**Movement Break** – Exercise 2 from 5in5 Module

##### Locomotion - Running

Starting Positions Practice – Short Races – Falling Start; Kneeling Start; Lying Start

**Movement Break** – Exercise 3 from 5in5 Module

##### Locomotion - Running

In Circles – in groups – Clockwise; Ant-Clockwise; Backwards Clockwise; Backwards Anti-Clockwise

**Movement Break** – Exercise 4 from 5in5 Module

##### Locomotion – Relays

Partner Tags; Ball Carrying; Backwards Running

**Movement Break** – Exercise 5 from 5in5 Module

= 10 x short activity units

The work of all these practitioners is heartening as the chance to see real change in the physical journey of all athletes seems to be increasing. While you wait interminably for Coach education and PE Teacher education to catch up, give some thought to embracing these ideas. Everyone listed has shown a desire to share what they are doing. Such a group is the future so do your best to join them in this creative journey.

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tags : athletic-development, kelvin-giles, movement-dynamics