



O'Neills® + ULSTER GAA

# COACHING AND GAMES DEVELOPMENT CONFERENCE



@corbett\_ross

Managing Training Load of The Multi Panel Inter County Hurler



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## Tutor Introduction

- Mitchelstown, Co. Cork
- BSc Health & Leisure Science, IT Tralee 2008-2012
- MSc Strength & Conditioning, Setanta College 2015- Present
- Level 2 Coach Education Tutor- Coaching Ireland
- Kerry Minor Footballers: 2012
- Ulster Camogie Regional Development Officer: 2012-2013
- Ulster Camogie Talent ID & Coaching Officer: 2013
- Munster Camogie Regional Development Officer: 2013-2015
- University of Limerick, Fitzgibbon Cup: 2014-Present
- Limerick U21 Hurlers: 2015-Present





## Content

- The Multi Panel Player
- What is Training Load?
- Why manage training load?
- How do we manage training load?\*
- Practical Applications\*
- What do we need to ensure monitoring & managing load works?\*



# The Multi Panel Athlete

- Up to 9 different managers
- Up to 9 different S&C Coaches/ Physical Trainers
- Physical Load
- Mental Load
- Academic Load

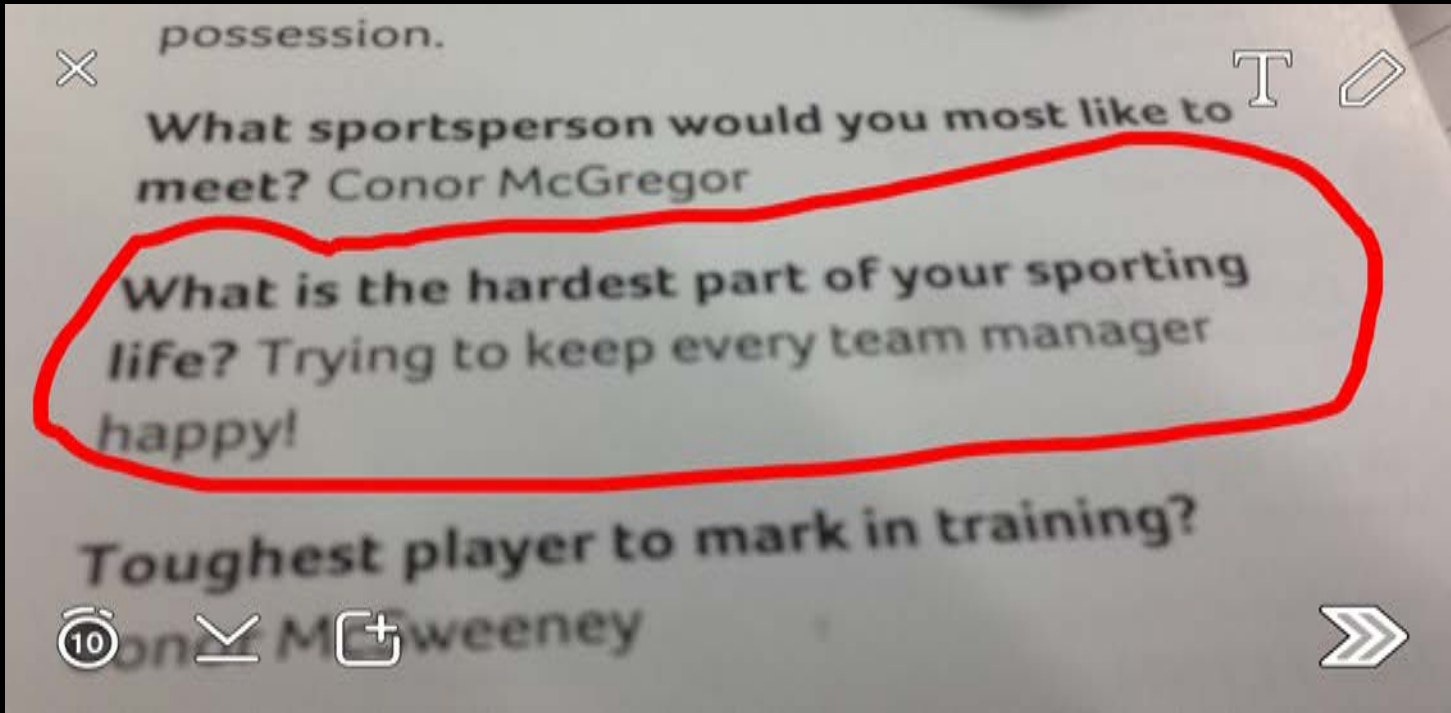
## GAA Minor Review 2014- 330 Players

81% pressurised not to participate in another code/ for another team

42% reported chronic fatigue sometimes or often

35% desire less training sessions

27.3% of players active a minimum of 6 days per week



Minor Inter County Hurler- Munster Minor Semi Final 2015 Programme



# The Multi Panel Inter County Athlete

## 2014-2015

- U.L. Sigerson: October- Mid February
- Limerick U21 Hurling: January- September
- Limerick U21 Football: November- March
- Limerick Senior Football: November- July
- Club Senior Football: January- October
- Club Intermediate Hurling: January- October
- Club U21 Hurling: January- March

## January - March

- County/ College Only
- 1 Day Off if training with all groups
- Fitness?????
- Freshness???
- Fatigue????
- Performance????



# The Multi Panel Inter County Athlete

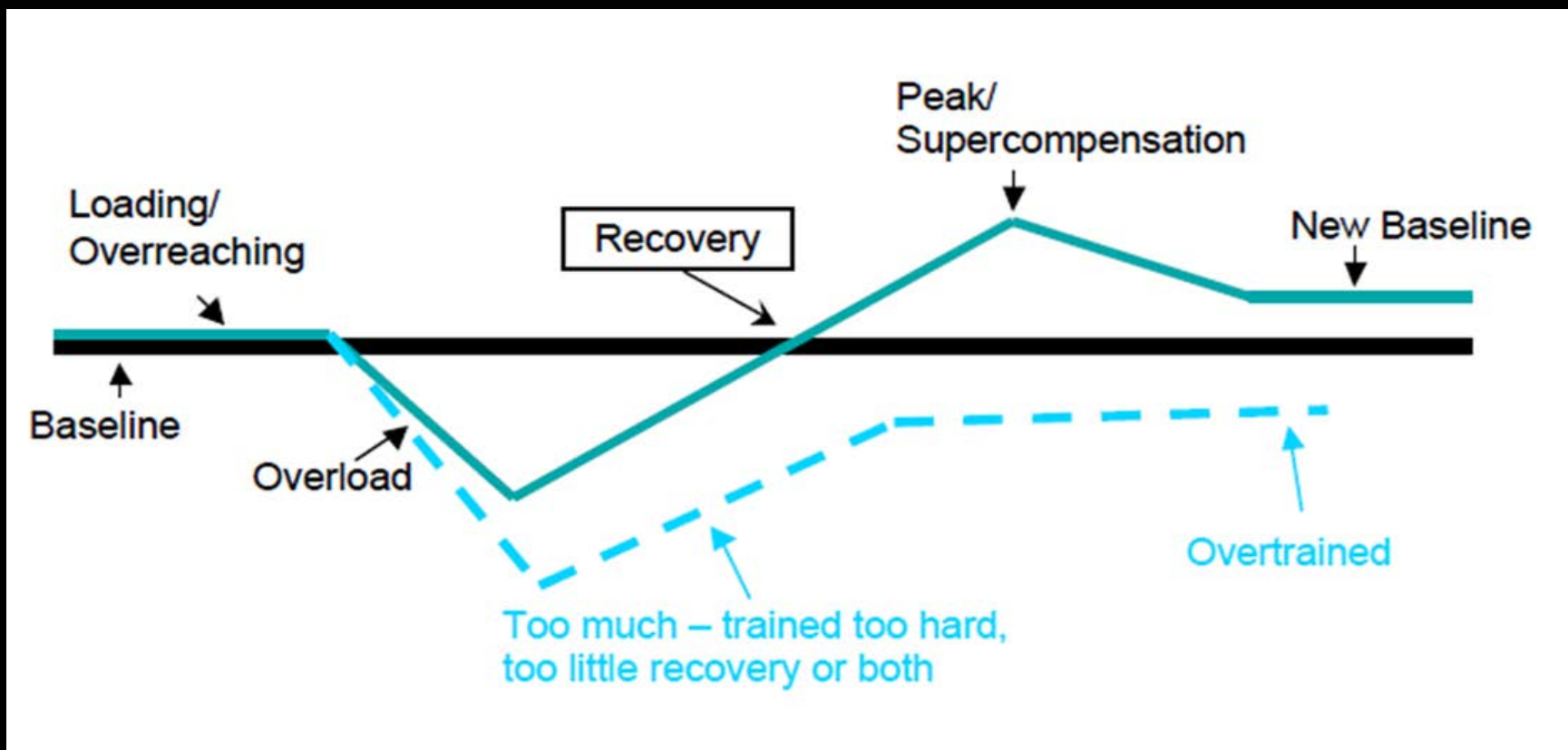
## 2014-2015

- UU Fitzgibbon: September- Mid February
- Antrim Senior Hurling: November- July
- Antrim U21 Hurling: January- August
- Club Senior Football: January- October
- Club Senior Hurling: January- October
- Club U21 Hurling: January- June
- Club U21 Football: October- December
- Fitness?????
- Freshness???
- Fatigue????
- Performance???



# What is Training Load?

- Cumulative amount of stress placed on the body over a period of time.







# Why Manage Training Load?

- *If there is a hole in the road (injuries/games) you don't drive in to it (implement methods anyway) & then say it's not my fault there was a hole (Raymond Verheijen)*
- *Strength, power & physicality get you an invite to the dance. Skill, freshness and most importantly habit, determine how you do on the night (Fergus Connolly)*



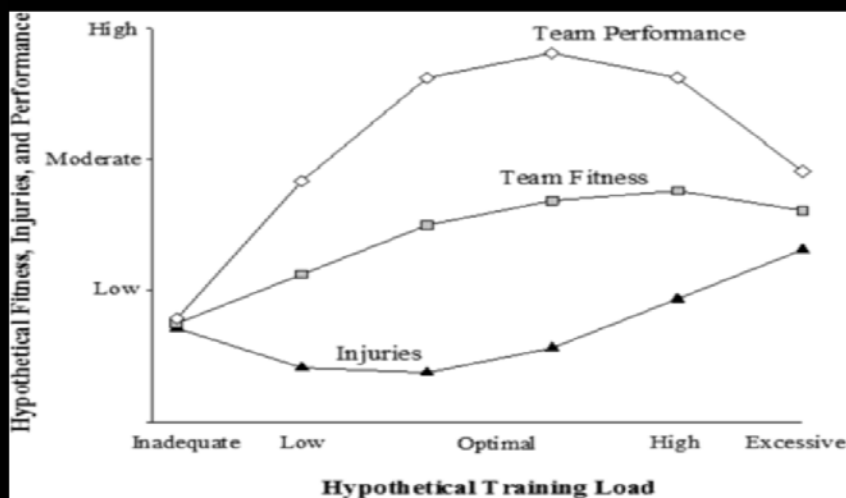
# Why Manage Training Load?

- Freshness- Tapering
- Injury
- Keep Your Best Players Playing
- Building Rapport
- “Players don’t care how much you know until they know you care”



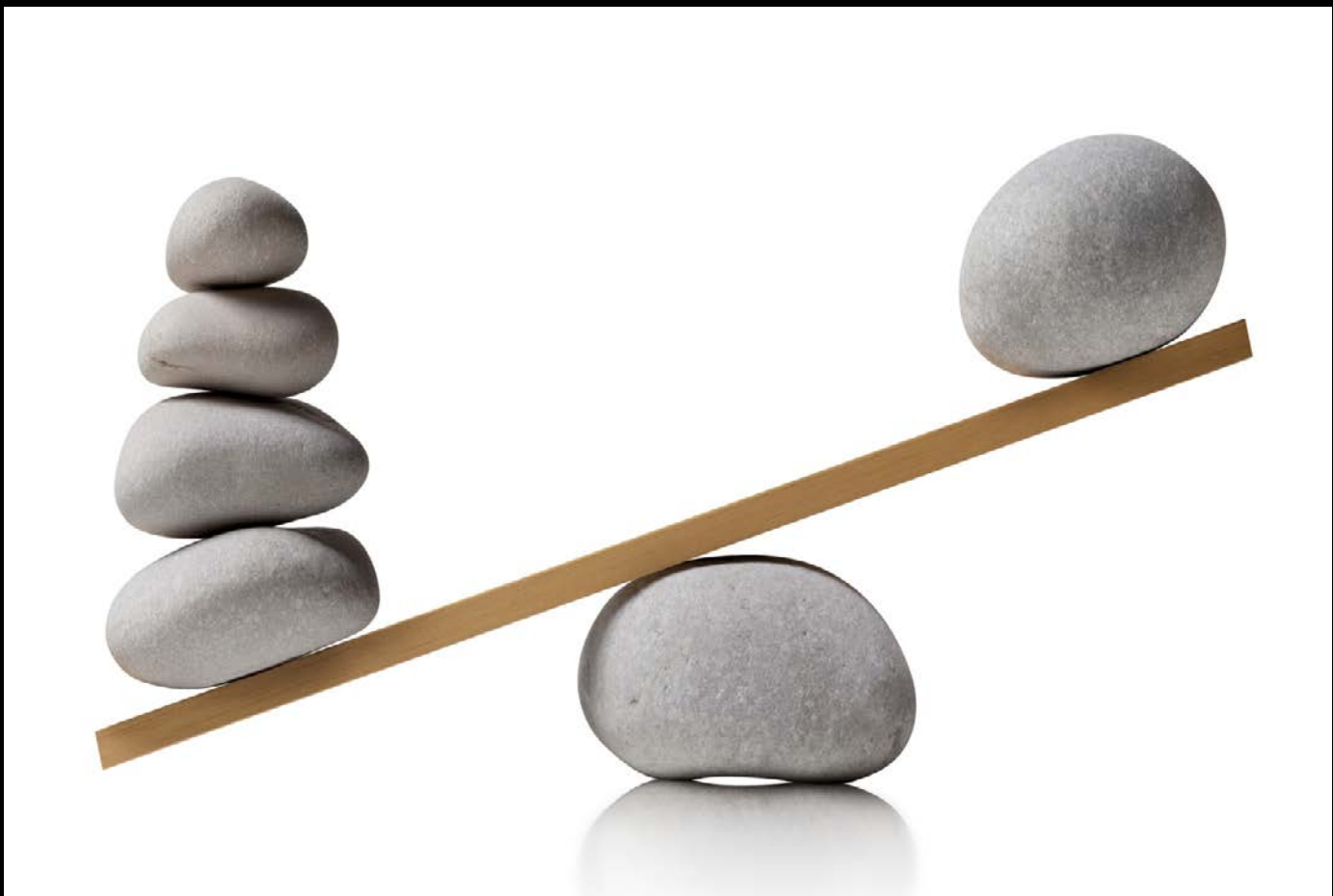
# Why Manage Training Load?

- Approx 65% of injuries are overuse and lifestyle related (Mark Verstegen)



(Tim Gabbett)

- Inter County GAA- Injuries per 1000 hours  
2011- 6.576, Lost Provincial Semi  
2013- 1.14, All Ireland Final





# The Dilemma?

When load is too low **OR** not matched to game demands

Under prepared

At risk of injury

Fitness levels stagnate

When load is too high **OR** not matched to game demands

Lack freshness

At risk of injury

Fitness Levels stagnate

(Tim Gabbett 2016)





# How Do We Monitor Load? The Athletes Response

## Subjective

- RPE (Rating of Perceived Exertion)
- POMS (Profile of Mood States Questionnaire)
- RESTQ-S (Recovery- Stress Questionnaire)
- Metrifit (RPE, Sleep, Mood, Muscle Soreness)
- Readiness to Train Score
- Smartabase

## Objective

- GPS
- Heart Rate
- Physical Tests  
Counter Movement Jump,  
Groin Squeeze, Grip Squeeze



# How Do We Manage Load?

## Training/Schedule Content

- Amount & Content of Sessions
- Frequency of Games (Are We Ready?)
- Session Duration
- Planned Session RPE
- Games/ Drill Guide
- Distance/ Rest in non ball conditioning
- Duration/ Players/ Rules/ Space in Conditioned Games
- Resistance Training



# What is Achievable?

- SRPE Method

Session Duration x RPE =  
Session Load

Sum of Session Loads =  
Monthly/ Weekly Training Loads

1 - 10 Borg Rating of  
Perceived Exertion Scale

0	Rest
1	Really Easy
2	Easy
3	Moderate
4	Sort of Hard
5	Hard
6	
7	Really Hard
8	
9	Really, Really, Hard
10	Maximal: Just like my hardest race





# What is Achievable?

- Planning

On Field & Between Coaches

Session/Cycle Content & Duration - RPE

Periodized Increases & Decreases in Load

Games, Drills, Conditioning, Resistance Training

*When Do I give the s\*\*t and when do I give the sugar? (Dan John)*



# Load Planning

Intermediates			u21s			Suggestions	
Date	Activity	RPE	Date	Activity	RPE		
	03-Jul Challenge Game	4/500 A.U.		03-Jul Challenge Game	4/500 A.U.		
	06-Jul Field	40 x 3-120 A.U.		05-Jul Field	60x4-250 A.U.	(Touch, Passing & Shooting)	
	08-Jul Munster Final	4/500 A.U.		07-Jul Field	45x6/7-300 A.U.		(Mini Games)
				08-Jul Gym	40x5-200 A.U.		
Taper Week 1 Load		1100 A.U. (Avg)			1250 A.U. (Avg)		
	10-Jul Gym	40x5-200 A.U.		10-Jul Field	6X40- 280 A.U.	(Warm Up, Shooting & 15 min Game)	
	12-Jul Field	5x30- 150 A.U.		12-Jul Field	5x30- 150 A.U.	(Warm Up & Shooting)	
	14-Jul Field	4 x25- 100 A.U.		14-Jul Field	4 x25- 100 A.U.	(Warm Up & Shooting)	
Taper Week 2 Load		450-500 A.U. (Avg)			500 A.U. (Avg)		
	16-Jul Game v Tipp			16-Jul Munster Semi			



# Player RPE Record

Name	Day	Activity	Group	RPE	Duration	AU
XXXXXXXX	Thursday					
	Friday	Game v Clare		6	40	240
	Saturday					
	Sunday	Field		5	50	250
	Monday					
	Tuesday	Field		7	60	420
	Wednesday	Gym		5	60	300
					Total	1210



# Ensuring It Works

- Communication

With players & other management teams

- Consistency

From players & coaches

- Buy In

From head coach/manager and players

- Proof/ Data

Units of Load, Fitness Testing Scores, Wellness Data.





# Thank You!

## Any Questions?

[rosscorbett89@hotmail.com](mailto:rosscorbett89@hotmail.com)

