

SECTION 1: Injury Prevention and Concussion



Injury Prevention Programme

Welcome to the Camogie Injury Prevention Programme. This programme is an injury prevention warm-up based on the GAA Activate Warm-up. It was developed by researchers in Dublin City University School of Health and Human Performance led by Dr Siobhán O'Connor in collaboration with the Camogie Association.

Programme Layout

The programme consists of three phases. Phase one is composed of running, cutting and landing exercises, phase two is composed of strength plyometrics and balance exercises and phase three is composed of agility and power exercises. In phases one and three, coaches should encourage players to move in multiple directions and include sport specific skills throughout e.g. striking, hand-passing and roll/jab lift.



Camogie Injury Prevention Programme

PHASE 1: RUNNING, CUTTING AND LANDING MECHANICS

	Reps	Out	In
1	2 reps	Jog (focusing on upper body technique)	A Skip
2	2 reps	½ Pace Run (focusing on lower body technique)	Ice Hockey Stop
3	2 reps	Jump, Catch and Land	Pick Ups
4	2 reps	Partner Shuffle	Lunge Stops
5	2 reps	Slow Plant & Cut	Squat Stops

PHASE 2: STRENGTH, PLYOMETRICS AND BALANCE

Alternate between Circuits 1 and 2 on a monthly basis

	Reps	Circuit 1	Reps	Circuit 2
1	5 reps per leg	Arabesque	5 reps per leg	Arabesque
2	10 swings each side	Leg Swings (front)	10 swings each side	Leg Swings (lateral)
3	10 reps – 5 reps each leg	Partner Push into Lunge (straight)	10 reps	Partner Push into Lunge (multi-directional)
4	5 reps initially (increasing to 10)	Nordic Hamstring Curl	5 reps initially (increasing to 10)	Nordic Hamstring Curl
5	Hold of 10s (increasing to 30s)	Front Plank	10 reps holding for 2 secs	Front Plank with Leg Lift
6	10 reps each side	Side Plank with leg lift – bent knee	10 reps each side	Side Plank with leg lift – straight leg
7	5 reps per leg	Split Leg Squats	10 reps	Scissor Jumps
8	5 reps per leg	Lateral Hop and Hold	5 reps per leg	Diagonal Hop and Hold
9	10 reps	Prisoner Squats	10 reps	Prisoner Squats
10	10 reps	Counter Movement Jump	10 reps	Counter Movement Jump with a Twist

PHASE 3: AGILITY & POWER

	Reps	Out	In
1	2 reps	¾ Pace Run	High Skip
2	2 reps	2 Forwards 1 Back	Bounds
3	2 reps	Fast Plant & Cut with Ball	One on One
4	10 reps	Fast Feet Shuffle: Front to Back (Two legs)	Fast Feet Shuffle: right to left (single leg)
5	5 reps each leg	Dynamic Lunge	

For more information on the Camogie Injury Prevention Programme please see <https://learning.gaa.ie/camogieinjuryprevention>