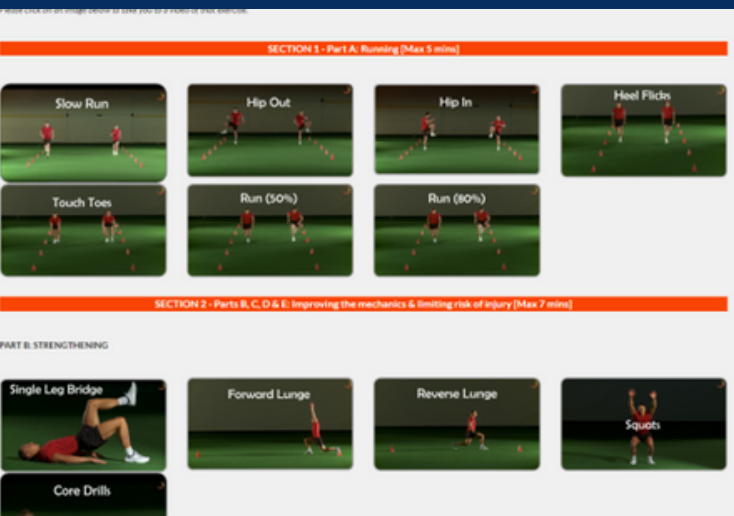


Warm ups

The GAA 15 is a **standardised warm up programme** that targets decreasing incidence of injuries. Match day warm ups should raise body temperature, heart rate, respiration rate and blood flow through low intensity activities. It is important to try to include and **mimic movement patterns** eg. change of direction, acceleration, de-aceleration and **incorporate the ball** as much as possible in the warm up.

CLICK HERE



Click on the below links for webinars relevant to preparation for World Games



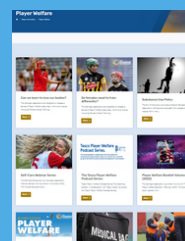
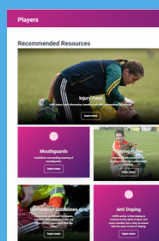
Nutrition Webinar How Nutrition is key for you to Be Ready-Laura Mahon



Psychology Webinar A Head for Sport-Appling Psychology to Gaelic Games-Kevin McManamon & Dr. Ciaran J. Kearney



Injury Prevention Webinar Preparing to play-How to decrease your injury risk- Helen Mc Elroy



Recovery

Recovery Room on site

Contrast Recovery (shower): 2 mins hot: 30 secs cold Repeat as necessary



Cold immersion (ice bath): 30 secs-1 min immersion, followed by 1 min out of water (towel dry) Repeat as necessary

Cycling: 30 secs on 30 secs off



Foam Rolling: Using a foam roller, sliotar/tennis ball on muscles which are stiff



Sleep: 7-8 hours of sleep is advised or a nap (20-40 mins) in afternoon



Checklist:

- Water Bottle (labelled)
- Sip throughout the days
- Towels
- Boots (Astro/grass)
- Gum Shields
- Hurl/Helmet
- Sets of Playing Gear
- Rain Jacket/Sun-screen
- Clothes to wear between matches



Nutrition



Key Fuelling Day



↑ Muscle Fuel = ↑ Performance

- Today is key to carb load for tomorrow's throw in.
- Avail of every meals and snacks high in carbs: oats/ rice/ past/ potatoes etc
- Hit your car target: 480g-560g



CLICK HERE



Recipes for Success Link to nutrition resource that has some great recipe ideas and tips for preparing for games

frs recruitment GAA WORLD GAMES — DERRY 2023 —



Hydration

**Electrolyte drinks
and bottles of
water available for
free throughout the
week**

Performance Impact of Dehydration

- Decrease in work capacity
- Reduces power
- Harder to maintain focus and concentration
- Poor decision making
- Increased risk of cramping and injury

Top Tips

Pre-game:

- Little and often throughout the day
- Snacks on the go
- Choose easy to digest foods- fruit, smoothies, yogurt, sports drinks etc
- Limit foods high in protein or fat (difficult to digest)
- Sip on water throughout the day
- Keep hydrated

Post Game:

- Carbohydrate and protein rich foods post game for recovery
- Rehydrate

