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Indoor Circuit Training

Venue: Blanchardstown IT
Date: 8/11/05
Attendance: 34
Tutor: Dáire O'Neill – 087 632 5632

The following are various skills, activities and exercises that can be used for indoor circuit training for juveniles.

- Sit Ups
- Press Ups
- Ladders
- Medicine Balls
- Tackle Bags
- Hurdles
- Sprints
- Handpass
- Solo
- High Catch with partner
- Chest catch with partner
- Kicking
- Roll Lift
- High catch against the wall
- Reaction Balls
- Pick Up
- Chest Catch – Against Wall (Varying pace of return)
- Zig Zag Running
- Skipping
- Tackle Bags
- Side Shuffles
- Kicking For Target – Hoop or Chalk on wall
- Ground Striking at small goal against wall
- Blocking / Stopping Ball - Hurling
- Batting Ball - Hurling
- Blocking – Football

Below are sample circuits that may be used for juvenile players of various ages. The sample circuits contain 8 stations per session. This is only an example. Coaches add stations to accommodate the numbers attending the session.

Under 7 / 8 / 9 Sample Circuit

Station 1:

Hurdles

Station 2:

High catch against wall

Station 3:

Zig Zag Running

Station 4:

Soloing on the spot

Station 5:

Skipping Ropes

Station 6:

Solo in zig zag line

Station 7:

Ladders

Station 8:

Kicking / Striking ball at target

Depending on the size of the hall and the numbers present, stations may be added or taken away from the circuit. Mentors to decide the appropriate time per station taking all factors into account (numbers, time per session etc.) Above is only a sample session. Mentors are encouraged to implement their own ideas where and when possible.

When possible have a coach / parent look after 1 / 2 groups each as they complete circuit

Under 10 / 11 / 12 Sample Circuit

Station 1:

Ladders

Station 2:

Solo – against the clock

Station 3:

Zig Zag Running

Station 4:

Kicking to partner

Station 5:

Sprints (5 – 10 metres)

Station 6:

Handpassing

Station 7:

Skipping

Station 8:

High Catch

Depending on the size of the hall and the numbers present, stations may be added or taken away from the circuit. Mentors to decide the appropriate time per station taking all factors into account (numbers, time per session etc.) Above is only a sample session. Mentors are encouraged to implement their own ideas where and when possible.

All ball activities should be completed on left and right side

Under 13 – Minor Sample Circuit

Station 1:

Hurdles

Station 2:

Blocking

Station 3:

Zig Zag sprinting

Station 4:

Handpassing

Station 5:

Skipping Ropes

Station 6:

Kicking at target

Station 7:

Medicine Balls

Station 8:

Pick up

Depending on the size of the hall and the numbers present, stations may be added or taken away from the circuit. Mentors to decide the appropriate time per station taking all factors into account (numbers, time per session etc.) Above is only a sample session. Mentors are encouraged to implement their own ideas where and when possible.

Always keep an eye on the time during circuit training. Be consistent with time per station

Some important tips while circuit training:

1. Ensure players are not spending too much time per station.
2. Keep the groups small when possible
3. Try to set the circuit where there is a ball activity followed by a physical activity etc. (players work hard, get a breather, work hard etc.)
4. In a typical session all players should complete at least two full circuits.
5. For the ball activities it might be useful to use right foot / hand on 1st circuit and left foot / hand on 2nd etc.
6. Allow an agreed time, between stations, for players to have a breather.
7. Have water bottles at each station or at least every 2nd station.
8. Be conscious of players not executing skills correctly as they get tired. This is when the good coaching comes into play.
9. Always start the session on time and finish on time.
10. Use wall signs to display the stations activity to help avoid confusion.
11. Use whatever combinations of activities you feel will be most challenging. Choose from your own ideas, the suggestions from above or both.
12. Let one player be group leader for their group.