What is Core Stability?

- Core stability" describes the ability to control the position and movement of the central portion of the body.

- Is the ability of your trunk to support the effort & forces from your arms and legs, so that muscles and joints can perform in their safest, strongest and most effective positions

- Core stability training targets the muscles deep within the abdomen which connect to the spine, pelvis and shoulders, which assist in the maintenance of good posture and provide the foundation for all arm and leg movements.

Core Stability

- Your core is like the trunk of a tree.
- The limbs of this "tree" are like our extremities – such as arms and legs.
- Every movement that we make involves our trunk, walking, for instance, your back, abs and obliques are all involved in maintaining balance and stability.
- When we exercise, a lot of our strength is generated from our core.

Core Stability

What are the benefits of Core Stability?

- More efficient use of muscle power.

- Decreased injury risk by balancing muscles.

- Increased ability to change direction.

- Greater capacity for speed generation

- Improved Balance & coordination

Your body can perform sports specific movements efficiently with less risk

O'NEILLS

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Functional Analysis Test

- To assess competence in general dynamic movements.

- Establish each player's strengths, weaknesses and priorities for development

- Monitor team/player fitness progress

- Determine the effectiveness of the training programme

- Monitor individual player response to training/playing

- Ensure that a player is 'fit to play'

Assessments are therefore used to;

- Establish each player's strengths, weaknesses and priorities for development

- Monitor team/player fitness progress

- Determine the effectiveness of the training programme

- Monitor individual player response to training/playing

- Ensure that a player is 'fit to play'

Name	Overhead Squat					In-Line Lunge(Left & Right)					Active Straight Leg Raise					Double Hurdle Hop					Comments			
	Heels on floor	Knees aligned	Parallel	Pelvis Neutral	Dowel pressed out	H.K.A Alignment	90% knee angle-front/back legs	Pelvis doesn't tilt	Torso Upright	Balance Maintained	90% Range of motion	Knee extension & ankle dorsi-flexion	Other knee remains in contact with the floor	Pelvis flat on the floor	Head/shoulders flat on floor	H.K.A Alignment	Little displacement of knees	Pelvis doesn't tilt	Torso maintained at take-off/landing	Balanced o contact with hurdles	Time	Score	Profile	Categor
1																								
2																								
3																								
4																								
5																								
6																								
7																								
8																								
9																								
10																								

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What is the appropriate age for a child to start strength training?

- A method of conditioning designed to increase an individual's ability to exert or resist force.

- Strength training programs can be safe, effective and also help prevent certain sports-related injuries among young athletes.

- National Strength and Conditioning Association (NSCA)

"support children's participation in appropriately designed and competently supervised strength training programs."

Guidelines for Children

- A child's own Body can be used to develop strength.

- There is very little difference between boys and girls and so therefore should play together during these years.

- Core stability is the foundation and should be developed as the first step of strength training.

How do you train Core Stability?

AGE GROUP	EXERCISES
U12	Body Weight, Floor and Swiss Ball Exercises.
U14	Body Weight, Medicine Balls, Swiss Balls & Thera Bands.
U16	Body Weight, Medicine Balls, Swiss Balls, and Free Weights.

Under 12

Exercise	Advancement
Sit Up	Oblique Twist
Plank	Leg Raise
Lunge	N/A
Super Man	Super Man (Leg and arm Raise)
Swiss Ball Sitting Balance	Swiss Ball Sitting Balance (Knee Tag)
Single Leg Balance	Single Leg Balance (Kick)
Roll Out (Swiss Ball)	Roll Out Push Ups (Swiss Ball)
Wheel Barrow Race	N/A
Crab Football	N/A

Under 14

Exercise	Advancement
Super mans	Swiss Ball
Lunge (Twist)	Add Med Ball
Russian Twist (Football)	Russian Twist (Med Ball)
Single Leg Kick (Balance Cushion)	N/A
Swiss Ball Sit Up (Med Ball)	Swiss Ball Sit Up (Thera Band)
Double Leg Hops	N/A
Back Squats (Swiss Ball)	One leg Squats (Swiss Ball)
Bridging (Floor)	Bridging (Swiss Ball)
Step Up	Step Up (Med Ball)

Under 16

Exercise	Advancement
Rotational Press Up (Weight)	Dynamic Press Up (Med Ball)
Walk Outs (Press Up start)	Walk Outs (Standing Start)
Chest Pass (Med Ball - Swiss Ball)	Side Throws (Med Ball)
Single Leg Squat (Floor)	Single leg Squat (Step - Balance Cushion)
Stability Ball Hold	Stability Ball Press Up
Anterior Reach	Anterior Reach (Football – Balance Cushion)
Over Head Squat	Over Head Squat (Med Ball – Power Bags)
Single Leg Bridge (Floor)	Single Leg Bridge (Step – Balance Cushion)
Hurdle Hops	Box Jumps
Core Twists & Twists with Med Ball Slams (Med Ball)	Lateral Raises (Med Ball – Power Bags)