

# GYMEDGE

## SPORTS COACH DEVELOPMENT PROGRAMME

**GymEDGE is a sports coach development programme that uses core fundamental gymnastics skills and training techniques to build the complete athlete or player.**

### TESTIMONIAL

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**Strength and  
Conditioning Coach  
Sports Institute  
Northern Ireland (SINI)  
GAA Programme**

#### Why

Players coming into SINI GAA programme have been very poor with regards to body awareness and movement efficiency (through physio screening and observation) so instead of looking at primarily lifting skills and basic movement skills - Lunge/ Overhead Squat, I decided to take a purely movement skill/body awareness tact and basic Gymnastics lends itself to this.

#### Observations

Improvements in the gymnastic skills over the programme definitely has had a transfer into overall ability with lifting skills and other movement skills - jumping/ landing/ turning/ skipping etc.

#### Movement Skills

Movement skill is vital for these players, I feel that this area is where we will get the biggest influence (bang for buck, etc.) and performance transfer in the short time-frame that I have to work exclusively with them.

For the players who are in for a longer time this skill set provides an excellent base from which to develop the more classical performance indicators such as Strength/Power/Speed.

#### Taster Session/ Deficiencies Identification

The initial sessions married with the physio

screens highlighted a lot of the same issues but also showed these issues in a different environment thus giving an in-depth picture of the players' physical history/ability.

#### Programme Review

In particular the flexibility of the players was influenced by the programme, this was of great benefit as this took the players away from the usual "flexibility" environment and stimulated ROM and function via a different stimulus. The emphasis on landing and an exposure to precision with jumping has lent itself to our injury prevention/ prehab module of training.

#### Feedback

Players' feedback has been excellent - giving a different stimulus to the players but having full buy-in from them, similarly has seen this project bring success."

**For more information & booking enquiries:**

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# USING GYMNASTICS TO BUILD THE COMPLETE ATHLETE

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