



TURAS Resources

TURAS is a programme for all GAA coaches devised by Leinster GAA to help ensure a coherent approach to player development across clubs, schools and talent academies.

Kildare GAA Coaching & Games personnel have contributed to the programme resources, which include TURAS child and youth football and hurling, and TURAS player pathway cards (see attached) and continue to help club coaches and players develop using the TURAS initiative.

Please see the video below with an overview of the TURAS initiative

[TURAS Video.mp4](#)

The GAA Activity Planner is a valuable resource for any coach from U5 to U12 where the coach can pick from a menu of games and activities across all GAA sports to prepare their upcoming coaching session. Sessions can be created, downloaded, and printed for ease of access. Access the planner through the link below or the new GAA learning portal TOBAR at learning.gaa.ie

<https://learning.gaa.ie/planner>

The GAA have devised a standardised warm up programme aimed at reducing the number of injuries sustained by GAA players. This is called the GAA 15 warm up and the full warm up details in PDF format are included here.