

MONAGHAN GAA

COACH EDUCATION & DEVELOPMENT

WINTER & SPRING 2014

Foundation Level

February

14th/ 15th
Football

Venue: Corduff

March

7th/ 8th
Football & Hurling

March

21st/ 22nd
Football

Time

Friday 7pm - 10pm
Saturday 9.30am - 4.30pm

Cost: €30 *(If club get 4 attendees, one will be free).*

Venue: TBC (If club wish to host get in touch ASAP).

Note: Beginner course for all age groups. All coaches MUST complete Child Protection Workshop (Friday) to complete Foundation Award

Level One

February

7th/ 8th/ 9th
Child

February

21st/ 22nd/ 23rd
Youth/ Adult

Time

Friday 7pm - 10pm
Saturday 9.30am - 4.30pm
Sunday 9.30am - 12.30 (Child)
Sunday 9.30am - 4.30 (Youth/ Adult)

Cost: €55 (based on approx. 15 coaches attending)
(If club get 4 attendees, one will be free).

Venue: Cloghan (If club wish to host get in touch ASAP)

Note: All Coaches must have completed the Foundation Level Award

Level Two

February/ March

Friday 28th Feb
Saturday 1st March
Saturday 8th March
Saturday 15th March
Child &/or Youth/ Adult

Time

Friday 7pm - 10pm
Saturday's 9am - 5.30pm

Cost: €100 (based on approx. 15 coaches attending)
(If club get 4 attendees, one will be free).

Venue: Breffni Park (Youth/ Adult)
Cloghan (Children)

Note: All coaches must have completed the Level One

Incentives for clubs

Foundation

Eight or more coaches attend Monaghan Coaching staff will deliver 3 sessions to u10/ 12 teams

Level One

1. Three or more coaches attend Monaghan Coaching staff will deliver 3 sessions to u14/16 teams.
2. Each coach that attends will receive a copy of the 'Give Us A Game' booklet

Foundation Courses can be arranged for week nights and delivered over 3 weeks. If your club is interested in this please get in touch ASAP.

Any club wishing to host a Foundation Course contact Paul O'Connor ASAP.

Minimum 16 people to deliver a Foundation Course within a club.

For Further Information Contact Paul O'Connor 0868374827/ developmentmanager.monaghan@gaa.ie

MONAGHAN GAA

FOOTBALL COACHING WORKSHOPS 2014

Targeting all Club Coaches, U16 to Senior

All workshops are FREE OF CHARGE

KICKOUTS & MIDFIELD COORDINATION

DATE: Monday 3rd February

TIME: 7.30pm – 9pm

VENUE: Monaghan County Training Grounds, Cloghan (Indoor)

TUTOR: Tony Scullion (Ulster GAA)

DESCRIPTION: Indoor Interactive Session that will look at various methods on winning possession from kicks-outs

NEW RULES PRESENTATION

DATE: Thursday 6th February

TIME: 7.30pm – 9pm

VENUE: Monaghan County Training Grounds, Cloghan (Indoor)

TUTOR: Pat McEneaney (National Referees Chairman)

DESCRIPTION: In depth look at the rule changes for Gaelic Football

HOW TO TRAIN HARD – THEORY & PRACTICAL EXAMPLES

DATE: Monday 10th February

TIME: 7.30pm – 9pm

VENUE: Monaghan County Training Grounds, Cloghan (Outdoor)

TUTORS: Kevin McGuigan/ Tony Scullion

DESCRIPTION: Outdoor GPS evidence based observation session will demonstrate how to amend Training activities to increase or decrease intensity

15+ ACTIVATE WARM UP

DATE: Wednesday 19th February

TIME: 7.30pm – 9pm

VENUE: Monaghan County Training Grounds, Cloghan (Gym)

TUTORS: Tony Scullion/ Roger Keenan

DESCRIPTION: This indoor participation session is aimed at players from 14 years plus and incorporates a mix of functional movements, core stability, balance, strength and control, aligned with proper running mechanics which has been proved to reduce injuries.

BACK TO BASICS FOR U16 TO SENIOR

DATE: Monday 24th February

TIME: 7.30pm – 9pm

VENUE: Monaghan County Training Grounds, Cloghan (Outdoor)

TUTORS: Tony Scullion

DESCRIPTION: This outdoor observation session will look at the basic skills of Gaelic Football such as Kicking, Handling and Tackling and how you can coach these skills properly through drills and games