# **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 **Venue:** Monaghan Harps

Time

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

Cost: €30 (<u>If club get 4 attendees,</u> 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

#### 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

# Incentives for clubs

# **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 FebruaryTIME: 7.30pm – 9pmVENUE: Monaghan County Training Grounds, Cloghan (Indoor)TUTOR: Tony Scullion (Ulster GAA)DESCRIPTION: Indoor Interactive Session that will look at varies methods on winning<br/>possession from kicks-outs

## **NEW RULES PRESENTATION**

DATE: Thursday 6th FebruaryTIME: 7.30pm – 9pmVENUE: 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 FebruaryTIME: 7.30pm – 9pmVENUE: Monaghan County Training Grounds, Cloghan (Outdoor)TUTORS: Kevin McGuigan/ Tony ScullionDESCRIPTION: Outdoor GPS evidence based observation session will demonstrate how to<br/>amend Training activities to increase or decrease intensity

# 15+ ACTIVATE WARM UP

DATE: Wednesday 19th FebruaryTIME: 7.30pm – 9pmVENUE: 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 24<sup>th</sup> 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