MONAGHAN GAA COACHING CONFERENCE 2015

**‘SUCCESSFUL CLUBS: BY CHANCE OR BY DESIGN’**

VENUE: Our Lady’s Secondary School, Castleblayney

TARGET: All Club Coaches – Juvenile to Senior – Football & Hurling

COST: €15 per person / €50 for a group of 4



Conference Programme

Saturday, November 7th

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| 8.45 | Registration & Welcome Note | Garrett Coyle, Monaghan Coaching Officer  |
| 9.15 | Keynote Address 1 | Eugene Young, Director of Coaching & Games Ulster GAA – The importance of our clubs and the benefit of a good coaching structure |
| 10:00 | Workshops A |  |

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| Workshop 1Analysis to Field Practice -‘Effective Kickout Strategies’Owen Lennon & Patrick McCarron  | Workshop 2‘ Injury Prevention, Effective Warm Ups & Recovery Methods’Eoghan O’Neill – Monaghan Senior Team Physio | Workshop 3Developing attacking play in HurlingMichael Glover – Ulster Regional Hurling Officer  |

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| 11:00 | Keynote Address 2 | Ryan Mellon (Former Tyrone All Ireland winner), Ulster GAA Player Welfare Officer – What is Player Welfare and how can clubs help address this issue? |
| 11:45 |  | LUNCH |
| 12:15 | Keynote Address 3 | Oisin McConville, Former Crossmaglen & Armagh Senior Player – Setting the standards within your club. |

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| 01:15 | Keynote Address 3PRACTICAL SESSION | Ryan Porter, Senior Team Coach – Effective use of the ball to develop fitness levels. |
| 02:15 | Q&A Session | Malachy O’Rourke, Dick Clerkin, Eugene ‘Nudie’ Hughes, Conor McManus, Trevor Hillard & Pauric Dowdall.  |
| 03:00 | Closing Address | Paul O’Connor, Games Development Manager Monaghan GAA |