

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



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

Workshop 1	Workshop 2	Workshop 3
<p>Analysis to Field Practice - 'Effective Kickout Strategies'</p> <p>Owen Lennon (Monaghan Senior Player) & Patrick McCarron (Performance Analyst)</p>	<p>'Injury Prevention, Effective Warm Ups & Recovery Methods'</p> <p>Eoghan O'Neill – Monaghan Senior Team Physio</p>	<p>Developing attacking play in Hurling</p> <p>Michael Glover – Ulster Regional Hurling Officer</p>

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	Oisín McConville, Former Crossmaglen & Armagh Senior Player – Setting the standards within your club.

01:15	Keynote Address 4 PRACTICAL SESSION	Ryan Porter, Monaghan 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