

# MONAGHAN GAA

## Coaching & Games Development Coach Education February – April 2015



Monaghan Coaching & Games Development will be running a series of Coach Education courses this spring.

The schedule for the courses is planned as follows.

### Foundation Award

#### March

6<sup>th</sup>/ 7<sup>th</sup>

Football

**Venue:** Northern Region

#### March

13<sup>th</sup>/ 14<sup>th</sup>

Football/ Hurling

**Venue:** Mid Monaghan Region

#### March

20<sup>th</sup>/ 21<sup>st</sup>

Football

**Venue:** Southern Region

#### Online Course

##### April

Date for Practical & Child Protection TBC

Football/ Hurling

**Venue:** TBC

#### Time

Friday: 7pm – 10pm

Saturday: 9.30am – 4.30pm

**Cost:** €30

**Venue:** TBC *(IF A CLUB WISH TO HOST A COURSE 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

20<sup>th</sup>/ 21<sup>st</sup>

Child (Football)

**Venue:** TBC

#### February/ March

27<sup>th</sup>/ 28<sup>th</sup> Feb, 1<sup>st</sup> March

Youth Adult (Football)

**Venue:** TBC

#### Time

Friday: 7pm – 10pm

Saturday 9.30 – 6.00 (Child)

Saturday 9.30- 4.30

(Youth/Adult)

Sunday 9.30 – 4.30

(Youth/Adult)

**Cost:** €55 (based on approx. 15 coaches attending)

**Venue:** TBC *(IF A CLUB WISH TO HOST GET IN TOUCH ASAP)*

**Note:** All Coaches must have completed the Foundation Award before doing Level One

### Level Two

#### February/ March

A Level Two Award will take place in February/ March time is there enough coaches interested in completing the award.

It is important if coaches are interested in completing the award to express their interest into us as soon as possible so course dates and a venue can be arranged with Ulster GAA.

It is possible this course will be run in conjunction with Cavan GAA

A Level One Hurling Course will be held on a regional bases in conjunction with Armagh, Cavan and Fermanagh depending on the interest of coaches completing this award.

### Incentives for Clubs

#### Foundation

If a club gets 4 coaches attending a course, one will be for free. (4 coaches for the price of 3).

#### Level One

If a club gets 4 coaches attending a course, one will be for free. (4 coaches for the price of 3).

Could all coaching officers or anyone interested in completing a Coaching Course please provide the information needed which can be seen below. Please note this changes from what type of course the coach wants to complete. If you have any questions please do not hesitate to contact either Paul O'Connor ([developmentmanager.monaghan@gaa.ie](mailto:developmentmanager.monaghan@gaa.ie)) or Patrick McCarron ([gda.monaghan@gaa.ie](mailto:gda.monaghan@gaa.ie)) and they will be glad to help.

<b>CLUB NAME</b>					
<b>FOUNDATION LEVEL (Football/ Hurling)</b>					
Name	Football or Hurling or Both	Traditional Course (Fri/ Sat) or Online Course	Venue (North, Mid or South)	Mobile	Email
<b>Level One Award (Football/ Hurling)</b>					
Name	Football or Hurling or Both	Child or Youth/ Adult	Mobile	Email	
<b>Level Two Award (Football/ Hurling)</b>					
Name	Football or Hurling or Both	Child or Youth/ Adult	Mobile	Email	

## Targeting all Club Coaches U14 – Senior All Workshops are **FREE OF CHARGE**

### COACHING ATTACKING PLAY IN FOOTBALL

**DATE:** Monday 2<sup>nd</sup> March

**TIME:** 7.30pm – 9pm

**VENUE:** Tyholland GAA Grounds

**TUTOR:** Tony Scullion & Roger Keenan (Ulster GAA)

**DESCRIPTION:** This is a practical based session which is open to all coaches. It will look at a variety of drills & small sided games that promote good attacking play.

### PERFORMANCE ANALYSIS: A BASIC INTRODUCTION

**DATE:** Wednesday 11<sup>th</sup> March

**TIME:** 7.30pm – 9pm

**VENUE:** Monaghan GAA Center of Excellence, Cloghan

**TUTOR:** Patrick McCarron (Monaghan GAA)

**DESCRIPTION:** This is a basic introduction into performance analysis, what you should cover on a game day and a brief overview on a number of methods used to collect and present your stats.

### GOALKEEPING WORKSHOP IN FOOTBALL

**DATE:** Monday 16<sup>th</sup> March

**TIME:** 7.30pm – 9pm

**VENUE:** Monaghan GAA Center of Excellence, Cloghan

**TUTOR:** Paul Callaghan (Ulster GAA)

**DESCRIPTION:** This outdoor practical session will demonstrate best practice in both football and hurling goalkeeping. It is open to all coaches.

### COACHING DEFENSIVE PLAY IN FOOTBALL

**DATE:** Wednesday 25<sup>th</sup> March

**TIME:** 7.30pm – 9pm

**VENUE:** Drumhowan GAA Grounds

**TUTOR:** Tony Scullion & Roger Keenan (Ulster GAA)

**DESCRIPTION:** This is a practical based session which is open to all coaches. It will look at a variety of drills & small sided games that promote good defensive play.