

Antrim GAA Club Coaching Support Programme 2015/16

Coach Education time of year!! A new programme to develop 3 aspects within the club. Firstly, we would like to improve or help sustain effective club structures; Secondly, workshops specifically for U6 to U12 coaches with the ethos of incorporating a good first touch and using both hands and feet; thirdly, workshops to incorporate our development squad plan at U14 to Minor level.

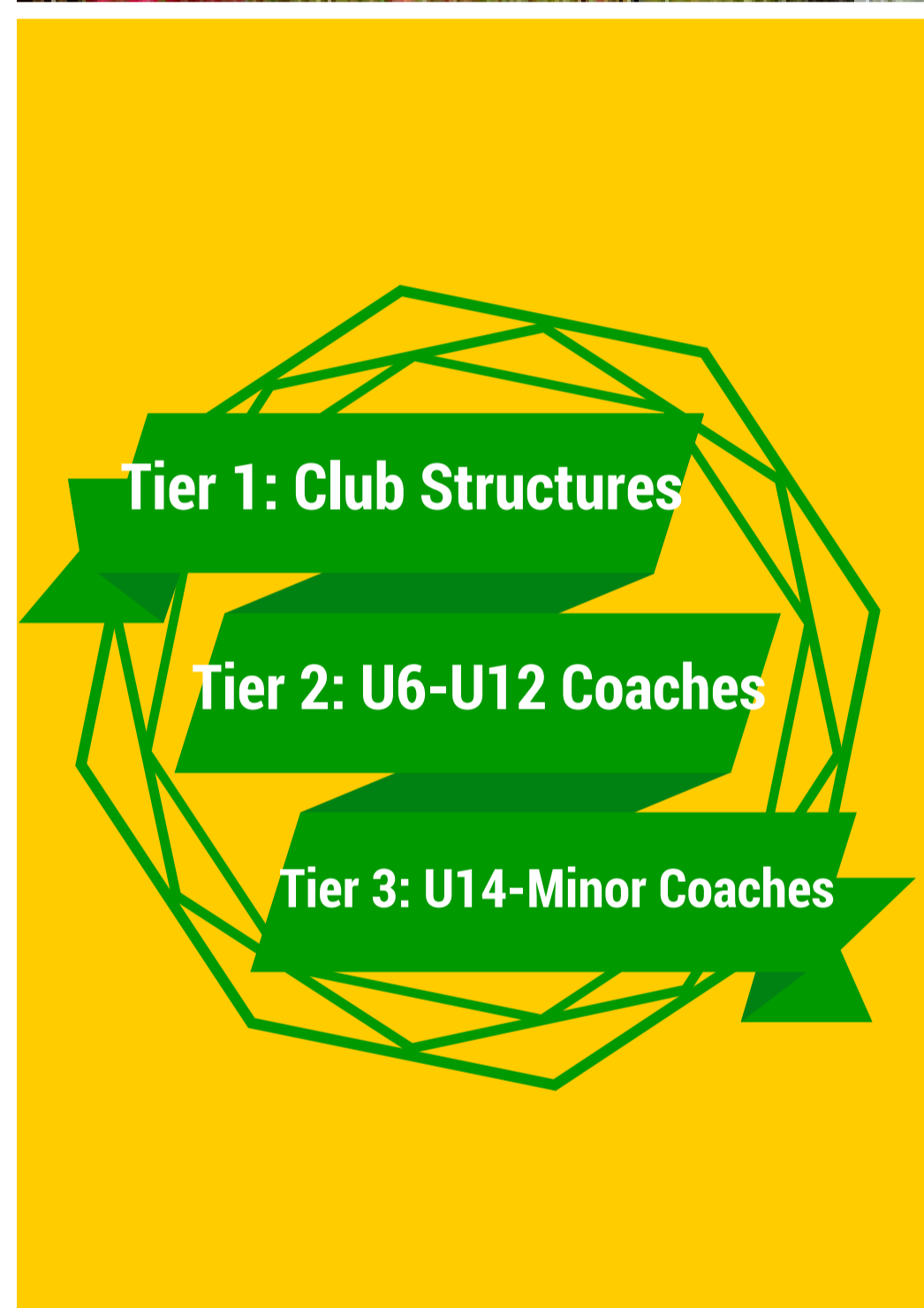
Our coaching staff have been assigned 3-4 clubs to help support for the year. We hope to cater for 30 clubs (pulled from a hat) running from October '15 to August '16. To avail of this programme all clubs must agree to the structure below. If you feel it doesn't suit the club at this moment we will offer the programme to the remaining 15 clubs on the reserve list.

To achieve maximum benefit for the club member, coaches, parents and players we have devised a 3 tier programme.

Tier 1:
Club Structures

Tier 1 Workshops. Theme; Creating Sustainable Club Structures.

We will help facilitate the club to create and implement an action plan of key areas they have identified throughout the workshop. This workshop is for all club members who have a vested interest in seeing the club drive forward e.g. coaches, parents, committee members, sponsors, and all other interested parties. This workshop will be delivered over 2 nights to be completed before Christmas.



Tier 2:
Coaches from U6-U12

Tier 2 Workshops. Theme: "First Touch" and "Both hands, both feet". Please see below a range of workshops for each age group. In the delivery of these workshops the staff will be concentrating on developing the players first touch and using both hands & feet. Our coaching staff will deliver the top 3 workshops chosen from the list below. After each workshop the staff will be available to support the coaches during their training sessions and answer any questions they may have.

Age	Theme	Please tick if you would like this course
U6's Workshop 1	Introduction to Gaelic Start & Station Rollout	
U6's Workshop 2	Warmups – Focus on Agility, Balance, Coordination, Running, Jumping	
U6's Workshop 3	Games & Skill Development	
U8's Workshop 1	Warmup's including physical capabilities	
U8's Workshop 2	Family of Games	
U8's Workshop 3	Technical Skill Development. Whole-part-whole	
U10/U12 Workshop 1	Warmup's including physical capabilities	
U10/U12 Workshop 2	Technical Skill Development. Whole-part-whole	
U10/U12 Workshop 3	Games and Tactical Development	

Tier 3:
Coaches from U14-Minor

Tier 3 Workshops. Theme: Working together, Mirroring The Antrim Development Squad Plan.

It is important that we plan together and work in developing and progressing our players through to senior level. One workshop will be delivered for all 3 clubs the coach is working with. Each club will have a chance to host one or two workshops.

Workshop	Theme	Please tick if you would like this course & what team you are involved with
Planning	Planning your season – how to incorporate different aspects of training and at what part of the season.	
Technical Development	Developing the player towards competence in individual skills under pressures of time, space and opponent and team based skills (intense small sided games).	
Tactical & Team Play Development	Basic principles of when to defend, how to attack & when to make runs. Focus on how to incorporate different systems of play.	
Physical Development	Cover areas such as how to test players, warmup, flexibility, core & strength programme, cool down. Understanding of growth spurts & impact on performance.	
Psychological Development	Tools to help coaches to increase/sustain commitment, dedication and hard work.	