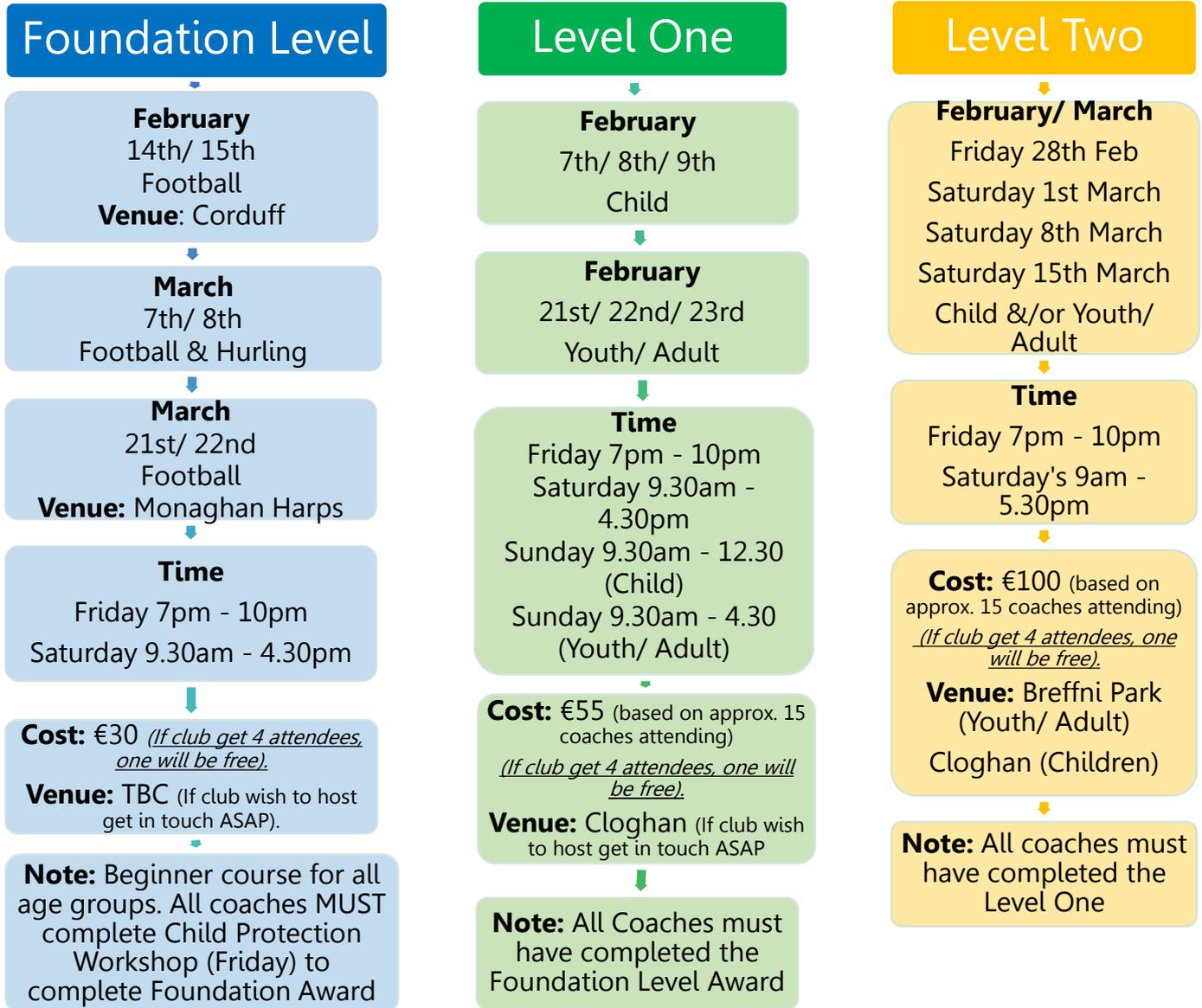


MONAGHAN GAA

COACH EDUCATION & DEVELOPMENT

WINTER & SPRING 2014



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.

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 February

TIME: 7.30pm – 9pm

VENUE: Monaghan County Training Grounds, Cloghan (Indoor)

TUTOR: Tony Scullion (Ulster GAA)

DESCRIPTION: Indoor Interactive Session that will look at various methods on winning possession from kicks-outs

NEW RULES PRESENTATION

DATE: Thursday 6th February

TIME: 7.30pm – 9pm

VENUE: 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 February

TIME: 7.30pm – 9pm

VENUE: Monaghan County Training Grounds, Cloghan (Outdoor)

TUTORS: Kevin McGuigan/ Tony Scullion

DESCRIPTION: Outdoor GPS evidence based observation session will demonstrate how to amend Training activities to increase or decrease intensity

15+ ACTIVATE WARM UP

DATE: Wednesday 19th February

TIME: 7.30pm – 9pm

VENUE: 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 24th 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