

# Wicklow GAA

## Coaching & Games

### DEVELOPMENT



## Coach Upskill Opportunities

## Coach Education Programme 2017

## Coach Education Courses

Football Coach Development Workshops

Hurling Coach Development Workshops

ABC Nursery Workshops

Club Development

Player Development

Referee Education

Please confirm the dates, times & venues in advance with the coaching & games development team as they may be subject to change depending on numbers and facilities.

## Coaching & Games Development Contacts

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Coaching Officer	Owen Doyle	086/3607141	<a href="mailto:coachingofficer.wicklow@gaa.ie">coachingofficer.wicklow@gaa.ie</a>
Hurling Officer	Sean Hayes	087/2672336	<a href="mailto:seandiggerhayes@gmail.com">seandiggerhayes@gmail.com</a>
Children's Officer	Francis Stephenson	087/2499362	<a href="mailto:fsmossend@eircom.net">fsmossend@eircom.net</a>

## Wicklow GAA Coach Education Programme 2017

Coaches are encouraged to participate practically to maximize their opportunity for learning. Our programme is designed to support all coaches working at child, youth and adult level through specifically planned courses and workshops incorporating all that is good in terms of coaching best practice. Again this year in attempting to meet the mandatory coaching standards as set out by the GAA we are organising the required amount of coaching courses to meet these targets. The Games Development programme for this year provides the best possible support for coaches in relation to Coach Education and Coaching Workshops.





# Coach Education Courses

Event	Topic	Target Audience	Venue	Date	Time
Football Foundation Award	E Learning Open	Club Coaches	West Wicklow East Wicklow South Wicklow	Monday 16 <sup>th</sup> Jan Sunday 29 <sup>th</sup> Jan	N/A
Football Foundation Award	Practical	Club Coaches	West Wicklow Baltinglass	Tuesday 31 <sup>st</sup> Jan	6.30pm – 10.30pm
Football Foundation Award	Practical	Club Coaches	East Wicklow Greystones	Thursday 2 <sup>nd</sup> Feb	6.30pm – 10.30pm
Football Foundation Award	Practical	Club Coaches	South Wicklow Aughrim	Tuesday 7 <sup>th</sup> Feb	6.30pm – 10.30pm
Hurling Foundation Award	E Learning Open	Club Coaches	West Wicklow East Wicklow South Wicklow	Friday 27 <sup>th</sup> Jan Sunday 12 <sup>th</sup> Feb	N/A
Hurling Foundation Award	Practical	Club Coaches	Aughrim	Thursday 16 <sup>th</sup> Feb	6.30pm – 10.30pm
Football Award 1 Youth & Adult	Session 1	County Players	Ballinakill	Wednesday 25 <sup>th</sup> Jan	7.30pm – 10.00pm

Football Award 1 Youth & Adult	Session 2 Session 3	County Players	Ballinakill	Saturday 28 <sup>th</sup> Jan	10.00am – 2.30pm
Football Award 1 Youth & Adult	Session 4	County Players	Ballinakill	Wednesday 1 <sup>st</sup> Feb	7.30pm – 10.00pm
Football Award 1 Youth & Adult	Session 5 Session 6	County Players	Ballinakill	Saturday 4 <sup>th</sup> Feb	9.00am – 2.30pm
Football Award 1 Youth & Adult	Session 7	County Players	Ballinakill	Wednesday 8 <sup>th</sup> Feb	7.30pm – 10.00pm
Football Award 1 Youth & Adult	Session 1	Club Coaches	St Patricks	Tuesday 14 <sup>th</sup> Feb	7.30pm – 10.00pm
Football Award 1 Youth & Adult	Session 2 Session 3	Club Coaches	St Patricks	Saturday 18 <sup>th</sup> Feb	10.00am – 2.30pm
Football Award 1 Youth & Adult	Session 4	Club Coaches	St Patricks	Tuesday 21 <sup>st</sup> Feb	7.30pm – 10.00pm
Football Award 1 Youth & Adult	Session 5 Session 6	Club Coaches	St Patricks	Saturday 25 <sup>th</sup> Feb	9.00am – 2.30pm
Football Award 1 Youth & Adult	Session 7	Club Coaches	St Patricks	Tuesday 28 <sup>th</sup> Feb	7.30pm – 10.00pm
Hurling Award 1 Youth & Adult	Session 1	Club Coaches	Ballinakill	Wednesday 11 <sup>th</sup> Oct	7.30pm – 10.00pm
Hurling Award 1 Youth & Adult	Session 2 Session 3	Club Coaches	Ballinakill	Saturday 14 <sup>th</sup> Oct	10.00am – 2.30pm
Hurling Award 1	Session 4	Club Coaches	Ballinakill	Wednesday 25 <sup>th</sup> Oct	7.30pm – 10.00pm

Youth & Adult					
Hurling Award 1 Youth & Adult	Session 5 Session 6	Club Coaches	Ballinakill	Saturday 28 <sup>th</sup> Oct	9.00am – 2.30pm
Hurling Award 1 Youth & Adult	Session 7	Club Coaches	Ballinakill	Wednesday 1 <sup>st</sup> Nov	7.30pm – 10.00pm
West Football Foundation Award	Session 1 Session 2	Club Coaches	Baltinglass	Wednesday 22 <sup>nd</sup> Nov Wednesday 29 <sup>th</sup> Nov	6.30pm-10.30pm 6.30pm-10.30pm
All County Hurling Foundation Award	Session 1 Session 2	Club Coaches	Ballinakill	Thursday 9 <sup>th</sup> Nov Thursday 16 <sup>th</sup> Nov	6.30pm-10.30pm 6.30pm-10.30pm
East Football Foundation Award	Session 1 Session 2	Club Coaches	An Tochar	Wednesday 8 <sup>th</sup> Nov Wednesday 15 <sup>th</sup> Nov	6.30pm-10.30pm 6.30pm-10.30pm
Code Of Ethics	Child Protection	Club Coaches	Ballinakill	Monday 13 <sup>th</sup> Feb	7.30pm – 10.00pm
Code Of Ethics	Child Protection	Club Coaches	Ballinakill	Monday 20 <sup>th</sup> Feb	7.30pm- 10.00pm

# Football Coach Development Workshops

Event	Topic	Target Audience	Venue	Date	Time
Workshop	Go Games Coaching	Under 7/9 Coaches	Dunlavin	Tuesday 7 <sup>th</sup> March	7.30pm-9.00pm
Workshop	Go Games Coaching	Under 7/9 Coaches	Annacurra	Wednesday 8 <sup>th</sup> March	7.30pm-9.00pm
Workshop	Go Games Coaching	Under 7/9 Coaches	An Tochar	Thursday 9 <sup>th</sup> March	7.30pm-9.00pm
Workshop	Mini League	Under 11 Coaches	Blessington	Tuesday 14 <sup>th</sup> March	7.30pm-9.00pm
Workshop	Mini League	Under 11 Coaches	Carnew	Wednesday 15 <sup>th</sup> March	7.30pm-9.00pm
Workshop	Mini league	Under 11 Coaches	Rathnew	Thursday 16 <sup>th</sup> March	7.30pm-9.00pm
Workshop	Breaking Ball	Youth/Adult Coaches	Ballinakill	Saturday 1 <sup>st</sup> April	11.00am-12.30pm
Workshop	Coaching Tackling	Youth Coaches	West Wicklow	Tuesday 4 <sup>th</sup> April	7.30pm-8.30pm
Workshop	Coaching Tackling	Youth Coaches	North East Wicklow	Thursday 6 <sup>th</sup> April	7.30pm-8.30pm
Workshop	Coaching Tackling	Youth Coaches	South Wicklow	Tuesday 11 <sup>th</sup> April	7.30pm-8.30pm
Workshop	Coaching Kicking for Scores	Youth Coaches	West Wicklow	Thursday 13 <sup>th</sup> April	7.30pm-8.30pm



Workshop	Coaching Kicking for Scores	Youth Coaches	North East Wicklow	Tuesday 18 <sup>th</sup> April	7.30pm-8.30pm
Workshop	Coaching Kicking for Scores	Youth Coaches	South Wicklow	Thursday 20 <sup>th</sup> April	7.30pm-8.30pm
Workshop	Conditioned Games	Youth Coaches	West Wicklow	Tuesday 25 <sup>th</sup> April	7.30pm-8.30pm
Workshop	Conditioned Games	Youth Coaches	North East Wicklow	Thursday 27 <sup>th</sup> April	7.30pm-8.30pm
Workshop	Conditioned Games	Youth Coaches	South Wicklow	Tuesday 2 <sup>nd</sup> May	7.30pm-8.30pm
Workshop	Tackling for Success	Youth/Adult Coaches	Ballinakill	Saturday 27 <sup>th</sup> May	11.00am-12.30pm
Workshop	Beating the Blanket Defence	Youth/Adult Coaches	Ballinakill	Saturday 10 <sup>th</sup> June	11.00am-12.30pm
Workshop	Games For Better Team Play	Youth/Adult Coaches	Ballinakill	Saturday 8 <sup>th</sup> July	11.00am-12.30pm
Workshop	Kicking for Possession	Youth/Adult Coaches	Ballinakill	Saturday 19 <sup>th</sup> August	11.00am-12.30pm

# Hurling Coach Development Workshops

Event	Topic	Target Audience	Venue	Date	Time
Workshop	Go Games Coaching Activities	U7/9 Club Go Games Coaches + CSL	Carnew	Saturday 25 <sup>th</sup> Feb	11am – 12.30pm
Workshop	Go Games Coaching Activities	U7/9 Club Go Games Coaches +CSL	Dunlavin	Friday 24 <sup>th</sup> March	7.30pm- 9.00pm
Workshop	Go Games Coaching Activities	U7/9 Club Go Games Coaches + CSL	Kilcoole	Saturday 31 <sup>st</sup> March	11am – 12:30pm
Workshop	Mini League Coaching Activities	U11 Club Coach + CSL	Ballinakill	Tuesday 21st March	7pm - 8:30pm
Workshop	Fitness with the Sliotar	Club Youth Coach	Ballinakill	Friday 14 <sup>th</sup> April	7pm – 8:30pm
Workshop	Attacking Play In Hurling	Club Youth Coach	Ballinakill	Friday 19 <sup>th</sup> May	7pm – 8:30pm
Workshop	Mini League Coaching Activities	U11 Club Coach + CSL	Kiltegan	Tuesday 6 <sup>th</sup> June	7pm – 8:30pm

Workshop	Games For Better Team Play In Hurling	Club Youth Coach	Ballinakill	Friday 16 <sup>th</sup> June	7pm – 8:30pm
Workshop	Adapting Fun Games For Hurling	Club Youth Coach	Ballinakill	Friday 14 <sup>th</sup> July	7pm – 8:30pm
Workshop	Coaching The Tackle In Hurling	Club Youth Coach	Ballinakill	Friday 18 <sup>th</sup> August	7pm – 8:30pm

## Club Development

Event	Topic	Target Audience	Venue	Date	Time
Pre-season Planning	Planning The Year Ahead	Club Coaches	Ballinakill	Monday 30 <sup>th</sup> Jan	8.00pm – 9.30pm
Coaching Coordinator	Player Pathway	Club Coaching Coordinators	Ballinakill	Wednesday 15 <sup>th</sup> Feb	7.30pm – 9.30pm
Club School Link	Developing Link	CSL Coaches	Ballinakill	Monday 18 <sup>th</sup> Sept	7.30pm – 9.30pm

## Player Development

Event	Topic	Target Audience	Venue	Date	Time
Gaelic 15 & SAQ	Warm Up/SAQ	Club Coaches	Baltinglass	Monday 6 <sup>th</sup> Feb	7.30pm-9.30pm
Introduction To Resistance Training	Strength & Conditioning	Club Coaches	Ballinakill	Saturday 11 <sup>th</sup> Feb	11.00am-12.30pm
The Mark	How to implement the Mark	Club coaches U13 – U17	Ballinakill	Monday 6 <sup>th</sup> March	8.00pm – 9.00pm
Performance Analysis	Video and data Analysis	Club Coaches	Ballinakill	Monday 20 <sup>th</sup> March	7.30pm – 9.30pm

## ABC Nursery Workshop

Event	Topic	Target Audience	Venue	Date	Time
ABC Workshop	Fundamentals	Nursery Coaches	Baltinglass	Tuesday 28 <sup>th</sup> Feb	7.30pm – 9.00pm
ABC Workshop	Fundamentals	Nursery Coaches	Greystones	Thursday 2 <sup>nd</sup> March	7.30pm – 9.00pm
ABC Workshop	Fundamentals	Nursery Coaches	Aughrim	Wednesday 22 <sup>nd</sup> March	7.30pm – 9.00pm

# Referee Education

Event	Topic	Target Audience	Venue	Date	Time
Go Games Referee Course	Go Games Playing Rules	16-Minor	Dunlavin	Tuesday 21 <sup>st</sup> Feb	7.30pm – 9.30pm
Go Games Referee Course	Go Games Playing Rules	16-Minor	Bray Emmets	Tuesday 21 <sup>st</sup> Feb	7.30pm – 9.30pm
Go Games Referee Course	Go Games Playing Rules	16-Minor	Aughrim	Wednesday 22 <sup>nd</sup> Feb	7.30pm – 9.30pm
Go Games Referee Course	Go Games Playing Rules	16-Minor	Wicklow Town	Wednesday 22 <sup>nd</sup> Feb	7.30pm – 9.30pm
New Referee's Course	Full Referee Rules	18-Adult	Aughrim	Monday 6 <sup>th</sup> March	7.30pm – 10.00pm

# Wicklow GAA Coaching Conference

Event	Topic	Target Audience	Venue	Date	Time
Conference	Youth Player	Club Coaches	TBC	Saturday 29 <sup>th</sup> April	10.00am-2.00pm

# January 2017

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16 West, South & East Wicklow Online Football Foundation Open	17	18	19	20	21	22
23	24	25 Award 1 County Players Football Session 1 Ballinakill	26	27 County Wicklow Online Hurling Foundation Open	28 Award 1 County Players Football Session 2/3 Ballinakill	29 West, South & East Wicklow Online Football Foundation Closed
30 Pre Season Planning Workshop Ballinakill	31 West Wicklow Online Football Foundation Practical Baltinglass					

# February 2017

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1 Award 1 County Players Football Session 4 Ballinakill	2 East Wicklow Online Football Foundation Practical Greystones	3	4 Award 1 County Players Football Session 5/6 Ballinakill	5
6 Athletic Development Workshop-Gaelic 15	7 South Wicklow Online Football Foundation Practical Aughrim	8 Award 1 County Players Football Session 7 Ballinakill	9	10	11 Athletic Development Workshop- Introduction to Resistance Training	12 County Wicklow Online Hurling Foundation Closed
13 Code of Ethics Course Ballinakill	14 Award 1 Football Session 1 St Pats	15 Coaching Coordinator Workshop	16 County Wicklow Online Hurling Foundation Practical Aughrim	17	18 Award 1 Football Session 2/3 St Pats	19
20 Code of Ethics Course Ballinakill	21 Award 1 Football Session 4 St Pats Go Games Referee Course 1. Dunlavin 2. Bray Emmets	22 Go Games Referee Course 1. Aughrim 2. Wicklow Town	23	24	25 Award 1 Football Session 5/6 St Pats Hurling U7/U9 Go Games Workshop South Clubs Carnew	26
27 West Wicklow Nursery Workshop Baltinglass	28 Award 1 Football Session 7 St Pats					

# March 2017

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2 East Wicklow Nursery Workshop Greystones	3	4	5
6 Workshop on The Mark U13/17 Juvenile Coaches  New Referee's Course	7 West Wicklow U7/U9 Go Games Coaches Football Workshop Dunlavin	8 South Wicklow U7/U9 Go Games Coaches Football Workshop Annacurra	9 East Wicklow U7/U9 Go Games Coaches Football Workshop An Tochar	10	11	12
13	14 West Wicklow U11 Mini League Coaches Football Workshop Blessington	15 South Wicklow U11 Mini League Coaches Football Workshop Carnew	16 East Wicklow U11 Mini League Coaches Football Workshop Rathnew	17	18	19
20 Performance Analysis Workshop	21 All County Hurling U11 Mini League Coach Workshop Ballinakill	22 South Wicklow Nursery Workshop Aughrim	23	24 Hurling U7/U9 Go Games Workshop West Clubs Dunlavin	25	26
27	28	29	30	31 Hurling U7/U9 Go Games Workshop North/East Clubs Kilcoole		



# April 2017

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					1 Football County Workshop-Breaking Ball	2
3	4 West Wicklow Football Workshop-Tackling	5	6 North East Wicklow Football Workshop-Tackling	7	8	9
10	11 South Wicklow Football Workshop- Tackling	12	13 West Wicklow Football Workshop-Kicking for Scores	14 County Hurling Youth Coach Workshop-Fitness with the Sliotar	15	16
17	18 North East Wicklow Football Workshop-Kicking For Scores	19	20 South Wicklow Football Under Workshop-Kicking for Scores	21	22	23
24	25 West Wicklow Football Workshop- Conditioned Games	26	27 North East Wicklow Football Workshop- Conditioned Games	28	29 Wicklow GAA Coaching Conference	30

# May 2017

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2 South Wicklow Football Workshop- Conditioned Games	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19 County Hurling Youth Coach Workshop- Attacking Play	20	21
22	23	24	25	26	27 County Football Workshop-Tackling For Success	28
29	30	31				

# June 2017

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1	2	3	4
5	6 All County Hurling U11 Mini League Coach Workshop Ballinakill	7	8	9	10 County Football Workshop- Beating the Blanket Defence	11
12	13	14	15	16 County Hurling Youth Coach Workshop- Games for Better Team Play	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

# July 2017

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					1	2
3	4	5	6	7	8 County Football Workshop- Games for Better Team Play	9
10	11	12	13	14 County Hurling Youth Coach Workshop- Adapted Fun Games For Hurling	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# August 2017

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18 County Hurling Youth Coach Workshop- Coaching the Tackle	19 County Football Workshop- Kicking For Possession	20
21	22	23	24	25	26	27
28	29	30	31			

# September 2017

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18 Club School Link Workshop	19	20	21	22	23	24
25	26	27	28	28	30	

# October 2017

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11 Award 1 Youth/Adult Hurling Session 1 Ballinakill	12	13	14 Award 1 Youth/Adult Hurling Session 2/3 Ballinakill	15
16	17	18	19	20	21	22
23	24	25 Award 1 Youth/Adult Hurling Session 4 Ballinakill	26	27	28 Award 1 Youth/Adult Hurling Session 5/6 Ballinakill	29
30	31					

# November 2017

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1 Award 1 Youth/Adult Hurling Session 7 Ballinakill	2	3	4	5
6	7	8 East Wicklow Football Session 1 Foundation Course	9 Wicklow Hurling Session 1 Foundation Course	10	11	12
13	14	15 East Wicklow Football Session 2 Foundation Course	16 Wicklow Hurling Session 2 Foundation Course	17	18	19
20	21	22 West Wicklow Football Session 1 Foundation Course	23	24	25	26
27	28	29 West Wicklow Football Session 2 Foundation Course	30			



## December 2017

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	28	30	31

## Coach Education Course

Foundation €10 per person Award 1 €80 per person Award 2 €150 per person

## County Football Workshops

€5 per person

## County Hurling Workshops

€5 per person

## Nursery Workshops

Free

## Club Development

FREE

## Player Development

€5 per person

## Referee Education

Young Referee €20 Adult Referee FREE

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