

Wicklow GAA Coaching & Games Development

Coach Education Calendar 2019



Player Centred and Coach Driven
Better Coaches + Better Players = Better Teams



wicklowgaa



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Wicklow GAA Coach Education Programme 2019

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. **TURAS** principles should run throughout the coaching & games programme at all levels. As such, all stakeholders Players, Coaches, Managers, Academy leaders & Parents will speak a common language and follow a common pathway as they progress on their **TURAS** Pathway.

TURAS Principals

The key principals underpinning coaching on the Wicklow GAA Coach Development are presented using the acronym **TURAS**. **TURAS** is the Irish for journey, it was purposefully chosen to reflect the journey that is player coach development.

Testing and challenging: all players should be challenged to improve at their level

Understanding the player is at the centre of the game and provides individualised development (Player centred)

Resembles the game (games based)

All players involved, all the time: lots of touches, lots of decisions

Should always be enjoyable, developmentally appropriate & holistic GAA experience

TURAS Coach

Take ownership over their own coach development and become reflective coaches

Understand the technical, tactical, physical and psycho-behavioural development of young players and apply the appropriate coaching toolkit that develop these components.

Recognise the importance of, and work towards, a coherent, consistent and shared understanding of long-term player development.

Apply an appropriate games-based and player centred coaching and games programme

Share knowledge and experiences with other stakeholders on the player pathway.

TURAS Players

Take responsibility for their own development and self-regulate their behaviour

Understand and can execute the fundamental exercises (e.g squat, lunges etc) that underpin performance

Recognise the importance of physical, psychological and lifestyle components to their overall performance and demonstrates the willingness to develop these factors on a regular basis

Appropriately respond to challenge and have the skills and confidence to adapt to new contexts

Show the ability to demonstrate composure under pressure, execute appropriate skills/tactics under competition pressure and widening technical and tactical skill set whilst obtaining results

<p align="center">Coach Education Football Courses</p> <p align="center">Foundation €10 per coach, Award 1 €80 per coach, Award 2 €150 per coach, Resistance Training €125 per coach</p>
<p align="center">Coach Education Hurling Courses</p> <p align="center">Foundation €10 per coach, Award 1 €80 per coach, Award 2 €150 per coach, Resistance Training €125 per coach</p>
<p align="center">Club Player Pathway Football Workshops</p> <p align="center">FREE</p>
<p align="center">Club Player Pathway Hurling Workshops</p> <p align="center">FREE</p>
<p align="center">Leinster GAA Workshops</p> <p align="center">FREE</p>
<p align="center">TURAS Community of Practice Workshop</p> <p align="center">FREE</p>
<p align="center">Code Of Ethics Courses</p> <p align="center">€10 per coach</p>
<p align="center">Referee Education</p> <p align="center">Young Referee €20 Adult Referee FREE</p>
<p align="center">Club Development Workshops</p> <p align="center">FREE</p>

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.

Wicklow GAA Coaching & Games Development Contacts			
Games Manager	Hugh Kenny	087-2718537	hugh.kenny.gamesmanager.wicklow@gaa.ie
GDA	Paul Garrigan	083-4366801	paul.garrigan.gda.wicklow@gaa.ie
GDA	Garrett Doyle	083-4357460	garrett.doyle.gda.wicklow@gaa.ie
GDA	Darren Hayden	086-1450150	darren.hayden.gda.wicklow@gaa.ie
GDA	Cormac Noone	086-7013403	cormac.noonegda.wicklow@gaa.ie
GDA (H)	Jonathan Tallon	083-3645136	jonathan.tallon.gda.wicklow@gaa.ie
GDA (H)	Philip Campion	086-0442762	Philip.campion.gda.wicklow@gaa.ie
Coaching Officer	Brendan Smyth	086-1732217	coachingofficer.wicklow@gaa.ie
Hurling Officer	Owen Doyle	086-3607141	owdoyle@gmail.com
Children's Officer	Francis Stephenson	087-2499362	fsmossend@eircom.net

Wicklow GAA Games Development 2019

GDA's Regions and Club Responsibilities

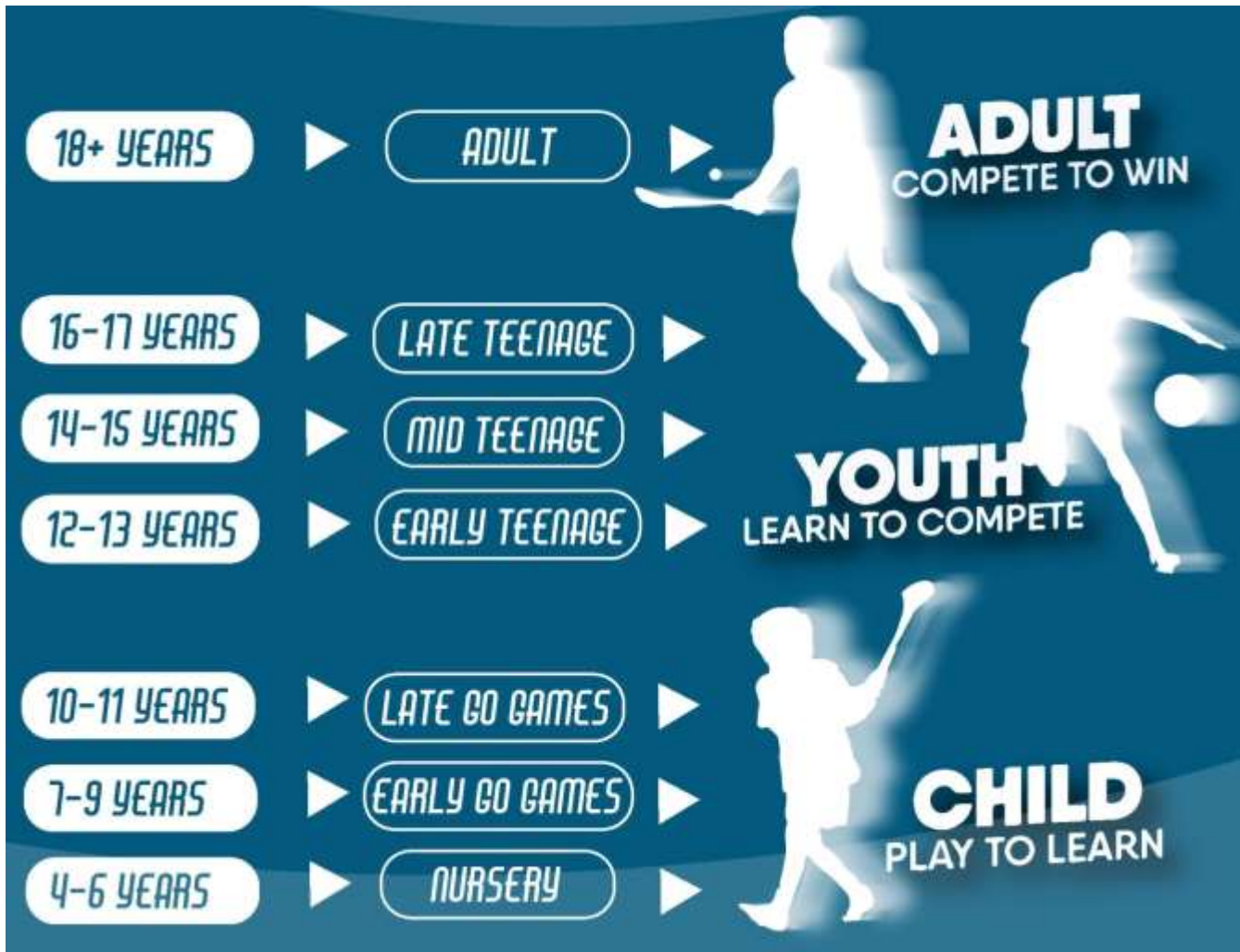


Hugh Kenny		Games Manager			
Paul Garrigan GDA	Cormac Noone GDA	Garrett Doyle GDA	Darren Hayden GDA	Jonathan Tallon (H) GDA	Philip Campion (H) GDA
Clubs	Clubs	Clubs	Clubs	Clubs	Clubs
Blessington	Lacken/Kilbride	St Patricks	Tinahely	Carnew Emmets	Eire Og Greystones
Baltinglass	Valleymount	Newcastle	Carnew Emmets	Avondale	Fergal Ogs
Kiltegan	Hollywood	Kilcoole	Annacurra	Aughrim	Kilcoole
Knockananna	Dunlavin	Rathnew	Aughrim	Kiltegan	Kilmacanogue Enniskerry
Ballymanus	Donard/Glen	Fergal Ogs	Avoca	Tinahely	St Patricks
Coolkenno	Stratford/Grangecon	Enniskerry	Barndarrig	Blessington	Barndarrig
Shillelagh/Coolboy	Laragh	Kilmacanogue	Avondale	Hollywood	ARP
	Ballinacor	An Tochar	Ashford	Dunlavin	Glenealy
		Eire Og Greystones	Newtown	Stratford/Grangecon	
Willie Braine		GPO Bray Emmets			
TBC		GPO Arklow Geraldines Ballymoney			

All Cubs that attend Workshops will be provided with follow up visits by your GDA's. It is the onus of the Club to contact our GDA's if requesting help or support during the year.

PLAYER PATHWAY

PLAY TO STAY WITH THE GAA





Football



Coach Education Courses

If a club would like to organise any of the below courses in their club
Please contact coach education officer Paul Garrigan

Event	Topic	Target Audience	Venue	Date	Time
Traditional Football Foundation Award	Foundation Football	Club Coaches	Aughrim	2 nd March	10am-3pm
				8 th March	7pm-9pm
Traditional Football Foundation Award	Foundation Football	Club Coaches	Dunlavin	23 rd February	10am-3pm
				1 st March	7pm-9pm
Traditional Football Foundation Award	Foundation Football	Club Coaches	North/East	6 th February	7.00pm-9.30pm
				9 th February	9.30am-2.30pm
Award 1 Football	Award 1 Youth/Adult Session 1	Youth/Adult Coaches	Arklow	27 th February	7.30pm-10pm
Award 1 Football	Award 1 Youth/Adult Session 2&3	Youth/Adult Coaches	Arklow	2 nd March	10am-2.30pm
Award 1 Football	Award 1 Youth/Adult Session 4	Youth/Adult Coaches	Arklow	6 th March	7.30pm-10pm
Award 1 Football	Award 1 Youth/Adult Session 5&6	Youth/Adult Coaches	Arklow	9 th March	10am-2.30pm
Award 1 Football	Award 1 Youth/Adult Session 7	Youth/Adult Coaches	Arklow	13 th March	7.30pm-10pm
Award 1 Football	Award 1 Youth/Adult Session 1	Youth/Adult Coaches	West Wicklow	2 nd October	7.30pm-10pm
Award 1	Award 1	Youth/Adult	West	5 th October	10am-

Football	Youth/Adult Session 2 & 3	Coaches	Wicklow		2.30pm
Award 1 Football	Award 1 Youth/Adult Session 4	Youth/Adult Coaches	West Wicklow	9 th October	7.30pm- 10pm
Award 1 Football	Award 1 Youth/Adult Session 5 & 6	Youth/Adult Coaches	West Wicklow	12 th October	10am- 2.30pm
Award 1 Football	Award 1 Youth/Adult Session 7	Youth/Adult Coaches	West Wicklow	16 th October	7.30pm- 10pm
Award 2 Football	Award 2 Youth/Adult Session 1	Youth/Adult Coaches	Ballinakill	2 nd February	9.30am- 2.00pm
Award 2 Football	Award 2 Youth/Adult Session 2	Youth/Adult Coaches	Ballinakill	16 th February	9.30am- 2.00pm
Award 2 Football	Award 2 Youth/Adult Session 3	Youth/Adult Coaches	Ballinakill	9 th March	10.30am- 12.30pm
Award 2 Football	Award 2 Youth/Adult Session 4	Youth/Adult Coaches	Ballinakill	16 th March	9.30am- 2.00pm
Award 2 Football	Award 2 Youth/Adult Session 5	Youth/Adult Coaches	Ballinakill	6 th April	10.30am- 12.30pm
Award 2 Football	Award 2 Youth/Adult Session 6	Youth/Adult Coaches	Ballinakill	13 th April	9.30am- 2.00pm
Award 2 Football	Award 2 Youth/Adult Session 7	Youth/Adult Coaches	Ballinakill	4 th May	10.30am- 12.30pm
Award 2 Football	Award 2 Youth/Adult Session 8	Youth/Adult Coaches	Ballinakill	18 th May	9.30am- 2.00pm
Award 2 Football	Award 2 Youth/Adult Session 9	Youth/Adult Coaches	Ballinakill	1 st June	10.30am- 12.30pm
Award 2 Football	Award 2 Youth/Adult Session 10	Youth/Adult Coaches	Ballinakill	15 th June	9.30am- 2.00pm

Resistance Training for GAA	Resistance Training	Youth Football Coaches	Ballinakill	Fri 1 st Nov	7.30pm – 9.30pm
Resistance Training for GAA	Resistance Training	Youth Football Coaches	Ballinakill	Sat 2 nd Nov	10am – 3pm
Resistance Training for GAA	Resistance Training	Youth Football Coaches	Ballinakill	Fri 15 th Nov	7.30pm – 9.30pm
Resistance Training for GAA	Resistance Training	Youth Football Coaches	Ballinakill	Sat 16 th Nov	10am – 3pm
Resistance Training for GAA	Resistance Training	Youth Football Coaches	Ballinakill	Fri 29 th Nov	7.30pm – 9.30pm
Resistance Training for GAA	Resistance Training	Youth Football Coaches	Ballinakill	Sat 30 th Nov	10am – 3pm



Hurling



Coach Education Courses

If a club would like to organise any of the below courses in their club
Please contact coach education officer Paul Garrigan

Event	Topic	Target Audience	Venue	Date	Time
Traditional Hurling Foundation Award	Foundation Hurling	Club Coaches	Aughrim	9 th March	10am-5pm
Traditional Hurling Foundation Award	Foundation Hurling	Club Coaches	Dunlavin	9 th March	10am-5pm

Traditional Hurling Foundation Award	Foundation Hurling	Club Coaches	Kilcoole	9 th March	10am-5pm
Award 1 Hurling	Award 1 Youth/Adult Session 1	Youth/Adult Coaches	Aughrim	5 th April	7.30pm-10pm
Award 1 Hurling	Award 1 Youth/Adult Session 2 & 3	Youth/Adult Coaches	Aughrim	6 th April	10am-2.30pm
Award 1 Hurling	Award 1 Youth/Adult Session 4	Youth/Adult Coaches	Aughrim	3 rd May	7.30pm-10pm
Award 1 Hurling	Award 1 Youth/ Adult Session 5&6	Youth/Adult Coaches	Aughrim	4 th May	10am-2.30pm
Award 1 Hurling	Award 1 Youth/ Adult Session 7	Youth/Adult Coaches	Aughrim	24 th May	7.30pm-10pm
Resistance Training for GAA	Resistance Training	Youth Hurling Coaches	Ballinakill	Fri 1 st Nov	7.30pm – 9.30pm
Resistance Training for GAA	Resistance Training	Youth Hurling Coaches	Ballinakill	Sat 2 nd Nov	10am – 3pm
Resistance Training for GAA	Resistance Training	Youth Hurling Coaches	Ballinakill	Fri 15 th Nov	7.30pm – 9.30pm
Resistance Training for GAA	Resistance Training	Youth Hurling Coaches	Ballinakill	Sat 16 th Nov	10am – 3pm
Resistance Training for GAA	Resistance Training	Youth Hurling Coaches	Ballinakill	Fri 29 th Nov	7.30pm – 9.30pm
Resistance Training for GAA	Resistance Training	Youth Hurling Coaches	Ballinakill	Sat 30 th Nov	10am – 3pm



HOW WE SUPPORT COACHES

DELIVER PLAYER
PATHWAY
WORKSHOP



CLUB VISIT 1

PART-TAKE SESSION WITH EXAMPLES OF
GOOD PRACTICE REVIEW SESSION USING

TURAS
PRINCIPLES



CLUB VISIT 2

OBSERVE SAME COACHES &
REVIEW USING

TURAS
PRINCIPLES

TURAS



Football Player



Pathway Workshops

Clubs grouped based on logistics and venue

All Clubs that attend workshops will be provided with coaching support and follow up visits from the GDA in your region

Please note if a club can not attend a workshop in their area they can still attend any of the other workshops being ran in other areas.

Area 1

Lacken/Kilbride, Blessington,Valleymount, Hollywood, Dunlavin, Donard/Glen, Baltinglass, Knockananna, Stratford/Grangecon, Kiltegan, St Nicholas, Michael Dwyers, St Kevins

Area 2

St Patricks, Rathnew, An Tochar, Eire Og, Newcastle, Kilcoole, Enniskerry, Kilmacanouge, Fergal Og, Newtown, Ashford

Area 3

Carnew, Coolkenno, Shillelagh/Coolboy, Tinahely, Annacurra, Aughrim, Avondale, Laragh, Avoca, Ballinacor, Ballymanus, Barndarrig, AGB

Event	Topic	Target Audience	Venue	Date	Time
Area 1					
Football Player Pathway Workshop	Nursery Workshop	Nursery 4-6 Coaches	Dunlavin Area 1 Clubs	11 th February	7.30pm-9pm
Football Player Pathway Workshop	Early Go Games	Under 7-9 Coaches	Baltinglass Area 1 Clubs	18 th February	7.30pm-9pm

Football Player Pathway Workshop	Late Go Games	Under 10-11 Coaches	Kiltegan Area 1 Clubs	27 th February	7.30pm-9pm
Football Player Pathway Workshop	Early Teenage	Under 12-13 Coaches	Shillelagh Area 1 Clubs	13 th March	7.30pm-9pm
Football Player Pathway Workshop	Mid Teenage	Under 14-15 Coaches	Hollywood Area 1 Clubs	10 th April	7.30pm-9pm
Football Player Pathway Workshop	Late Teenage	Under 16-17 Coaches	Blessington Area 1 Clubs	24 th April	7.30pm-9pm

Area 2

Football Player Pathway Workshop	Nursery Workshop	Nursery 4-6 Coaches	St Patricks Area 2 Clubs	25 th February	7.30pm-9pm
Football Player Pathway Workshop	Early Go Games	Under 7-9 Coaches	An Tochar Area 2 Clubs	15 th February	7.30pm-9pm
Football Player Pathway Workshop	Late Go Games	Under 10-11 Coaches	Newtown Area 2 Clubs	1 st March	7.30pm-9pm
Football Player Pathway Workshop	Early Teenage	Under 12-13 Coaches	Eire Og Area 2 Clubs	8 th March	7.30pm-9pm
Football Player Pathway Workshop	Mid Teenage	Under 14-15 Coaches	Kilcoole Area 2 Clubs	15 th March	7.30pm-9pm
Football Player Pathway Workshop	Late Teenage	Under 16-17 Coaches	An Tochar Area 2 Clubs	11 th February	7.30pm-9pm

Area 3

Football Player Pathway Workshop	Nursery Workshop	Nursery 4-6 Coaches	Aughrim Area 3 Clubs	15 th February	7.30pm-9pm
Football Player Pathway Workshop	Early Go Games	Under 7-9 Coaches	Aughrim Area 3 Clubs	27 th February	7.30pm-9pm
Football Player Pathway Workshop	Late Go Games	Under 10-11 Coaches	Annacurra Area 3 Clubs	6 th March	7.30pm-9pm
Football Player Pathway Workshop	Early Teenage	Under 12-13 Coaches	Avondale Area 3 Clubs	13 th March	7.30pm-9pm
Football Player Pathway Workshop	Mid Teenage	Under 14-15 Coaches	Avondale Area 3 Clubs	25 th March	7.30pm-9pm
Football Player Pathway Workshop	Late Teenage	Under 16-17 Coaches	Aughrim Area 3 Clubs	27 th March	7.30pm-9pm



Player Centred and Coach Driven



Hurling Player



Pathway Workshops

Clubs grouped based on logistics and venues

Clubs that attend workshops will be provided with coaching support and follow up visits from the GDA in your region.

Please note if a club can not attend a workshop in their area they can still attend any of the other workshops being ran in other areas.

Area 1

Blessington, Hollywood, Dunlavin, Stratford/Grangecon, Kiltegan, Western Gaels, Michael Dwyers

Area 2

St Patricks, Barndarrig, Eire Og Greystones, Glenealy, Kilcoole, Kilmacanogue, Fergal Ogs, ARP

Area 3

Carnew Emmets, Tinahely, Aughrim, Avondale, Luke O Tooles, Tomacork

Event	Topic	Target Audience	Venue	Date	Time
Area 1					
Hurling Player Pathway Workshop	Nursery Workshop	Nursery 4-6 Coaches	Dunlavin Area 1 Clubs	11 th February	7.30pm-9pm
Hurling Player Pathway Workshop	Early Go Games	Under 7-9 Coaches	Blessington Kiltegan Area 1 Clubs	7 th February 14 th February	7.30pm-9pm

Hurling Player Pathway Workshop	Late Go Games	Under 10-11 Coaches	Hollywood Area 1 Clubs	22 nd March	7.30pm-9pm
Hurling Player Pathway Workshop	Early Teenage	Under 12-13 Coaches	Hollywood Area 1 Clubs	19 th March	7.30pm-9pm
Hurling Player Pathway Workshop	Mid Teenage	Under 14-15 Coaches	Hollywood Area 1 Clubs	26 th March	7.30pm-9pm
Hurling Player Pathway Workshop	Late Teenage	Under 16-17 Coaches	Avondale Area 1 Clubs	13 th February	7.30pm-9pm

Area 2

Hurling Player Pathway Workshop	Nursery Workshop	Nursery 4-6 Coaches	St Patricks Area 2 Clubs	25 th February	7.30pm-9pm
Hurling Player Pathway Workshop	Early Go Games	Under 7-9 Coaches	Eire Og Area 2 Clubs	11 th March	7.30pm-9pm
Hurling Player Pathway Workshop	Late Go Games	Under 10-11 Coaches	Glenealy Area 2 Clubs	25 th March	7.30pm-9pm
Hurling Player Pathway Workshop	Early Teenage	Under 12-13 Coaches	Glenealy Area 2 Clubs	8 th April	7.30pm-9pm
Hurling Player Pathway Workshop	Mid Teenage	Under 14-15 Coaches	Kilcoole Area 2 Clubs	13 th May	7.30pm-9pm
Hurling Player Pathway Workshop	Late Teenage	Under 16-17 Coaches	Arklow Rocks Area 2 Clubs	10 th June	7.30pm-9pm

Area 3

Hurling Player Pathway Workshop	Nursery Workshop	Nursery 4-6 Coaches	Aughrim Area 3 Clubs	15 th February	7.30pm-9pm
Hurling Player Pathway Workshop	Early Go Games	Under 7-9 Coaches	Aughrim Area 3 Clubs	12 th February	7.30pm-9pm
Hurling Player Pathway Workshop	Late Go Games	Under 10-11 Coaches	Carnew Area 3 Clubs	14 th March	7.30pm-9pm
Hurling Player Pathway Workshop	Early Teenage	Under 12-13 Coaches	Aughrim Area 3 Clubs	12 th March	7.30pm-9pm
Hurling Player Pathway Workshop	Mid Teenage	Under 14-15 Coaches	Carnew Area 3 Clubs	29 th March	7.30pm-9pm
Hurling Player Pathway Workshop	Late Teenage	Under 16-17 Coaches	Avondale Area 3 Clubs	13 th February	7.30pm-9pm



Player Centred and Coach Driven



Leinster GAA Workshops



Event	Topic	Target Audience	Venue	Date	Time
Leinster GAA Workshop Series	Building Resilience in Players	Youth/Adult Hurling/Football Coaches	Ballinakill	TBC	11am-12.30pm
Leinster GAA Workshop Series	Training V Coaching- How To Maximise Your Resources	Youth/Adult Hurling/Football Coaches	Ballinakill	TBC	11am-12.30pm
Leinster GAA Workshop Series	The Skill Of Defending As An Individual, Unit And Team	Youth/Adult Hurling Coaches	Ballinakill	TBC	11am-12.30pm
Leinster GAA Workshop Series	Developing A System of Play Step by Step	Youth/Adult Football Coaches	Ballinakill	TBC	11am-12.30pm



Player Centred and Coach Driven



Community of Practice Workshops

Event	Topic	Target Audience	Venue	Date	Time
TURAS COP Workshop	Game Based Coaching	Youth Football Coaches	Ballinakill	8 th June	11.00pm-12.30pm
TURAS COP Workshop	Game Based Coaching	Youth Hurling Coaches	Bray	18 th May	11.00pm-12.30pm



Code of Ethics Courses



Event	Topic	Target Audience	Venue	Date	Time
Code Of Ethics Course	Child Protection	Club Coaches	Dunlavin	22 nd February	7.00pm-10.00pm
Code Of Ethics Course	Child Protection	Club Coaches	Aughrim	1 st March	7.00pm-10.00pm
Code Of Ethics Course	Child Protection	Club Coaches	North/East	30 th January	7.00pm-10.00pm



Referee Education



Event	Topic	Target Audience	Venue	Date	Time
Go Games Referee Course	Go Games Playing Rules	16 year olds and over	Kilcoole	15 th March	7.30pm-9pm
Go Games Referee Course	Go Games Playing Rules	16 year olds and over	Aughrim	13 th February	7.30pm-9pm
Go Games Referee Course	Go Games Playing Rules	16 year olds and over	Dunlavin	4 th March	7.30pm-9pm
Full Referee Course	Full Rules	Adult	Ballinakill	5 th Feb 12 th Feb 26 th Feb Dates TBC	7.30pm – 9.30pm



Club Development Workshops



Event	Topic	Target Audience	Venue	Date	Time
CSL Coach	Coaching & Games	Club School Link Coaches	Aughrim	23 rd September	7.30pm-9pm
Club Coaching Officer	TURAS & internal leagues	Club Coaching Officer	Ballinakill	19 th February	7.30pm-9.30pm
Wicklow GAA Coaching Conference	TBC	Youth/Adult Coaches	TBC	May TBC	10.30am – 2.30pm