



**TURAS**

**CUMANN LÚTHCHLEAS GAEL**

# **WICKLOW GAA COACH EDUCATION CALENDAR 2021**

*Because Knowledge is Power*

**PLAYER CENTERED AND COACH DRIVEN  
BETTER COACHES + BETTER PLAYERS = BETTER TEAMS**

join, like or follow us for updates on social media!  
Twitter, Facebook, Instagram & [officialwicklowgaa.ie](http://officialwicklowgaa.ie)



Subscribe to our Wicklow GAA Coaching & Games Development YouTube Channel

## Wicklow GAA Games Development 2021 GDA's / GPO's Club Responsibilities

Hugh Kenny		Games Manager		
Paul Garrigan GDA	Cormac Noone GDA	Garrett Doyle GDA	Darren Hayden GDA	Philip Champion GDA (H)
Clubs	Clubs	Clubs	Clubs	Clubs
Blessington	Lacken/Kilbride	An Tochar	Tinahely	Glenealy
Baltinglass	Valleymount	Newcastle	Avondale	ARP
Kiltegan	Hollywood	Rathnew	Annacurra	Barndarrig
Knockananna	Dunlavin	Ballinacor	Aughrim	Aughrim
Ballymanus	Donard/Glen	Fergal Ogs	Avoca	Avondale
Coolkenno	Stratford/ Grangecon	Ashford	Barndarrig	Fergal Ogs
Shillelagh/Coolboy	Laragh	Kilcoole		Knockananna
				Kiltegan
				Western Gaels
				Michael Dwyer's
<b>Willie Braine</b>		GPO Bray Emmets		
<b>Noel Morris</b>		GPO Arklow Geraldines/Ballymoney		
<b>Kevin Spain</b>		GPO Eire Og Greystones		
<b>Jackie Kinch</b>		GPO Enniskerry, Kilmacanogue & Newtown		
<b>Conor Daly</b>		GPO Carnew Emmets & St Patricks		

## Wicklow GAA Coach Education Programme 2021

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.

**T**esting and challenging: all players should be challenged to improve at their level

**U**nderstanding the player is at the centre of the game and provides individualised development (Player centred)

**R**esembles the game (games based)

**A**ll players involved, all the time: lots of touches, lots of decisions

**S**hould always be enjoyable, developmentally appropriate & holistic GAA experience

### **TURAS Coach**

**T**ake ownership over their own coach development and become reflective coaches

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

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

**A**pply an appropriate games-based and player centred coaching and games programme

**S**hare knowledge and experiences with other stakeholders on the player pathway.

### **TURAS Players**

**T**ake responsibility for their own development and self-regulate their behaviour

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

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

**A**ppropriately respond to challenge and have the skills and confidence to adapt to new contexts

**S**how 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"><b>Coach Education Football Courses</b></p> <p align="center">Introduction to Gaelic Games €15 per coach, Award 1 €85 per coach, Award 2 €150 per coach,</p>
<p align="center"><b>Coach Education Hurling Courses</b></p> <p align="center">Introduction to Gaelic Games €15 per coach, Award 1 €85 per coach, Award 2 €150 per coach,</p>
<p align="center"><b>Club Player Pathway Football Workshops</b></p> <p align="center">FREE</p>
<p align="center"><b>Club Player Pathway Hurling Workshops</b></p> <p align="center">FREE</p>
<p align="center"><b>Code Of Ethics Courses</b></p> <p align="center">€10 per coach</p>
<p align="center"><b>Referee Education</b></p> <p align="center">Young Referee €10 Adult Referee FREE</p>
<p align="center"><b>Club Development Workshops</b></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.**

<b>Wicklow GAA Coaching &amp; Games Development Contacts</b>			
Games Manager	Hugh Kenny	087-2718537	<a href="mailto:hugh.kenny.gamesmanager.wicklow@gaa.ie">hugh.kenny.gamesmanager.wicklow@gaa.ie</a>
GDA	Paul Garrigan	083-4366801	<a href="mailto:paul.garrigan.gda.wicklow@gaa.ie">paul.garrigan.gda.wicklow@gaa.ie</a>
GDA	Garrett Doyle	083-4357460	<a href="mailto:garrett.doyle.gda.wicklow@gaa.ie">garrett.doyle.gda.wicklow@gaa.ie</a>
GDA	Darren Hayden	086-1450150	<a href="mailto:darren.hayden.gda.wicklow@gaa.ie">darren.hayden.gda.wicklow@gaa.ie</a>
GDA	Cormac Noone	086-7013403	<a href="mailto:cormac.noonegda.wicklow@gaa.ie">cormac.noonegda.wicklow@gaa.ie</a>
GDA (H)	Philip Campion	086-0442762	<a href="mailto:Philip.campion.gda.wicklow@gaa.ie">Philip.campion.gda.wicklow@gaa.ie</a>
Coaching Officer	Christy Fox	086-8374765	<a href="mailto:coachingofficer.wicklow@gaa.ie">coachingofficer.wicklow@gaa.ie</a>
Hurling Officer	Owen Doyle	086-3607141	<a href="mailto:owdoyle@gmail.com">owdoyle@gmail.com</a>
Children's Officer	Francis Stephenson	087-2499362	<a href="mailto:fmossend@eircom.net">fmossend@eircom.net</a>

## **Clubs must contact their GDA to Organise club support**

The GDA's are on hand to assist clubs in all areas of games development. If your club has a proposal for a workshop or an idea your GDA will be on hand for advice and support.

# COACH EDUCATION

## FEBRUARY WEBINARS

Event	Topic	Target Audience	Online	Date	Time
Coach Education Webinar	S & C Planning for the Youth Player	U15-U17 Youth Coaches	Webinar	Friday 12 <sup>th</sup> February	7.30pm-8.30pm
Coach Education Webinar	Planning your Coaching Session	All Coaches	Webinar	Monday 15 <sup>th</sup> February	7.30pm-8.30pm
Coach Education Webinar	Coaching the Female Teenage Player	Youth Coaches	Webinar	Wednesday 17 <sup>th</sup> February	7.00pm-8.00pm
Coach Education Webinar	Stepped approach to Performance Analysis	All Coaches	Webinar	Thursday 18 <sup>th</sup> February	7.30pm-8.30pm
Coach Education Webinar	Creating a Positive Team Culture	All Coaches	Webinar	Monday 22 <sup>nd</sup> February	7.30pm-8.30pm
Coach Education Webinar	Recruiting & Retaining Players along the Player Pathway	All Coaches	Webinar	Wednesday 24 <sup>th</sup> February	7.30pm-8.30pm



# E-Learning Online Football

## Introduction to Gaelic Games



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
Online Coach Education	Introduction to Gaelic Games	Club Coaches	Kilcoole		
Coach Education	Practical Football Session	Club Coaches	Kilcoole	TBC	TBC
Online Coach Education	Introduction to Gaelic Games	Club Coaches	Tinahely		
Coach Education	Practical Football Session	Club Coaches	Tinahely	TBC	TBC
Online Coach Education	Introduction to Gaelic Games	Club Coaches	Ballinakill		
Coach Education	Practical Football Session	Club Coaches	Ballinakill	TBC	TBC

All online courses will be available from the 4<sup>th</sup> of February practical dates have to be confirmed.  
Coaches that complete online section will be contacted with practical session dates when restrictions have been lifted.



# E-Learning Online Hurling

## Introduction to Gaelic Games



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
Online Coach Education	Introduction to Gaelic Games	Club Coaches	Ballinakill		
Coach Education	Practical Hurling Session	Club Coaches	Ballinakill	TBC	TBC

All online courses will be available from the 4<sup>th</sup> of February practical dates have to be confirmed.  
Coaches that complete online section will be contacted with practical session dates when restrictions have been lifted.



# E-Learning Online Dual Introduction to Gaelic Games



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
Online Coach Education	Introduction to Gaelic Games	Club Coaches	Eire Og		
Coach Education	Practical Dual Session	Club Coaches	Eire Og	TBC	TBC
Online Coach Education	Introduction to Gaelic Games	Club Coaches	Bray		
Coach Education	Practical Dual Session	Club Coaches	Bray	TBC	TBC
Online Coach Education	Introduction to Gaelic Games	Club Coaches	Ballinakill		
Coach Education	Practical Dual Session	Club Coaches	Ballinakill	TBC	TBC

**All online courses will be available from the 4<sup>th</sup> of February practical dates have to be confirmed. Coaches that complete online section will be contacted with practical session dates when restrictions have been lifted.**

The GAA, LGFA and the Camogie Association have been working closely over the past year on a new course that will replace the existing Foundation Course. This course will be called Introduction to Gaelic Games and will be a joint Programme recognizing the three organization's and codes. This new course should be avail from September 2021 and mean that coaches of all Gaelic games will be catered for in this new Programme.



# 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**



**T**esting and Challenging; all players should be challenged to improve at their level



**U**nderstands the player is at the centre of the game and provides individualised development (player centred)



**R**esembles the game (games based)



**A**ll players involved, all the time, lots of touches, lots of decisions

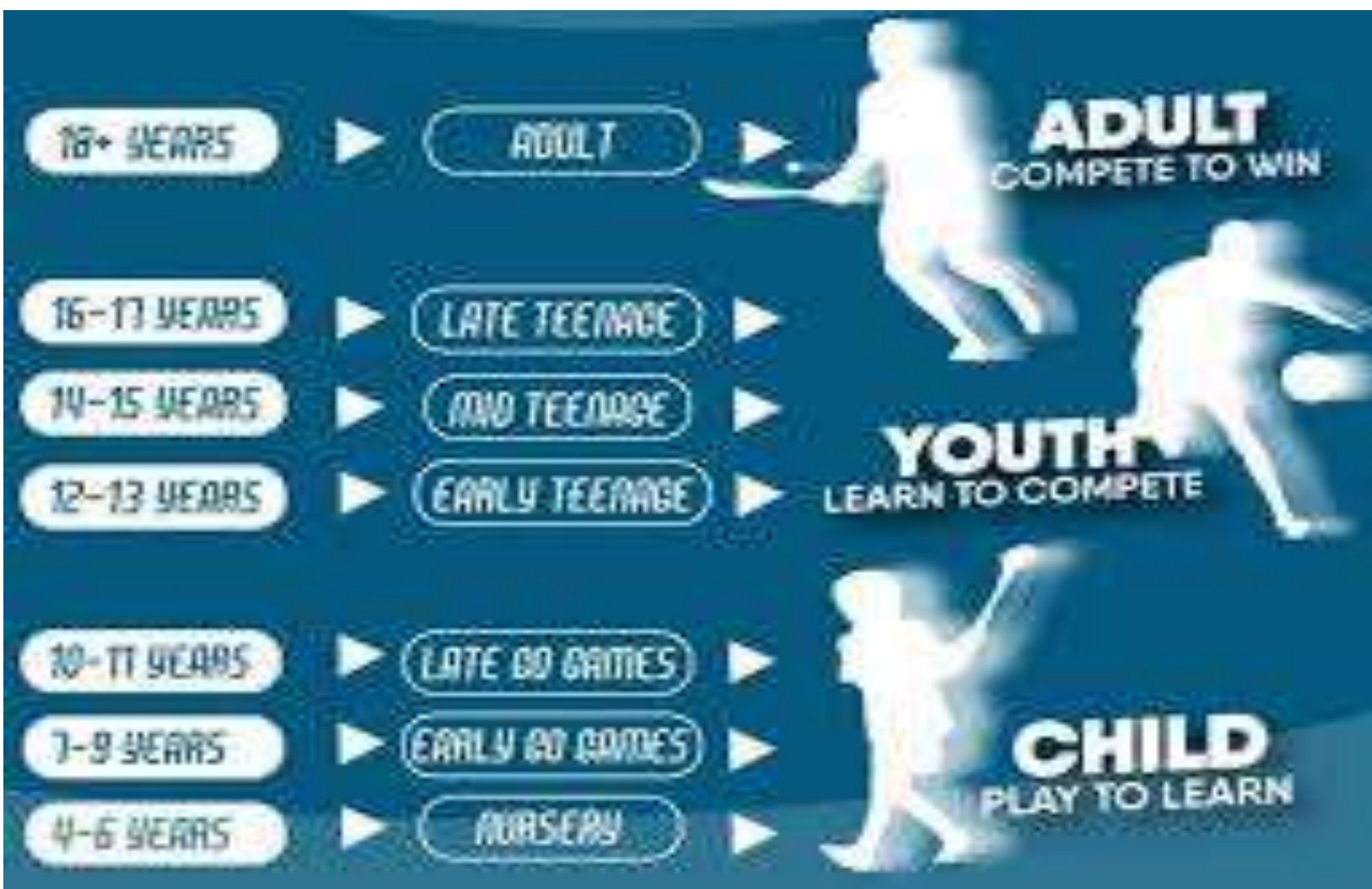


**S**hould be an enjoyable, developmentally appropriate & holistic GAA experience



# PLAYER PATHWAY

IS A GUIDE FOR PLAYER  
DEVELOPMENT.



# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA

ADULT  
18+ YRS

LATE TEENAGE  
16-17 YRS

MID TEENAGE  
14-15 YRS

EARLY TEENAGE  
12-13 YRS

LATE ON GAMES  
10-11 YRS

EARLY ON GAMES  
7-9 YRS

NURSERY  
4-6 YRS

## THE COACH

- Simple Tips
- Cheer & Praise
- Organised/Planned coaching sessions
- Check if players have their own ball at home
- Recognise that player development comes before winning.

## THE PLAYER

- Have a short attention span
- Enjoy team games
- Compete with greater intensity against each other
- Can be self-consciousness in learning new skills

# AGE 10-11

**TECHNICAL SKILLS**

**PHYSICAL FITNESS**

**TACTICAL PROWESS**

**TEAM PLAY**

**PSYCHOLOGICAL FACTORS**  
ENJOYABILITY OF PLAYERS

**PARTICIPANT FEEDBACK**

**Kicking**  
Hook Kick on both sides of the body. Shoot for points & goals. Punt Kick outside of the foot. Punt kick for distance pass.

**Handling**  
Hand pass using both sides of the body. Reach catch moving towards the ball. High catch with feet off the ground.

**Movement**  
Solo & bounce maximising four steps

**Tackling**  
Shadowing, block down & shoulder.

**Body resistant exercise**  
Performed through FUN games incorporating Push, Pull, Squat, Lung movement patterns. E.g. Leap Frog

**Evasion**  
Encourage use of side step & feint in possession of the ball  
Continue to develop principles of Running & Jumping

**Decision Making**  
When in possession challenge the players to scan options – Pass, Travel or shoot. Off the ball – Who to mark. How to be an option.  
Coach to question players during session and in games on decision making.

Coach to place conditions on training games to challenge decision making e.g. No play, Kick pass only, Left/Right foot only.

**Support Play**  
Support Play – Support your team mates in attack & defence. Coach to praise off the ball support runs.

Coaching sessions are game based to improve team play. Training Games have a variety of focus – Scoring, defending, keeping possession, use width.

## ENVIRONMENT

- FUN is number one priority
- Coach, Player Ratio = 1:8
- At least 1 football for every 2 players
- Players enjoy practice. Coach sets FUN tasks between sessions.
- Player enjoy game experiences rather than results



## THE GAME

- Small sided games 5v5, 7v7, 9v9, 11v11 MAX
- Size 4 smart touch football
- Continue to allow players to explore all positions
- Limit plays of the ball in coaching sessions to mirror that of match day rules.
- Has their own ball at home



# PLAYER PATHWAY

PLAY TO STAY WITH THE GAA



## PRINCIPLES

The key principles underpinning coaching on the Leinster GAA Player Pathway are presented using the acronym TURAS.

**T**esting and Challenging; all players should be challenged to improve at their level

**U**nderstands the player is at the centre of the game and provides individualised development (player centred)

**R**esembles the game (games based)

**A**ll players involved, all the time, lots of touches, lots of decisions

**S**hould always be an enjoyable, developmentally appropriate & holistic GAA experience

## AGE 10-11 FOOTBALL SAMPLE SESSION



### WARM UP ACTIVITY



**ORGANISATION**  
Divide the group into two teams  
Divide the area into four quadrants  
Using 2 balls per team, keep possession by kicking the ball to one another  
Progression 1 – Players must pass to player in a different quadrant  
Progression 2 – Players must run to another quadrant after a pass  
Progression 3 – Two balls can never be in the same quadrant.

### TURAS PRINCIPLES

- Primarily used a pulse raiser
- Each player to get a high number of touches on the ball
- Encourage support play through communication and off the ball runs
- Ask players questions about their decisions as warm up is a relaxed environment

### GAMES BASED ACTIVITY



**ORGANISATION**  
Attackers line up in pairs on endline cone  
Defenders line up on outside cone  
Attackers round cone directly opposite them & try to score  
Defenders must touch either post before coming out to defend

### TURAS PRINCIPLES

- After warm up maintain the fun emphasis through game based activity
- Ensure skill is practised on left and right
- Design the activity for multiple possessions for each player
- Stop the activity every 2mins to re set and maintain organisation

### INTERVENTION (FIN THE SKILL)



**ORGANISATION**  
Players work in groups of 4  
Play:Rest ratio is 1:1  
Player takes the ball at one end of the channel and tries to carry it down to the opposite end.  
Tackler tries to halt his progression.  
Player in possession continues up and down channel for 45 seconds

### TURAS PRINCIPLES

- After the Games Based Activity select a skill that needs improvement
- Set up activity so that players get high volume of ball contacts
- Use trigger words to help the players focus on a key aspect of the skill
- Use basic scoring systems to set targets for the players e.g. Relay race

### GAME



**ORGANISATION**  
Balls are placed in all of the coloured corners of the playing area  
Coach calls a colour & attacking players take a ball from this square unopposed  
Defending players try to dispossess and bring ball out of playing area.  
Once play goes dead, coach calls a new colour and game resumes.

### TURAS PRINCIPLES

- Complete the main part of session with a Game
- Coach to move around the pitch in order to communicate with all players
- Use skill points to focus on development of certain skills e.g. Point for high catch
- Stop game when needed to re organise and deliver coaching points

# WICKLOW GAA COACHING & GAMES DEVELOPMENT

## GAELIC FOOTBALL SKILLS

### Gaining Possession

High Catch  
Chest Catch  
Low Catch  
Reach Catch  
Crouch Lift

### Maintaining Possession

+ Solo  
Bounce  
Feint  
Side Step  
Evasion  
Swerve  
Roll Off

### Releasing Possession

Fist Pass  
Hand Pass  
Punt Kick  
Hook Kick  
Swerve Kick  
Penalty Kick  
Ground Kick

### Contesting Possession

Side to side  
Shouldering  
Shadowing  
Near Hand Tackle  
Block Down

### Additional Skills

The Chip Lift  
The Dummy  
Goalkeeping  
The Dribble



# WICKLOW GAA COACHING & GAMES DEVELOPMENT

## HURLING SKILLS

### Gaining Possession

Stopping a ground Ball  
Controlling a moving ball  
Blocking a ball overhead  
Chest Catch  
Jab Lift  
Roll Lift  
Overhead Catch

### Maintaining Possession

The Dribble  
The Solo

### Releasing Possession

Ground Strike  
Ground Strike on the run  
Doubling Back  
Strike from hand  
Hand Pass  
Overhead Strike

### Contesting Possession

Frontal Block  
Hook  
Shoulder Clash  
Frontal Ground Block  
Ground Flick  
Batting a ball overhead

### Additional Skills

Free Puck  
Penalty Puck  
Puck Out  
Shot Stopping  
Sideline Cut  
Low Catch  
Grip & Swing





# TURAS



## Player Pathway Workshops

GDA's and GPO's will be responsible for holding individual Club TURAS Player Pathway Workshops and supporting/mentoring coaching during the coaching visits.

### Darren Hayden GDA – Clubs

Avoca, Avondale, Tinahely, Barndarrig, Aughrim, Annacurra

### Cormac Noone GDA – Clubs

Lacken/Kilbride, Valleymount, Hollywood, Dunlavin, Donard/Glen,  
Stratford/Grangecon, Laragh

### Garrett Doyle GDA – Clubs

An Tochar, Newcastle, Rathnew, Ballinacor, Fergal Ogs,  
Ashford, Kilcoole

### Paul Garrigan GDA – Clubs

Blessington, Baltinglass, Kiltegan, Knockananna, Ballymanus,  
Coolkenno, Shillelagh/Coolboy

### Philip Champion GDA Hurling – Clubs

Glenealy, ARP, Barndarrig, Aughrim, Avondale, Fergal Ogs,  
Knockananna, Kiltegan, Western Gaels, Michael Dwyer's

### Kevin Spain GPO – Clubs

Eire Og Greystones

### Willie Braine GPO – Club

Bray Emmets

### Noel Morris GPO – Club

AGB

### Conor Daly GPO – Clubs

St Patricks, Carnew Emmets

### Jackie Kinch GPO - Clubs

Enniskerry, Kilmacanogue, Newtown

# TURAS PLAYER PATHWAY ONLINE WEBINARS

## FOOTBALL

Event	Topic	Target Audience	Online	Date	Time
Football Player Pathway Workshop	Nursery Workshop	Nursery 4-6 Coaches	Webinar	Monday 1 <sup>st</sup> March	7.30pm-8.30pm
Football Player Pathway Workshop	Early Go Games	Under 7-9 Coaches	Webinar	Wednesday 3 <sup>rd</sup> March	7.30pm-8.30pm
Football Player Pathway Workshop	Late Go Games	Under 10-11 Coaches	Webinar	Wednesday 10 <sup>th</sup> March	7.30pm-8.30pm
Football Player Pathway Workshop	Early Teenage	Under 12-13 Coaches	Webinar	Thursday 18 <sup>th</sup> March	7.30pm-8.30pm
Football Player Pathway Workshop	Mid Teenage	Under 14-15 Coaches	Webinar	Wednesday 24 <sup>th</sup> March	7.30pm-8.30pm
Football Player Pathway Workshop	Late Teenage	Under 16-17 Coaches	Webinar	Monday 29 <sup>th</sup> March	7.30pm-8.30pm

It is important that coaches who are involved in these workshops coach the relevant ages the workshops are aligned to.

# TURAS PLAYER PATHWAY ONLINE WORKSHOPS

## HURLING

Event	Topic	Target Audience	Online	Date	Time
Hurling Player Pathway Workshop	Nursery Workshop	Nursery 4-6 Coaches	Webinar	Monday 1 <sup>st</sup> March	7.30pm-8.30pm
Hurling Player Pathway Workshop	Early Go Games	Under 7-9 Coaches	Webinar	Monday 8 <sup>th</sup> March	7.30pm-8.30pm
Hurling Player Pathway Workshop	Late Go Games	Under 10-11 Coaches	Webinar	Tuesday 16 <sup>th</sup> March	7.30pm-8.30pm
Hurling Player Pathway Workshop	Early Teenage	Under 12-13 Coaches	Webinar	Monday 22 <sup>nd</sup> March	7.30pm-8.30pm
Hurling Player Pathway Workshop	Mid Teenage	Under 14-15 Coaches	Webinar	Friday 26 <sup>th</sup> March	7.30pm-8.30pm
Hurling Player Pathway Workshop	Late Teenage	Under 16-17 Coaches	Webinar	Tuesday 30 <sup>th</sup> March	7.30pm-8.30pm

It is important that coaches who are involved in these workshops coach the relevant ages the workshops are aligned to.





# Referee Education



Event	Topic	Target Audience	Online	Date	Time
Go Games Referee Course	Go Games Playing Rules	16 year olds and over	Webinar	Thursday 25 <sup>th</sup> March	7.30pm – 8.30pm
U11 Referee Course	U11 Mini Games	18 years old and Club Coaches	Webinar	Tuesday 23 <sup>rd</sup> March	7.30pm- 8.30pm



**TU RAS VISION**

**Coaching Coaches to Develop Players**