

**O'NEILLS®**

## Coaching & Games Development Conference

Club	<input type="text"/>	No. Delegates	<input type="text"/>
Name	<input type="text"/>	Position	<input type="text"/>
Name	<input type="text"/>	Position	<input type="text"/>
Name	<input type="text"/>	Position	<input type="text"/>
Name	<input type="text"/>	Position	<input type="text"/>
Name	<input type="text"/>	Position	<input type="text"/>

(Please contact us if you would like more delegates to attend)

Address

Tel

Fax

E-mail

Mobile

Do you have any Special Requirements? (Disability / Hearing / Dietary etc.)

Conference Cost: €25/£20 (Includes Lunch and O'Neill's bag of merchandise)

To book your place on the conference, fill in the booking form and return to:  
Coaching Conference, c/o Ulster GAA, 8-10 Market Street, Armagh, BT61 7BX  
Cheques can be made payable to Ulster GAA.

For further information, email [conference.ulster@gaa.ie](mailto:conference.ulster@gaa.ie) or call (028) 3751 7180

**O'NEILLS®**

## Coaching & Games Development Conference



# The Final Piece: Completing the 'Jig Saw' ... without wrecking it!



Glenavon House Hotel, Cookstown  
29<sup>th</sup> January 2011

Developing Adult Teams

[www.ulster.gaa.ie](http://www.ulster.gaa.ie)

# CLAR AN LAE

Time		Personnel
9.00am	Welcome	Aogán Ó Fearghail (Uachtarán Chomhairle Uladh)
9.10	National Coaching and Games Development Targets	Criostóir Ó Cuana (GAA President)
9.20	Training for Excellence: Creating Champions – having time to reflect?	Peter McGrath
9.45	Respect – What does it really mean?	Pat McEnaney
10.15	<b>Workshops 1-5</b>	
11.45	<b>Workshops 1-5 Repeated</b>	
1.00pm	<b>Lunch</b>	
1.45	Guest Speaker	Eamonn O’Kane
2.00	Training to Win: Pitfalls when Nurturing Talent into the Senior Club Team	Raymond Munroe
2.25	<b>Workshops 6-10</b>	
3.30	The Final Piece: Completing the Jigsaw, without wrecking it	Dr. Eugene Young
3.45	Close of Conference	Oliver Galligan (Ulster GAA PRO)

## Workshops

See Right.

## Keynotes

### 1. Peter McGrath

Former Down All Ireland Winning Manager and Current Down Minor Manager

### 2. Pat McEnaney

Inter-County and multi All Ireland Final Referee

### 3. Eamonn O’Kane

Former GAA player & Commonwealth Games Boxing Gold Medallist in Delhi

### 4. Raymond Munroe

Former All Ireland Winning Minor Manager with Tyrone

### 5. Dr. Eugene Young

Ulster GAA Director of Coaching and Games Development

### 1. Profiling Players, Fitness Assessment, Coach Ability

This session deals with how coaches can begin to analyse player performance more thoroughly and identifies mechanisms and tools that the coach can use to profile and measure progress of young players.

- Roger Keenan - Coach Development Manager, Ulster GAA

### 2. Managers Heart Rates in Competition - Mental Approach to Games

The team manager is under tremendous pressure to win. This research in this study tracked the heart rate of managers during the McKenna Cup, National Leagues and Championship campaign in 2010. The key to staying focused is staying calm, but is it?

- Kevin McGuigan - Sports Scientist, Ulster GAA
- Des Jennings - Sports Institute NI

### 3. Coaching Team Play and Tactical Awareness in Hurling

Ulster coaches need to lift the intensity of their hurling sessions to compete with the best in Ireland.

This session explores the concepts of team play and tactical awareness, and how coaches can maximise their resource through smart planning and tactical astuteness.

- Damian Coleman - Connacht GAA

### 4. Strategy, Structures & Systems - Moving Down in the Right Direction

This case study provides an insight into the planning and preparation of a senior county team for a season. It will address warm ups, session intensity and duration, and the lessons learnt from a successful season.

- Paddy Tally - St Mary’s University College and Down Senior Football Team Coach

### 5. Conditioning for Club Players - Off, Pre and In-Season

This practical session will address the key function of core stability and the need to establish this as a building block for future development. It will contain practical examples of why, what and HOW to do it.

- Paul Murphy - Former Antrim Hurling and Down Senior Football Conditioning Coach

### 6. Turning on or Turning off - Challenges Coaching Adult Teams

This session reviews the challenge of taking on both the roles of Coach and Manager, and reflects on how we as coaches make an impact through a positive approach to coaching and how the management of players is central to building success.

- Frank Dawson - Burren Team Manager and Coach, Down SFC Champions 2010

### 7. Managing Alcohol in the Club Team - The hidden challenge for the coach

Utilising the latest GAA research on alcohol in clubs, Managers and Coaches are in a position to influence and generate greater awareness of the abuse of alcohol and identification of the signs and symptoms within a team can lead to early intervention help.

- John Leahy - Former Tipperary Hurler
- Aileen Tohill - Health & Wellbeing Manager, Ulster GAA

### 8. Functional Movement Analysis - Managing Injuries, Educating Players

This session will look at the basic functional movement exercises that the coach can do to assess the player and it will address from a coaching perspective what needs to happen before a player can go back to full contact training.

- Chris McNicholl - Sports Institute NI

### 9. Coaching Team Play and Tactical Awareness in Football

This session is directed at coaches within clubs who will have an understanding of principles of play, and the innovative thinking to develop better tactical awareness and respond to the tactics of the opposition. Interaction and input will be encouraged.

- John Morrison - County Senior Football Team Coach

### 10. Developing High Intensity Football - Coaching Practice and Intensity

This session explores practical examples of activities in training that will lift the intensity of sessions for adult teams and matches activity with heart rate response.

- Tony Scullion, Terence McWilliams & Kevin McGuigan - Ulster GAA