



Ulster GAA

FACT SHEET

Gaelic Start Club Coaching Programme

Aim:

To help coaches plan and implement a coaching & games programme for U.6's & U.8's



Benefits

Club/Schools:

- Increased profile in school – Club/School Link
- Opportunity to recruit new players.
- Club can increase profile in local community.
- Chance to recruit parents as Coaches, and new volunteers in your club.

Players:

- Gives children their first experience of sport in the community.
- A fun and safe environment with specially developed games and skills programmes.
- More quality coaching for younger players of all abilities.
- To maximise participation especially for children not playing Gaelic games to get involved and join their local club.

Parents become the first coaches and get involved with their children.

Contact Details

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Package Includes:

The pack contains over 300 user friendly coaching cards for children from 8 yrs. to infants.

The resource has been specially written for non-coaching personnel.

Cost: €60/ £55 (Includes postage & packaging) for first Pack and €55 /£45 for any others.

Order from our web site... www.ulster.gaa.ie

Our Fundamentals & Learn To Train manuals may also be purchased from the same address

How to get involved.

Clubs can contact their county games managers if they would like one of our GAA coaches to implement the programme in your club.



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Gaelic Start Coaching Card Example



Stage: 5

Theme: Striking Solo

Lesson: 5

Warm Up:

Agility: Pass the Sharks

Coach splits the area into 3rds. Nominate 3-5 people to become sharks in the middle 3rd. Remaining players have to get from zone 1 to 3 without being tagged.

Balance: Donkey Pull

In pairs stand one foot in front of the other, grab your partner's arms at the elbow and attempt to pull your partner backwards on command.



Co-ordination: Bean Bag Balance

Players have a bean bag each and they have to move about finding space while balancing a bean bag on their hand. Challenge them to balance the bean bag on different parts of their hand.

GAME 1: PASS THE SHARKS

In groups of 3, players must try to balance a bean bag through a playing zone and past an opponent (guard) and get to other side

If a player is caught, they lose a bonus point. Each child starts with two points and can gain extra points by successfully making it to the other side and avoiding the guard

Game can be progressed so that if a guard catches a player they are out and the last player in the game is the winner and becomes guard in the next game



Skill Development

KEY POINTS: SOLO

HEAD:

Focused on Ball
Occasionally look up to see where you're going

HANDS:

Two hands on hurl with both thumbs down the hurl.

The toe pointing away from the body.

Hold the hurl straight with both hands about hip height in a stationary position without the sliotar

The dominant hand should be at the top and the other hand half way down the hurl

Beginners may wish to use a 'shortened' grip i.e. both hands are further down the hurl

FEET:

Moving in same direction

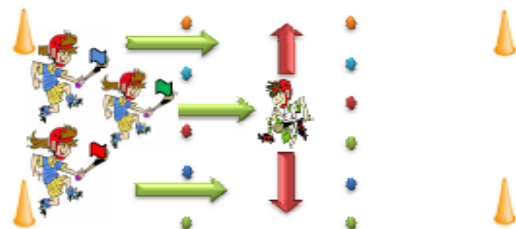


Game 2

PASS THE SHARKS (Conditioned)

Add more sharks

Take a hoop away and let 1 shark free



Finish With Full Game

LEARNING OUTCOMES: To be able to balance a sliotar/beanbag on the hurl while travelling

EVALUATION: