

This year the Ulster GAA Coaching Conference is targeting coaches who work in the nursery and juvenile sections of our clubs. This is a very important area within our clubs. It is at this stage of the young player's development that the right building blocks are set down for their future progress and development.

The title of the Conference "Physical Activity, Common Goals, Different Roles" was used at the National Coaching and Training Centres 8th National Forum in 2005. This has become very relevant in Ulster as we have moved forward in recent years.

Clubs are now running nursery sessions with under 6's and fundamentals up to Under 8 and 10 with more sports specific activity up to under 12 and 14. The Minister's Sport in Schools programme is delivering physical literacy to Foundation and Key Stage 1 pupils (up to primary 4). Teachers in the Schools also have a responsibility for delivering the new curriculum and embedded in this is the Fundamental Movement Skills Programme (FMS) being delivered by the Education and Library Boards.

The Conference explores how all stakeholders have a common goal, the physical literacy and health of our young people and the development of better technical and tactically aware children and youth who feed into our Gaelic Games.

As we move forward the "what" we coach becomes increasingly important. Of equal importance is the "how" we coach - as the coach / player interaction often influences the young persons' future involvement in our games. We are joined by some of Ireland's leading coaches and educationalists who will share their expertise, knowledge, ideas and concerns as we "strive to meet the needs of the future generation of GAA players in Ulster".

The conference attendance is limited to 350, and places will be distributed on a first come first served basis.

The cost of attending this one-day event is £20 / €25 per person, and you must pre-register, by contacting Bernie Mc Glinchey on 028 37 521900, or email at bmcglinchey@ulster.gaa.ie.

The deadline for registration is:
Monday 19th January at 4.00pm.



O'NEILLS

Ulster GAA Coaching and Games Development Conference 2009

Saturday 24th January 2009 at the Glenavon Hotel, Cookstown

"Physical Activity - Common Goals, Different Roles"

Workshops

- What to do with 5 and 6 year olds
- What the building blocks are for 7 and 8 year olds
 - How to Coach the Children
- Breaking and Building Kicking and Striking Skills
 - Games appropriate for the Age Groups

Special Guests

- Professor Niall Moyna (Dublin City University)
- Joe Kernan (Manager of Ulster Railway Cup Football Squad)
- Paudie Butler (National Hurling Director)

Places are open to all coaches at a cost of £20 / €25

Places are limited. For more information or to register contact Bernie McGlinchey on (028) 3752 1900 or bmcglinchey@ulster.gaa.ie
Deadline for registration is Monday 19th January 2009

Uladh CLG



Ulster GAA

Ulster GAA, Moving Forward Together. Uladh Abú!
www.ulster.gaa.ie

8.30am	Registration	
9.00am	Welcome	Tom Daly
9.10am	Coaching and Games	Christy Cooney
9.20am	Key Issues for Children's Sport, Physical Education, Physical Activity & Coaching	Walter Bleakley
9.45am	Workshops Round One	
Workshop 1	Developing& Sustaining Nursery Programmes (U6)	Ger O' Connor Joey Carton
Workshop 2	Breaking & Building Hurling Skills	John Crossey Jimmy Darragh
Workshop 3	FunDAMENTALS (U8) & Schools Linking with Clubs – Physical Literacy from School to Club	Ben McGuckin Lisa McCrickard
Workshop 4	Learning to Train (8-12yrs): Games, Skills, Games – Whole, Part, Whole – Sports Specific	Terence McWilliams Tony Scullion
Workshop 5	FUN Fitness Activities for Children	Stephen Beattie Ryan Daly
11.00am	<u>REPEAT OF Workshops Round One</u>	
12.45pm – Lunch		
1.15pm	"Coaching Pathways and Strategic Targets"	Jimmy Darcy
1.35pm	Workshops Round Two	
Workshop 6	FUN & Games for the Underage (6-12yrs)	Pat O Shea
Workshop 7	Breaking & Building Football Skills (12-16yrs)	John Morrison
Workshop 8	Physical Fitness for Developing Players (12-16yrs)	Diarmaid Marsden
Workshop 9	Adults are Destroying Children's Play (6-12 yrs)	Paudi Butler
Workshop 10	Benchmarking Performance – Children & Youth	Fiona Marie Kearney Roger Keenan
2.45pm	Doing the right things at the right time! "Overreaching, Overtraining, burnout, injury and non-retention"	Niall Moyna
3.15pm	Common Goals, Different Roles – The Way Forward	Dr Eugene Young
3.35pm	Discussion Panel "Nurturing Children and Young People"	Panel
4.00pm	Special Guest	TBC
4.20pm	Close	Oliver Galligan

Booking Form

Coaching & Games Development Conference
Saturday 24th January 2009

Club No of Delegates

Name

Name

Name

Name

Name

Address

Phone No:

Email

Please Contact Us if you require more Delegates

Please return this completed booking form to:

Bernie Mc Glinchey
Ulster Council
8-10 Market Street
Armagh
BT61 7BX

Please Make Cheques Payable to: Ulster Council GAA

If you have any further queries, please contact us at 028 37 521900 or email at bmcglinchey@ulster.gaa.ie