

## HOW TO ORGANISE A COACHING COURSE

### Set the Date

- Contact the Ladies Gaelic Football Association office to receive available dates
- Confirm date with Head Office
- Promote and advertise course within your Club/County

### Requirements

- Hall – ideally which has heating
- Chairs (and tables if possible)
- Provide a lunch (soup, sandwiches, tea and coffee) to all participants
- Ensure that all participants are suitably dressed e.g. tracksuit and runners

### Costs (per course)

	FUNDAMENTALS	Level 1
Total Cost	€520	€1,100
Breakdown	€20 per person	€70 per person
Booking fee	€150	€500
Max per course	30 people (min 24)	20 people (min 15)

### Booking Fees

Booking fees must be paid to secure booking of your course.

If the course is cancelled within 5 days of the course, this fee is non refundable.

## NOTES

- Full payment must be forwarded on completion of the course
- Please note additional payment is required should participant numbers go above the maximum



## CONTACT

If you are interested in holding a course in your club or county please contact The Ladies Gaelic Football Association:

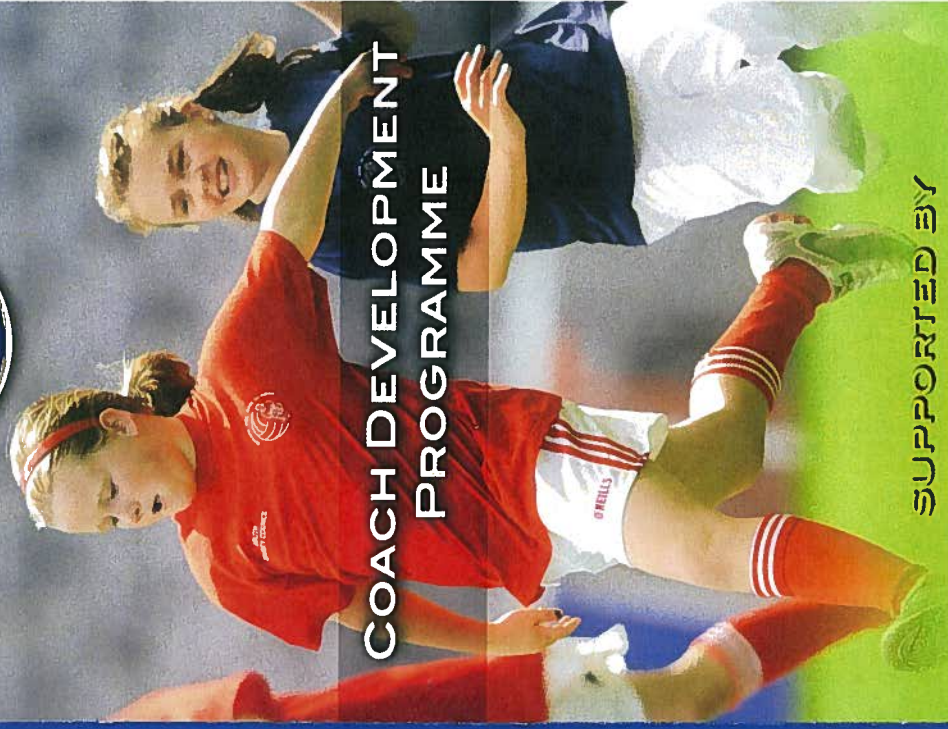
Ladies Gaelic Football Association  
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# LADIES GAELIC FOOTBALL ASSOCIATION



## COACH DEVELOPMENT PROGRAMME

SUPPORTED BY



COACHING IRELAND™

# UNLOCKING THE POTENTIAL

## COACH DEVELOPMENT PROGRAMME

'Unlocking the Potential' is a fun, dynamic and informative programme designed by coaches for coaches. The first course in the programme is 'Fundamentals', a foundation level course designed as an introduction to coaching.

'Level 1 – Raising the Bar' is the next stage of the coaching course and is aimed at current coaches who wish to 'raise the bar' of their coaching knowledge.

Coaches will gain some insights into the theoretical underpinnings of successful coaching as well as having an opportunity to coach and learn in a safe environment.

All Tutors have completed the NCTC Tutor Education Programme.

## FUNDAMENTALS

FUNDamentals is a 6 hour course which comprises of 4 units, 2 of which are practical:

- Unit 1:** Good Coaching Practice
- Unit 2:** ABC's of Gaelic Football
- Unit 3:** Group Management and Child Protection
- Unit 4:** Coaching a Session

Coaches will look at issues such as planning and implementing training programmes as well as practical coaching and an introduction to the Player Pathway.

These units will provide a good basis for further development for those already coaching or those who are keen to get involved.

All course participants must be 16 years and over.



## LEVEL 1 – RAISING THE BAR

Level 1 is the next stage of the coaching ladder and comprises of 7 units:

- Unit 1:** Player Pathway
- Unit 2:** Role of Coach
- Unit 3:** Paper to Practice
- Unit 4:** Rules
- Unit 5:** Physical Fitness
- Unit 6:** Nutrition
- Unit 7:** Practical

The course is developed to challenge existing coaches to look more in depth at coaching principles and practice. Coaches will apply information to solve coaching scenarios in practical situations.

All course participants must be 18 years and over, have completed the FUNDamentals course and must have at least 1 years coaching experience.



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