

Moving Forward Together

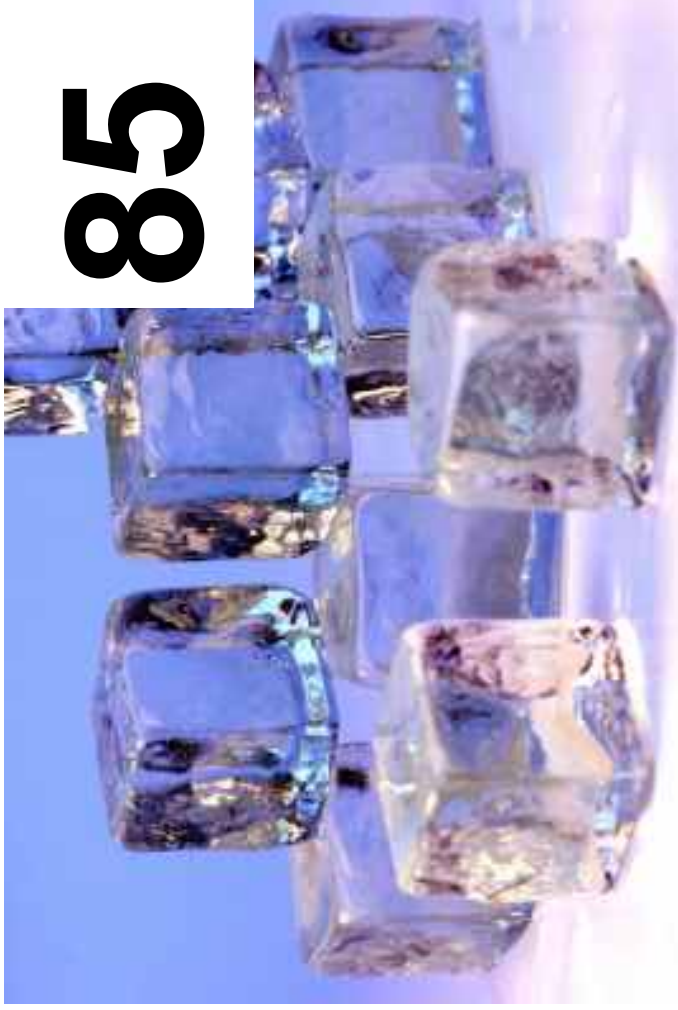
Comhairle Uladh

Games, Community, Coaching, Partnership



ERIC

85



LAND



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Presentation to Provincial Coaching Conference Children:

What to Coach and How to Coach

Terence McWilliams and Philip Kerr

Saturday 19th January 2008

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Meaningful Coaching Sessions

- easier to say than do?



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FUN

**An activity that is enjoyable or
amusing.**

***But not necessarily hilarious
or comical?***

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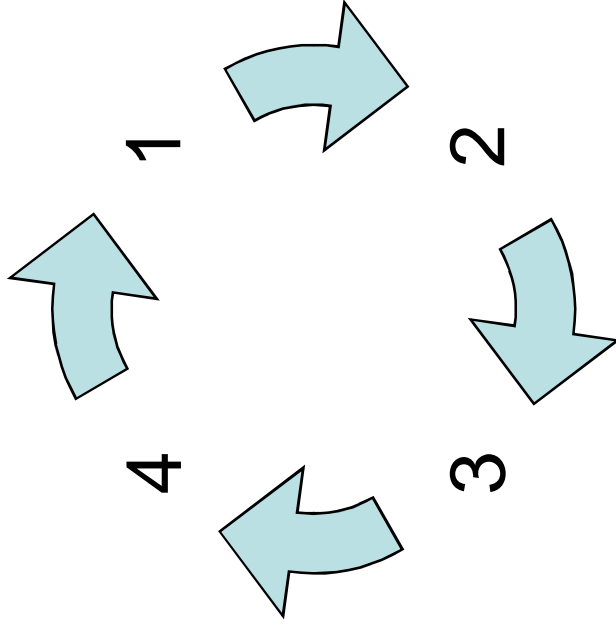


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My Session Checklist



Have I included work on..

Technical improvement?

Athleticism?

Speed of Thought?

Teamplay?



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Technical Improvement

Am I simply running drills or am I spotting technical faults and correcting them as early as possible?

Do I use a template such as 'Head, Hands, Feet?'





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Technical Improvement



Am I ready to change individuals for their own good and that of the team?

*What looks good?
What needs work?
What advice do I give?*



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Athleticism

The practice of engaging in athletic games and activities

Do they have plenty of opportunities to run, jump, change direction, change pace, make contact?

Or do they queue?

**Next Ball
in 20
minutes**



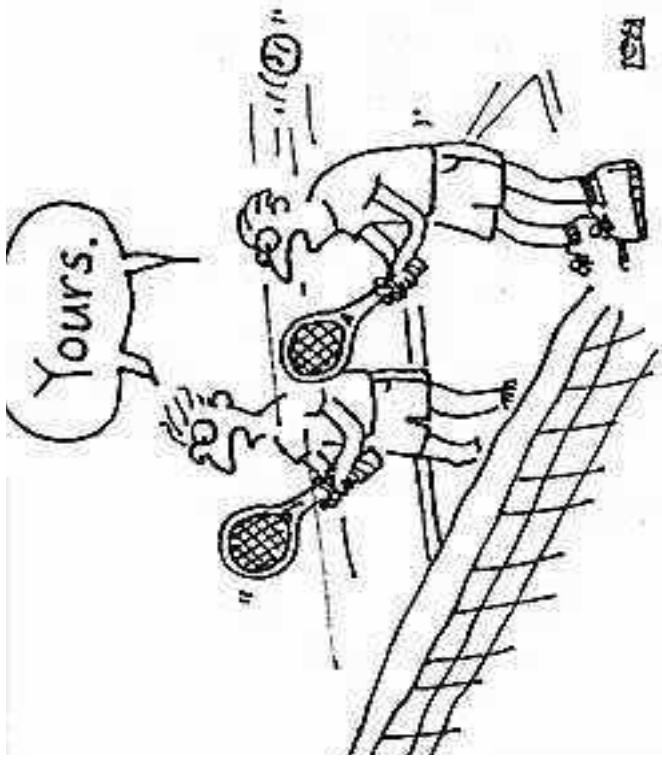


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Speed of Thought



Have I given them enough opportunities to make decisions and improve the speed of that decision-making?

Will I force any decisions on individuals to *'add another string to that bow'*

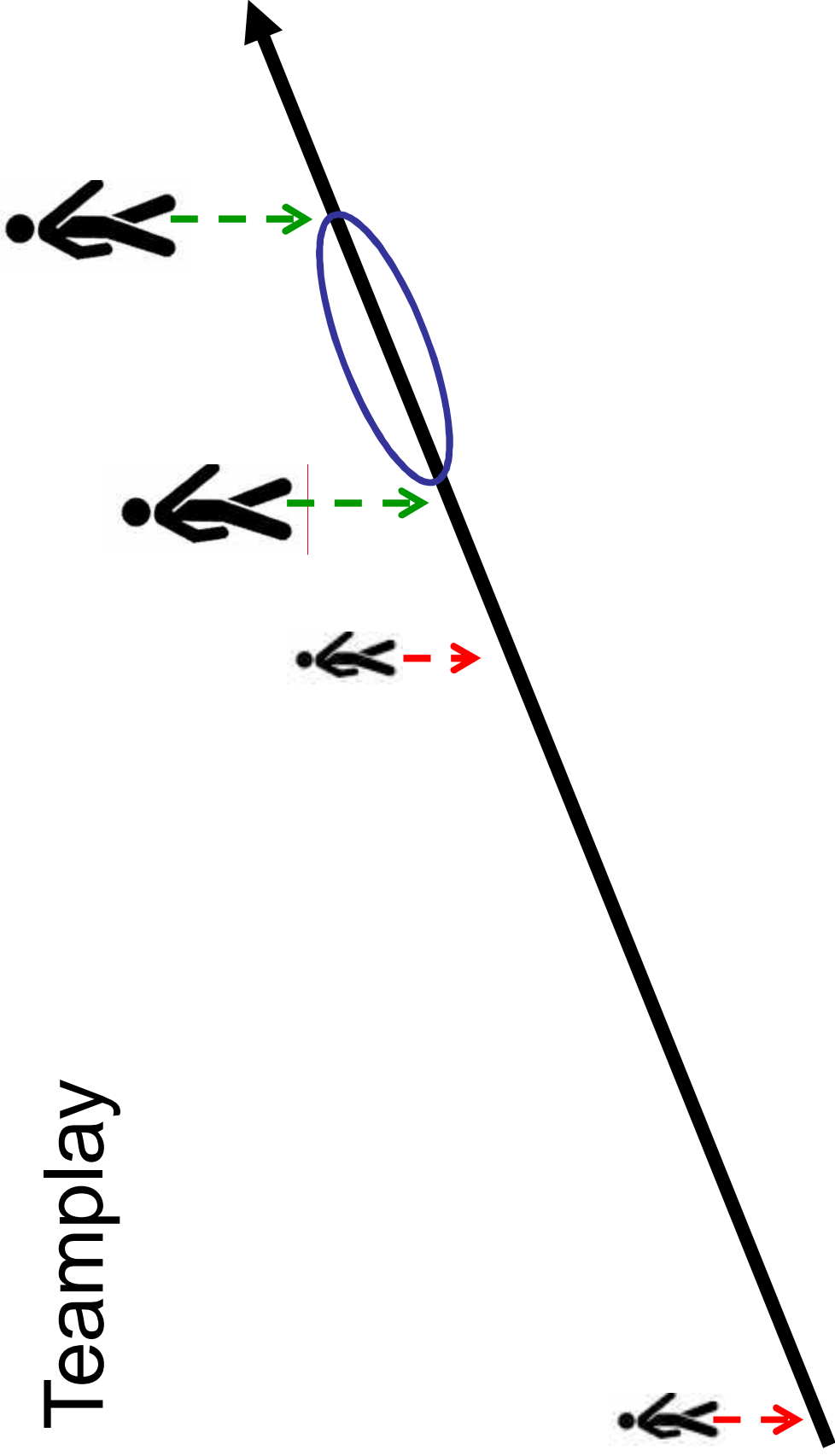


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Teampalay





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Drills or Games?

Last night's debate among tutors

From '*little ball work*' to '*lots of ball work*'

From '*drills*' to '*decision-making*' [i.e. games]

From '*on the ball*' to '*off the ball*'



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[REDACTED]

In terms of technical issues a few arise. While there has been a marked development in the players' stick and ball work one area of possible concern is emerging. When playing strong opposition in 15 a side games it is clear that the hurlers who have played mainly, or only Go Games, lack a certain positional awareness and have difficulty with the shape of the game.



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Underage Review for 2007

The Under 10s took part in Division 1 in both Spring and Autumn. The team was competitive and has some very talented footballers. They will continue to play 15 a side games.



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So:-

Do you agree?

Do you disagree?

Have you questions?

Have you answers?

Will you change anything?

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