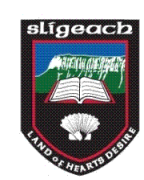




# Implementing a Club and School Nursery Programme

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# What is a Nursery Programme

- Fun based activity coaching programme introducing children to Gaelic Games
- Caters for children from 4-6 yrs
- Working on the basic fundamental movements needed to play sport
- Introducing children to the basic skills of Gaelic games
- Also introducing new parents into the coaching structure of the GAA.



# What are the objectives of running a Club Nursery programme

- Gives children a FUN/Enjoyable first experience of taking part in Gaelic Games activities
- Sets the Foundation blocks in place for future skill development in Football/Hurling/Ladies Football/Camogie/Handball and Rounders
- Introduces new parents to GAA in non-threatening environment
- Allows Club platform to get parents/past players involved in coaching
- Gives children specialised coaching in early phase development of learning



# What is objective of School Running a Nursery programme

- Gives specialised coaching to children from Qualified GAA Coach (IT Sligo coaching programme)
- Teacher can take ideas learned and introduce to Physical Education sessions
- Improves basic movement patterns of all children allowing them better chance of enjoying sport into future.
- Can be an early detection of problems with children's movement patterns
- Gets children involved in sport at earlier stage and makes that early experience a GAA one.



# What does a Club/School need to start programme



- Indoor Facility/Astro Pitch
- Group of coaches to specialise in Nursery area (Club) who are enthusiastic and suitable
- Equipment to suit programme
- Good level of promotion of programme (Club)
- Structured programme content given to club/school by experienced Nursery Programme Coach
- Training programme for coaches



# IT Sligo Coaching programme

- 16/18 coaches involved in 2<sup>nd</sup> year Sport and Recreation course spend 12 weeks placement working with Sligo GAA
- Coaches work in pairs covering 64 schools in County
- Coaches are trained up to Award 1 Child qualification/Ladies Fundamentals
- Three months prior to placement coach education begins
- GAA/Ladies GAA and Camogie involved in training of coaches
- Major emphasis put on Fundamental movement and Skill Development
- Works in two ways 1/ children get good quality coaching which is specific and structured. 2/ Future coaches get proper education followed by great practical experience.



# Nursery Programme Content

- ABC's (Agility, Balance, Coordination)
- RJT'S (Running, Jumping Throwing)
- CPKS's (Catching, Passing, Kicking, Striking)
  
- Fun Games for all of the above
- Skill Development with equipment to suit ages
- Unstructured play in controlled environment



# How to set up a Club Nursery Programme

- Appoint Programme Co-ordinator with experience of working with children 4-6yrs.
- Based on numbers expected aim to have a coach/helper for every 6 children.
- Set up a training day with specialist in this area for all coaches.
- Book facility for 6 week programme to start.
- Promote the programme effectively through schools/community leaflets/Twitter/Facebook etc.
- Have proper equipment organised and plenty of it.
- Make sure each session is organised and coaches know their role.





Thank You.