

# Formal Coaching Award: Introduction to Coaching Gaelic Games

This course is aimed at beginner coaches from across the Gaelic Games codes of Hurling, Camogie, Gaelic Football and Ladies Gaelic Football.



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## LEARNING OUTCOMES

1. Describe the Coach you want to be...
2. Identify the Skills of Gaelic Games
3. List the six 'How to Coach' competencies & How to apply them into your Coaching
4. Organise progressive games & activities to develop:
  - Skills appropriate to players needs and abilities
  - Fundamental Movement Skills appropriate to Gaelic Games
5. Highlight differences and similarities while coaching different age group
6. Plan, Organise & Deliver quality Coaching Sessions

**7hrs 50 mins (Single code) 9hrs (Dual code)**



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