



COMHAIRLE CLUICHE CORR C.L.G
FOUNDATION COACHING COURSE

Module: Coaching GAA Rounders.

Programme: Foundation Coaching Award.

Aim: The aim of the module is to teach the basic coaching elements of GAA Rounders.

The participants on completion of this course will be able to Introduce and Demonstrate the skills of GAA Rounders

They will achieve this through:

- Verbal instructions
- Demonstration
- Diagrams
- Organising games.

How is GAA Rounders played?

The game of Rounders is made up of five innings; an innings is where both teams get to bat and field. The pitcher stands facing home base and delivers the ball underarm to the batter. The batter must strike the sliotar in a forward direction and into the field of play. Once the batter hits the ball he/she may run to first base. The fielding team attempt to gain possession of the ball and throw it to the base minder at first base or another base if there is a runner proceeding.

A batter is out if he/she fails to strike a third good ball, he/she strike the last good ball into foul ground, he/she strikes a good ball but is caught by a fielder, or his or her base is tagged before he/she arrives at the base.

The aim of the game is for the batting side to score as many runs (a run is when a batter has proceeded through all 3 bases before touching home base) before the fielding team put three players out.

Who can play GAA Rounders?

GAA Rounders is played by all age groups, from national school children all the way to and including senior level. There are mixed teams where boys and girls, men and women play on the same team. As Rounders is a limited contact sport, it is perfect for both recreational and competitive play. It also draws on a different set of skills than the conventional GAA games and is very good for developing hand-eye coordination.

Brief History of GAA Rounders:

GAA Rounders is one of the four official GAA sports. Along with Gaelic Football, Hurling and Handball, Rounders was included in the original GAA Charter back in 1884. Rounders is a bat and ball game. Until 1958, no initiatives were evident in clubs to play Rounders despite the availability of written rules in An Chlár Oifigiúil, Cumann Lúthchleas Gael. Antrim club Erins Own approved the running and funding of a Rounders match under the rules in the Official guide. The game progressed from there with Senior & Minor Championships been played across Ireland and there is an annual Féile weekend for juvenile players.

INTRODUCTION

Coaching:

A team and a coach are a unit; one does not function well without the other. A coach is responsible for motivating a team and ensuring it goes out to play with the right attitude.

To be a good coach you must have a first rate knowledge of the Rules, Skills and Techniques of the game.

Coaching Rounders teaches how to catch and throw, use underarm and overarm throwing, how to stop and field balls. It teaches how to run, both when fielding and batting, it is a team game played by both male and female, and is a Non-contact sport.

BASIC SKILLS OF ROUNDERS

- **Throwing**

- **Catching**

- **Batting**

- **Running**