

GAA GAMES DEVELOPMENT CONFERENCE





Hurling - The Greatest game in the World



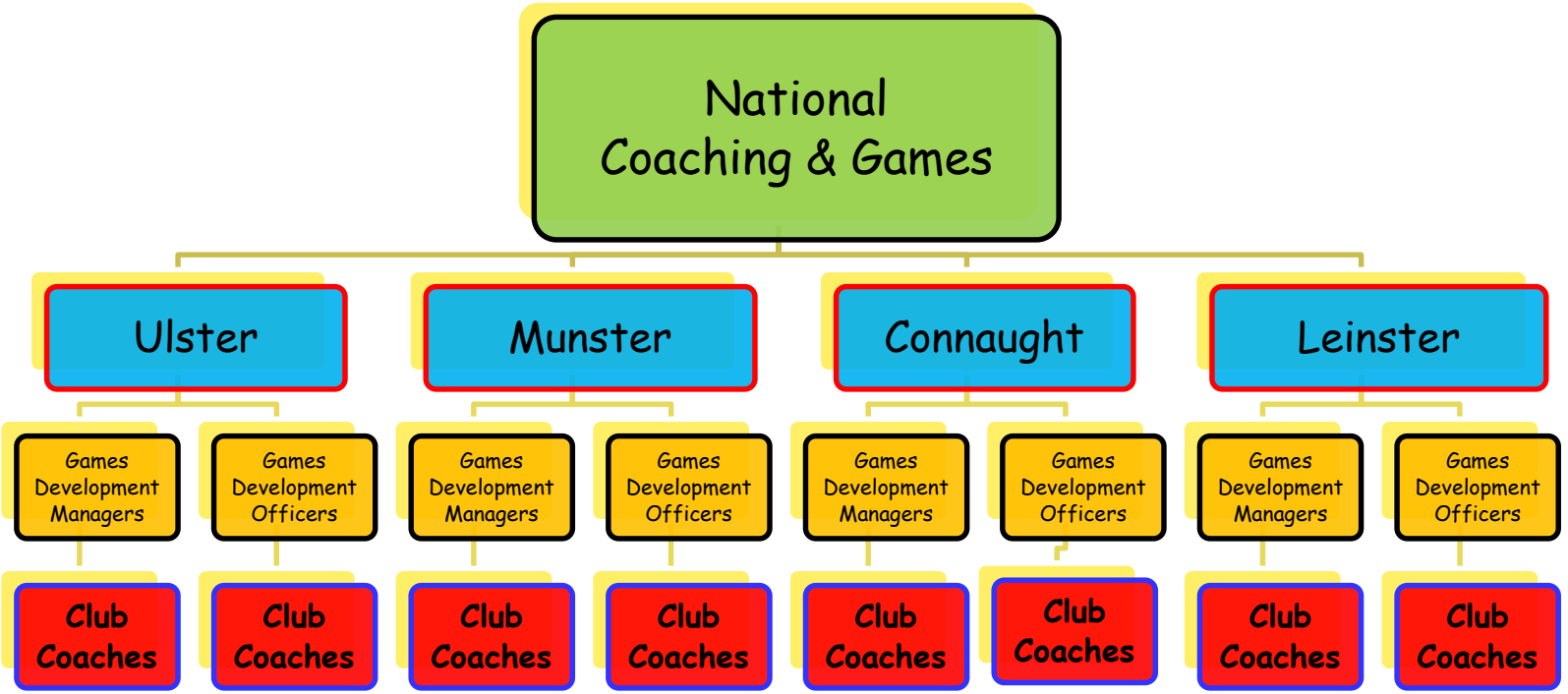
National Hurling Development Manager

- Support & Encourage people that wish to play or coach Hurling
 - Give as many people as possible the opportunity to play the game.
- Levels of Hurling
- ✓The experience of just “ **Playing the Game**” or “Pucking a Few Balls”
 - ✓**Social Hurling** - Easy going, not too competitive, develop the skills, play regular games
 - ✓**Serious Hurling** – competing to win – trying to play to your potential as an individual & as a team
- Levels of Teams, Counties, Clubs –Teams within Counties / Clubs
- ✓Strong Counties / Clubs
 - ✓Developing Counties / Clubs
 - ✓Struggling Counties / Clubs





Hurling Development Personnel



Hurling Development Committee

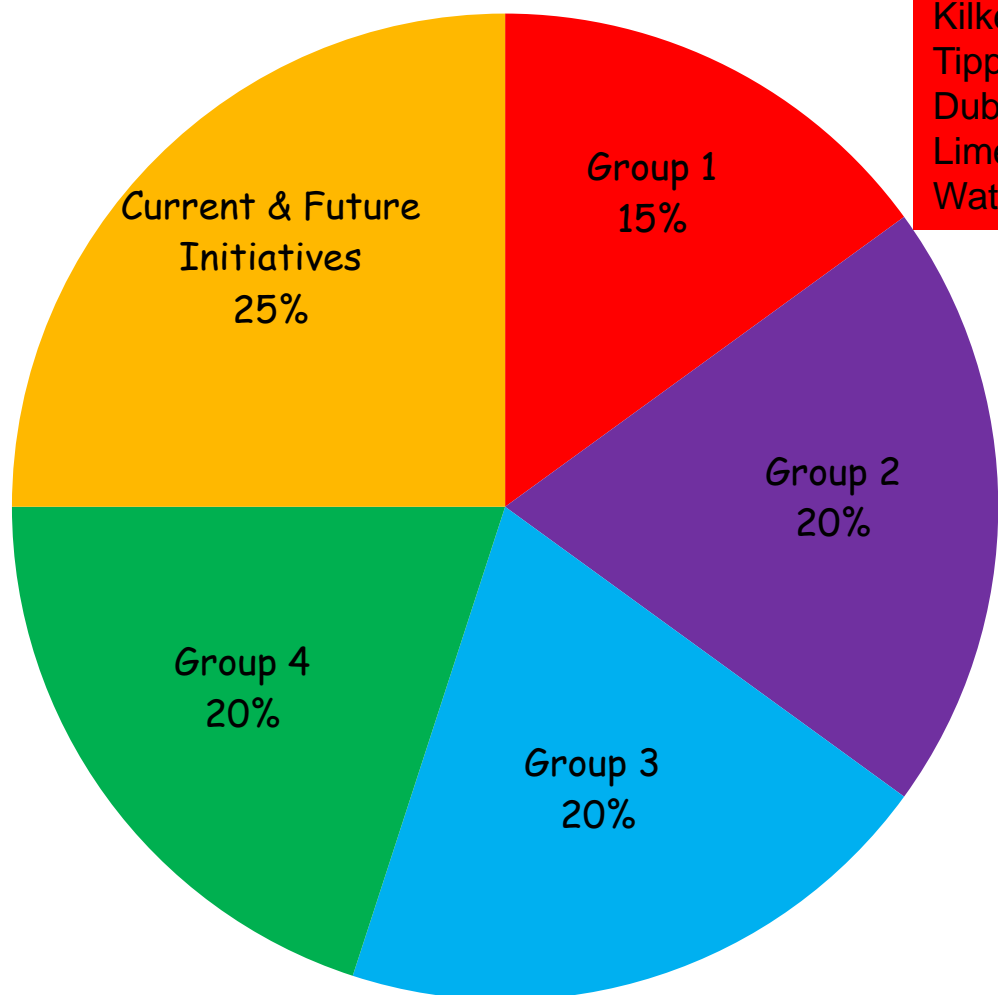




Time Allocation

Current & Future Initiatives

- Celtic Challenge
- GAA Play Centres
- Super Games Centres
- Cúl Camps
- Go games
- Schools



Group 1
 Clare
 Cork
 Galway
 Kilkenny
 Tipperary
 Dublin
 Limerick
 Waterford

Group 2
 Antrim
 Carlow
 Kildare
 Laois
 Offaly
 Westmeath
 Wexford

Group 3
 Derry
 Down
 Kerry
 Meath
 Tyrone
 Wicklow
 Roscommon
 Mayo

Group 4
 Armagh
 Cavan
 Donegal
 Fermanagh
 Leitrim
 Longford
 Louth
 Monaghan
 Sligo



How - Consolidate Programs already in place & initiate new ones.

Work with Games Development Managers

- Up skill Coaches [Squad / Club / County]
- Mentor County Managements /Teams & Squads
- Organise Coaching workshops
- Meet Coaches, Players & Teachers in Clubs, Schools & Colleges
- Explore initiatives to get



- More volunteers coaching and to support existing coaches
- More people playing
- More schools using Hurling to contribute to each child's recommended attainment of **60 minutes of moderate to vigorous physical activity per day.**





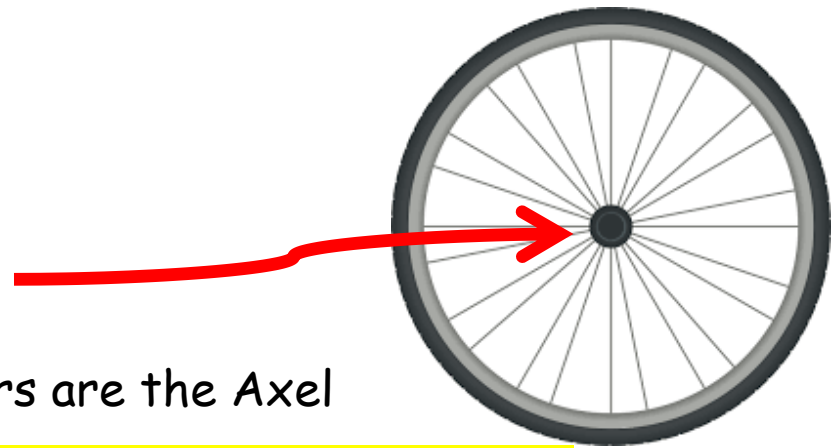
Thanks / Acknowledgement

- Games Development Personnel - full time staff
- Club Coaches
 - For your Time
 - For your Efforts
 - For your **Enthusiasm**

➤ If the GAA were a Wheel

➤ Then the Coaches are the Hub

➤ The **G**ames **D**evelopment **O**fficers are the Axle

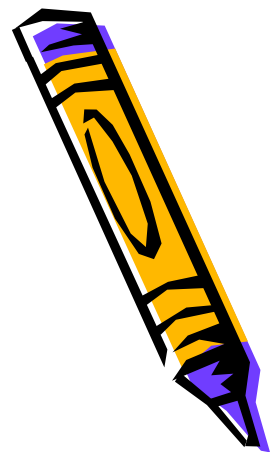


➤ The Coach **Enthuses** the players -

➤ The Games Development Officers **Enthuse** the Coach



Do not underestimate your Value or sell yourself short
even if sometimes you think you are getting nowhere

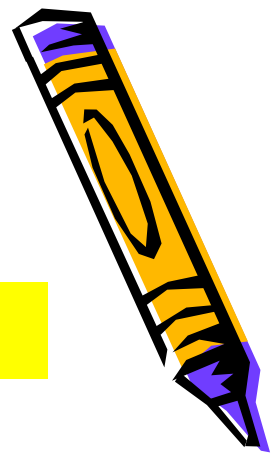




Reference was made last evening to the **GAA Games Based Activity Wheel**

A brilliant Concept & Visual

YOU are the Hub of that Wheel



Coach¹⁰ Games-Based Activity Wheel – 'THE GAME'

ADULT
(Age 18+)

YOUTH
(Age 12 - 17)

CHILD
(Age 7 - 11)

NURSERY
(Age 4 - 6)



learning.gaa.ie
or
Google
GAA elearning

Some Figures

Leinster GAA Go Games Days - Croke Park

2,866 children

Ulster GAA Go Games Days in Croke Park

1,460 children

GAA Go Games as part of the European
Week of Sport 2016

15,000 children

The Talent Academy Hurling tournaments

6648 players
-336 Games.

Kellogg's GAA Cúl Camps

127,473 children

Celtic Challenge 2017

1000 players expected

GAA - E-Learning

1,005 videos published





What Makes a Good Coach?

➤ Enthusiasm

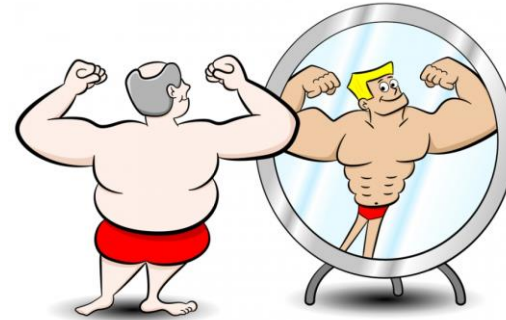
➤ Enthusiasm

➤ *Enthusiasm*

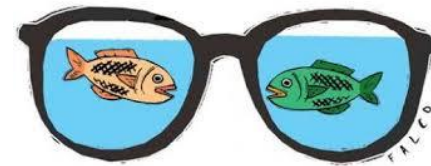


Two Important Coaching Aids

For Players



For Management



Try to see what is actually in front of your eyes!

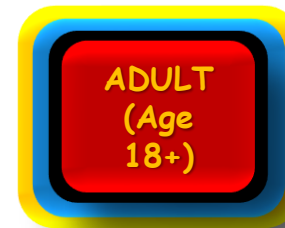




Drills, Skills & Games

- The Game is most important
- We need **Drills** to develop **Skills**
- Skill
 - Get it Right
 - Get it Fast
 - Get it Fast under pressure
- Hurling & Football – Slaughtneil - Kilkenny

Age Appropriate

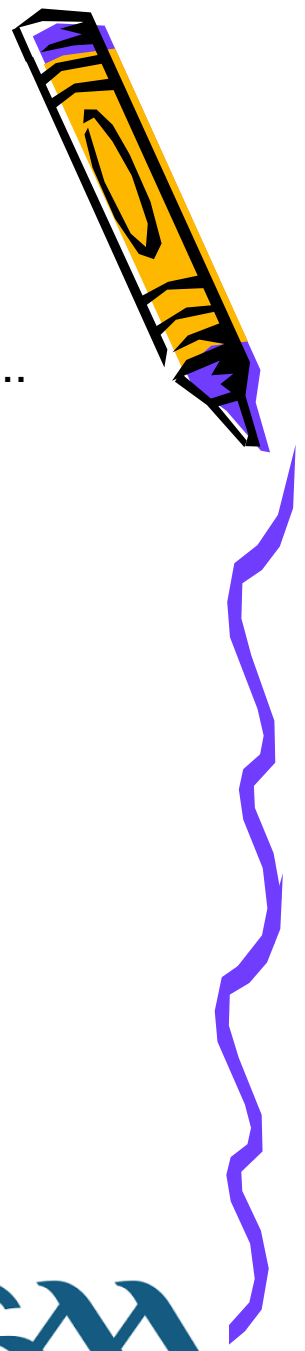




Suggestion 1 – Ask for help

Get others involved as helpers, let them **shadow you**.

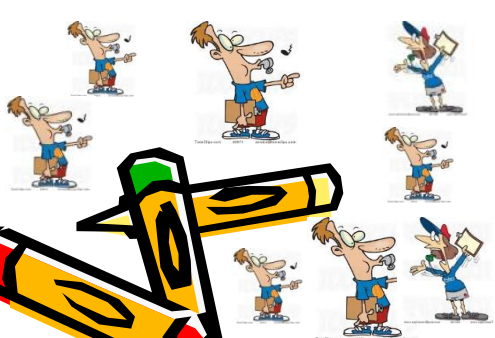
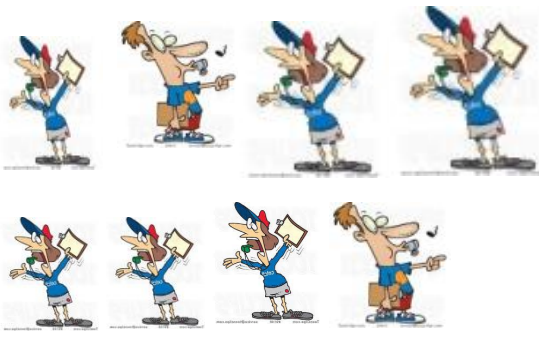
Then THEY become Coaches. Get them to bring others ..

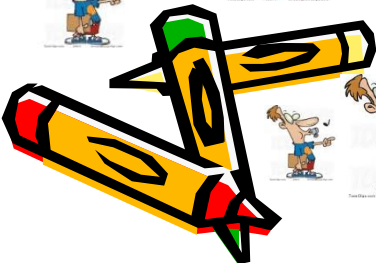


 +  = 2

 +  = 4

 +  = 8

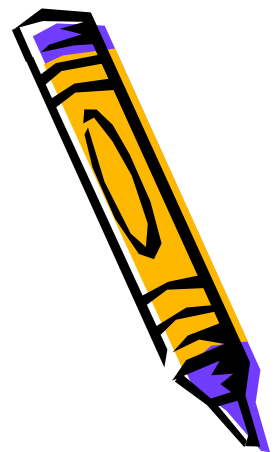
 +  = 16





Suggestion 2 – Ask for help

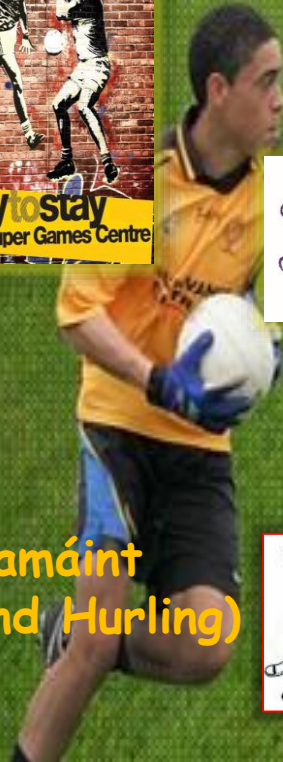
- Coaching Block” approach – Own Experience
- Choose from the “GAA Play Centre Activity Menu”
- Choose an activity that suits you and your players
- Commit to running a Block of say 6 - 10 sessions



G.A.A. Play Centre Activity Menu



Camaint (Ground Hurling)





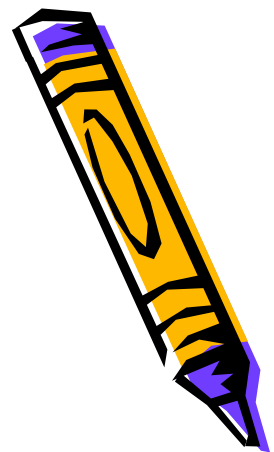
Request

Please Take the **Madness** out of Children's games
Under - 6, U- 8, U-10, U -12
Children are **NOT** adults

- Coaches Back Off
- Mix up the players and sit back
- Let the children play ... Let them develop
- Let them have fun
- Buddy Blitz style.



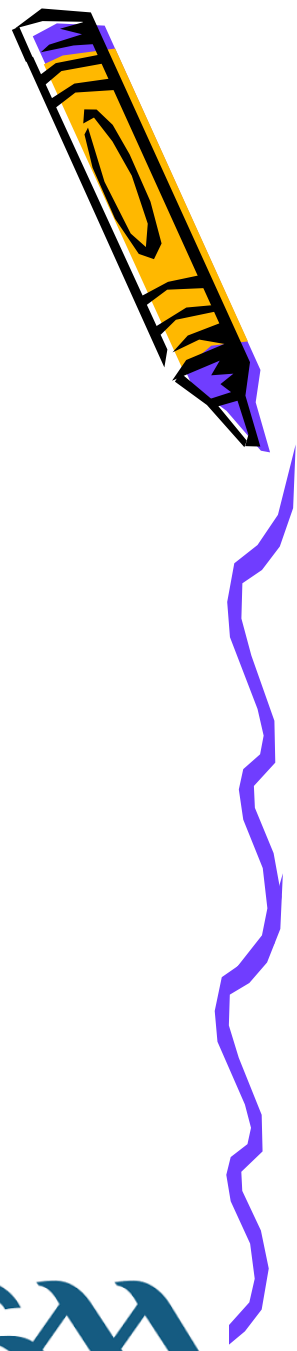
Hurling is Cool





Suggestion 3

- Games based approach to Training
- Small Sided Games can deliver most, if not all of a players training requirements & be enjoyable!
- A ball is always included.
 - Skill, Speed, Fitness,
 - Strength, Stamina, Mobility,
 - Hooking, Blocking, Catching, Chasing,
 - Scoring, Defending etc.





Suggestion 3

10 V 10

Time	3min	←
Distance	417M	←
Max Speed	20kph	
Avg Speed	9kph	
Hi Int Mts	46	
% Dist @ Hi-int	11%	
% Time @ Hi-int	5%	
No. of Accelerations	17	←

6 V 6

Time	2min	←
Distance	291M	←
Max Speed	21kph	
Avg Speed	6kph	
Hi Int Mts	22	
% Dist @ Hi-int	8%	
% Time @ Hi-int	3%	
No. of Accelerations	12	←

3 V 3

Time	1min	←
Distance	173M	←
Max Speed	18kph	
Avg Speed	8kph	
Hi Int Mts	6	
% Dist @ Hi-int	4%	
% Time @ Hi-int	2%	
No. of Accelerations	10	←

