



# *Rockland GAA & Lincoln Lions 5 Star Centre*

Owen Mooney – Rockland GAA Games Development Officer  
GAA Games Development Conference - Friday 11<sup>th</sup> January 2019



# *My Short Story*





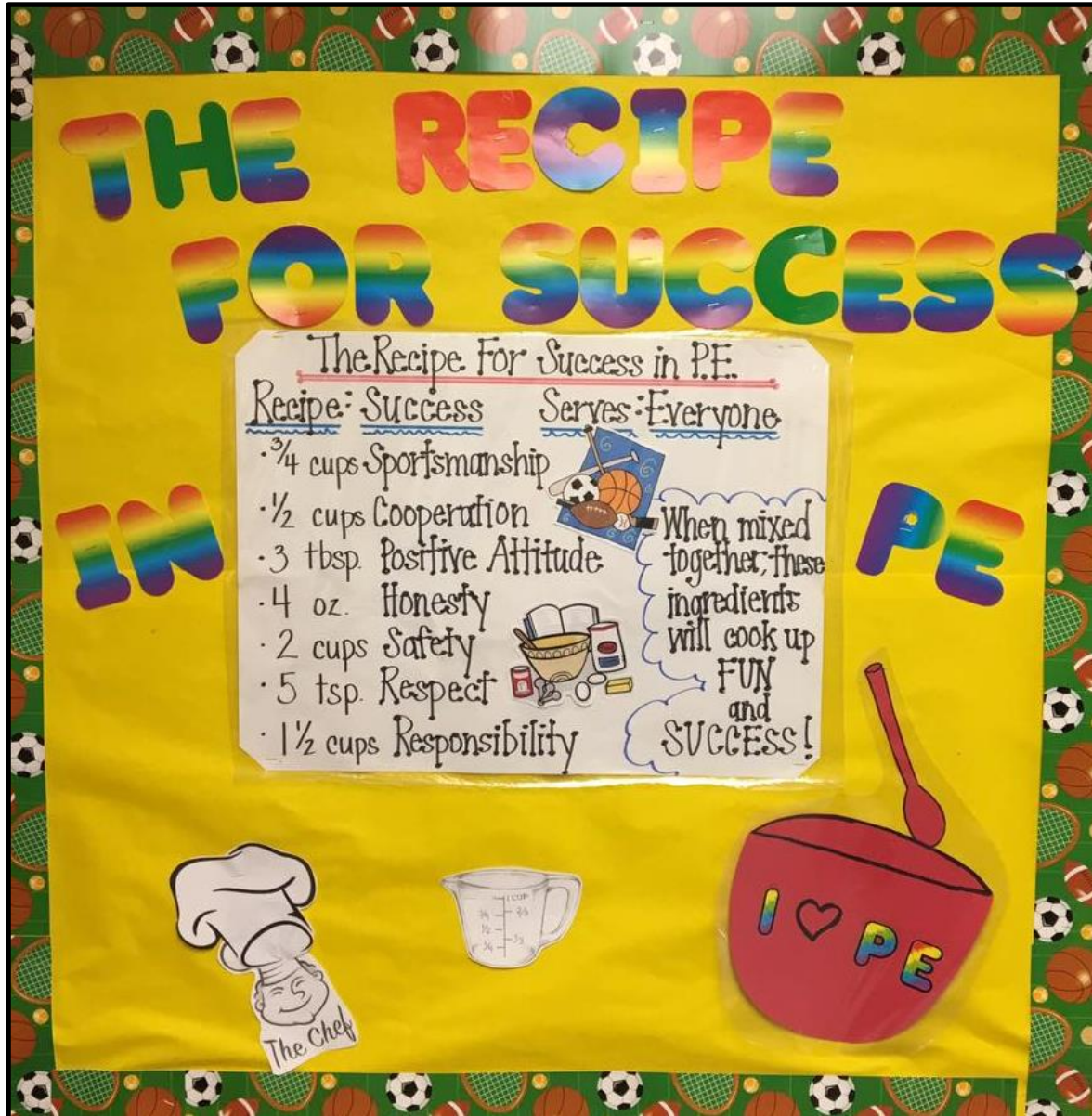
# Who Are Rockland GAA?

RGAA is the largest GAA Club outside of Ireland





# Rockland County School System



Technical &  
Tactical

Physical

Psychological

Social





# RGAA Child Development Programme

Area Of Focus	U6/U8/U10/U12 Combined - FUN, Participation & Learning
PHYSICAL LITERACY ( <i>ABC's &amp; RJT's</i> )	Agility, Balance, Coordination, Running, Jumping, Throwing, Pathways, Directions, Speed Levels, Acceleration, Deceleration, Stopping & Starting
TECHNICAL DEVELOPMENT ( <i>CPK's</i> ) Both Sides, Both Hands, Both Feet	Handling/Kicking/Striking Ball Pick Up, Body Catch, Low Catch, High Catch, Grip/Ready/Lock/Swing, Hand Pass, Fist Pass, Ground Strike, Strike from Hand, Soloing, Ground Kick, Punt Kick, Hook Kick, Bounce, Crouch Lift, Roll Lift, Jab Lift, Near Hand Tackle, Frontal Tackle, Evasion, Side Step
TACTICAL DEVELOPMENT	Spatial Awareness, Creating & Exploiting Space, Principles of Defence & Attack, Different Positions, Co-Operation, Team Work, Communication, Target/Court/Field/Non/Part & Full Invasion Games, Rules & Ethics
PSYCHOLOGICAL DEVELOPMENT	Positive Attitude to Sport, Social Relationships, Creativity, Imagination, Questioning, Build Self Confidence, Introduction to Mental Preparation Respect to Coaches, Respect to Referees, Respect to Other Players
PHYSICAL DEVELOPMENT	Effect of Exercise on Body, Push/Pull Exercises, Speed Development
ANCILLARY CAPACITIES	Health, Nutrition, Hydration, Happiness

# GAA 5 Star Centre





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# Go Raibh Míle Maith Agat



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