



GAA

16th October - 13th November

Lifford Youth Reach

On the 16th October Lifford Youth Reach began their first sports coaching session with coaches from Ulster GAA. Paul Callaghan and Mark Crossan delivered a number of coaching sessions around the different games that come under the GAA.



The coaching sessions were centred on the GAA foundation award. This is a course for beginner coaches, who want to stay involved in coaching. The focus of the programme is the player and the modules develop around what the player needs are:

It develops the knowledge and skills to help you as a coach develop the confidence to get into coaching. The courses modules are focused largely on practical coaching in skills, games and activity for nursery children.

By the end of this Course participants will be able to:

- § Assist a coach in organising a programme of Games and Skill Development activities appropriate to each Participants needs and abilities
- § Identify the Skills of Hurling/ Gaelic Football

- § Assist a coach in organising progressive activities (drills and fun games) to develop skill

- § Assist a coach in organising progressive activities to develop fundamental movement skills appropriate to Gaelic games

- § Assist a coach in organising and managing Players for an effective practice session

- § Build Rapport, Observe, Analyse, Explain, Provide Demonstration and Provide Positive Feedback to Players