



# SCILEANNA

RAISING THE SKILL LEVELS OF OUR  
GAELIC GAMES IN TYRONE



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- Q. Do you coach an underage team?
- Q. Do you want to make a real difference to your individual player players and team performance?
- Q. Do you want the practical skills required to critically analyse your individual player performance?
- Q. Do you want the practical skills required to critically analyse your team performance?
- Q. Do you want the skills to motivate your players to achieve their full potential?
- Q. Do you want to improve your coaching style?
- Q. Do you want an experienced Coach/tutor to act as a mentor to you?

**YES YOU DO!!!!**

Then read on for more information on this course specially designed for Tyrone underage club coaches.

**Is your club interested in this new programme ???**

To express interest please contact:

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Tyrone GAA Games Development Manager

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## RATIONALE:

To raise the standard of Children and Youth footballing skills in Tyrone.

To support the Key Principles of giving every player an opportunity to Play and Develop - for as many as possible, as long as possible in the best possible environment.

To ensure the effective transfer of learning from Coach Education courses to practical application with Club players.

To provide quality development for Tyrone Club coaches.

## AIM:

Support coaches at club level.

Target Age groups, Coaches:

7-9, 10-12 and 13-15.

## ENTRY REQUIREMENT:

Essential

1. Coaches should have Foundation/ Safeguarding completed and have coached a team for at least one season.
2. Nominated by your club as a pair of coaches .
3. Actively coaching one of the following ages – (U/7-9, U/10-12, U/13-15)
4. Complete all assigned tasks



## COURSE CONTENT:

- Self Awareness for the coach.
- The learning process.
- Communicating with young players.
- Building a learning environment.
- Hallmarks of successful coaching.
- Skill development through games.
- Skill testing.

## AWARD/REWARD:

Certificate of Coaching competence for club Coaches

Self Development for coaches

Support and development for coaches that will directly impact positively on player performance

# SCILEANNA

DEVELOP YOUR SKILLS TO HELP YOU DELIVER EXCELLENT AND INSPIRING COACHING SESSIONS IN YOUR CLUB.

