



# Naomh Olaf GAA Coach Education Calendar 2023

# Calendar details

- ▶ The Naomh Olaf GAA Coach Education Calendar 2023 will have 3 accredited course and some non formal workshops targeted at specific age groups

- ▶ Accredited courses:

**Award 1 Child Target group: Coaching working from U7 – U12 years Boys and girls**

**Resistance Training course Target group: Coaches working or willing to work with 13-17 years Boys and girls**

**Intro Performance Analysis course Target Group: coaches working with youth and adult teams.**

**Non-Formal workshop outlined in the calendar below.**

# GAA Resistance Training Course



Leinster GAA in conjunction with Naomh Olaf GAA are running a Youth Resistance Training Course. This course will be aligned to the GAA Award 2 Certification. This course is designed to provide GAA Coaches working at Youth Level (13-18 Years) with the knowledge and understanding to design and deliver age appropriate Resistance Training (RT) Programme.

The course structure uses a blended learning approach combining online learning lectures, tutorials and practical sessions.

The Course Content will include:

- Needs and Demands of Youth GAA Athletes
- Appropriate RT Exercises for the Youth Athlete
- Movement Analysis
- Programme Design
- Progression and Adaptation of RT Exercises
- Periodisation and Planning

# Introduction to Performance Analysis GAA



## Dates

8th of November  
15th of November  
22nd of November  
29th of November

## OVERVIEW

This is an extremely "Hands On" course, showing how analysis can be used as an effective teaching tool to improve both coach & players learning & performance.

This Introductory PA course is specifically designed to meet the needs of the modern coach at all levels.

## LEARNING OUTCOMES

- Identify, prioritise and design a simple system to measure appropriate performance indicators
- Demonstrate the ability to collect objective, accurate information based on an agreed framework and test its reliability using percentage error calculations
- Analyse, interpret and refine data into an understandable and appropriate format for analysis by coaches
- Facilitate the coach-led delivery of appropriate feedback to participants, taking into account their bio-psycho-social needs in a scenario-based setting
- Assess and evaluate the processes designed and their personal performance in a scenario-based setting



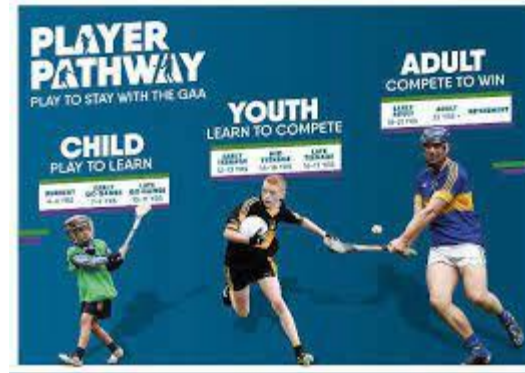
# Introduction to Performance Analysis



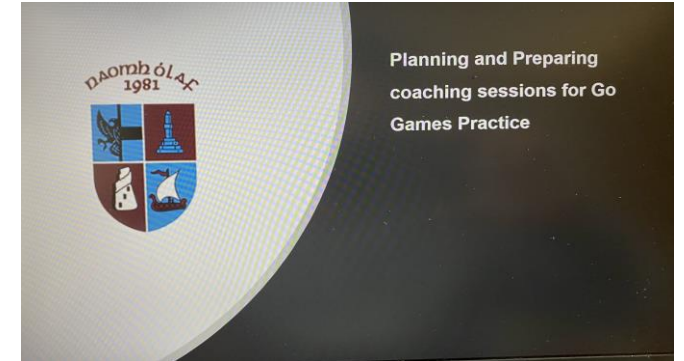
# Course descriptions



The Award 1 Child Coach Education course is the second award on the coaching pathway of Gaelic games. The course is aimed at coaches that have progressed through the Foundation Award / Introduction to Coaching Gaelic Games programme and have experience as a Coach with teams U12 and younger. All modules must be completed in order to be certified.



Academy workshop is aimed at academy coaches to introduce them to the player pathway and help with organisation and session design



Planning and Preparing a coaching session workshop is targeted at teams entering or already in Go Games. It is part of the Naomh Olaf Mentoring Programme. It covers:

Managing personnel,  
Engaging learning & organising your group,  
Managing individuals within the group,  
Communication

# Registration

- ▶ To register for any course; just click on the course name on the calendar to take you to the registration form

2023	OCTOBER						
CALENDAR YEAR	CALENDAR MONTH						FIRST DAY OF WEEK
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
25	26	27	28	29	30	01	
02	03	04	05	06	07	08	
<a href="#">Resistance Training course</a> Online Pre reading		<a href="#">Resistance Training course</a> Online Pre reading					
09	10	11	12	13	14	15	
<a href="#">Resistance Training course</a> Online Pre reading		<a href="#">Resistance Training course</a> Online Pre reading		<a href="#">Resistance Training course</a>	<a href="#">Resistance Training course</a> Naomh Olaf Gym		

# Naomh Olaf Coach Education 2023

2023 CALENDAR YEAR	SEPTEMBER CALENDAR MONTH						MONDAY FIRST DAY OF WEEK			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
28	29	30	31	01	02	03				
04	05	06	07	08	09	10				
11	12	13	14	15	16	17				
18	19	20	21	22	23	24				
25	26	27	28	29	30	01				
	<a href="#">Preparing and planning a coaching session</a>		<a href="#">Academy Player pathway workshop</a>							
02	03	04	05	06	07	08				



# Naomh Olaf Coach Education 2023

2023	OCTOBER		MONDAY			
CALENDAR YEAR	CALENDAR MONTH		FIRST DAY OF WEEK			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25	26	27	28	29	30	01
02	03	04	05	06	07	08
<a href="#"><u>Resistance Training course</u></a> Online Pre reading		<a href="#"><u>Resistance Training course</u></a> Online Pre reading				
09	10	11	12	13	14	15
<a href="#"><u>Resistance Training course</u></a> Online Pre reading		<a href="#"><u>Resistance Training course</u></a> Online Pre reading		<a href="#"><u>Resistance Training course</u></a>	<a href="#"><u>Resistance Training course</u></a> <a href="#"><u>Naomh Olaf Gym</u></a>	
16	17	18	19	20	21	22
	<a href="#"><u>Mol an Oige Coaching Course</u></a>			<a href="#"><u>Resistance Training course</u></a>	<a href="#"><u>Resistance Training course</u></a> <a href="#"><u>Naomh Olaf Gym</u></a>	
23	24	25	26	27	28	29
30	31	01	02	03	04	05



# Naomh Olaf Coach Education 2023

2023	NOVEMBER					
CALENDAR YEAR	CALENDAR MONTH					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	01	02	03	04	05
		<a href="#">Introduction to Performance Analysis GAA</a>		<a href="#">Award 1 Child Weekend 1</a>	<a href="#">Award 1 Child Weekend 1</a>	
06	07	08	09	10	11	12
		<a href="#">Introduction to Performance Analysis GAA</a>		<a href="#">Award 1 Child Weekend 2</a>	<a href="#">Award 1 Child Weekend 2</a>	
13	14	15	16	17	18	19
		<a href="#">Introduction to Performance Analysis GAA</a>		<a href="#">Award 1 Child Weekend 3</a>	<a href="#">Award 1 Child Weekend 3</a>	
20	21	22	23	24	25	26
	<a href="#">Academy to Go Games workshop (Invite Only)</a>	<a href="#">Introduction to Performance Analysis GAA</a>				
27	28	29	30	01	02	03
04	05	06	07	08	09	10