



# Kilmacud Crokes Coaching Spring Programme 2024

This calendar outlines the Coaching Curriculum for Spring 2024

The following courses and workshops below are in place to provide training and support to our volunteer coaches.

## Please take note of the following :

**Award 1 Youth & Adult Coaching Course** is the next step on the coaching ladder after the ICGG Course. This is targeted at coaches with players u12-u16. You must have completed the Introduction to Coaching Gaelic Games Course (ICGG) in order to do this course.

All modules of the course must be attended in order to be certified. You only need to register once.

**Introduction to Coaching Gaelic Games (ICGG/Foundation Course)** is a mandatory course for all coaches, while it is targeted at u7-u10 coaches any coach who has not got this course completed can not coach.

All three days must be completed in order to be certified. You only need to register once.

**All non-formal coach education** outlined in the calendar is aimed at coaches on various stages of the player pathway.

For more information on the non- formal workshops please click on the links within the calendar dates.

If you require more information about the programme please contact Niall, Maria or Sean on [crokesc coaching@gmail.com](mailto:crokesc coaching@gmail.com)

# JANUARY 2024



SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17 Transition Year Coaching Course	18	19	20
21	22	23	24	25	26 <u>Award 1</u> <u>Youth &amp; Adult</u> <u>Course</u> <u>Day 1</u>	27
28	29	30 Nursery 1 Workshop	31			

## NOTES:

- Wednesday 17th - Transition Year Coaching Course- 4.30pm to 6pm - Paddock
- Friday 26th- Award 1 Youth & Adult (Day 1)- Introduction, Communication Skills & Role of a Coach- 7pm to 10pm - Room 4
- Tuesday 30th - Nursery 1 Workshop - 2018 Coaches - 8pm to 9pm - Paddock

# FEBRUARY 2024



SUN	MON	TUES	WED	THUR	FRI	SAT
				1	2 <u>Award 1</u> <u>Youth &amp; Adult</u> <u>Course</u> <u>Day 3</u>	3 <u>Award 1</u> <u>Youth &amp; Adult</u> <u>Course</u> <u>Day 4</u>
4	5	6	7 <u>Award 1</u> <u>Youth &amp; Adult</u> <u>Course</u> <u>Day</u>	8	9 <u>Award 1</u> <u>Youth &amp; Adult</u> <u>Course</u> <u>Day 5</u>	10 <u>Award 1</u> <u>Youth &amp; Adult</u> <u>Course</u> <u>Day 6</u>
11	12	13	14 <u>Athletic</u> <u>Development</u> <u>Workshop</u>	15	16 <u>Award 1</u> <u>Youth &amp; Adult</u> <u>Course</u> <u>Day 7</u>	17 <u>Award 1</u> <u>Youth &amp; Adult</u> <u>Course</u> <u>Day 8</u>
18	19	20	21	22	23 <u>Introduction</u> <u>to</u> <u>Coaching Gaelic</u> <u>Games</u> <u>Course</u> <u>Day 1</u>	24 <u>Introduction</u> <u>to</u> <u>Coaching Gaelic</u> <u>Games</u> <u>Course</u> <u>Day 2</u>
25	26	27	28	29		

## NOTES:

- February 2nd - Award 1 Youth & Adult (day 2) - Physical Fitness- 7pm to 10pm - Paddock/Hurling Arena
- February 3rd- Award 1 Youth & Adult (day 3)- Hurling Technical Proficiency & Games - 9.30am-1.30pm- Carysfort NS
- February 7th- Award 1 Youth & Adult - Playing Facts- 7.45 to 9.45pm- Function Room
- February 9th- Award 1 Youth & Adult - Psychological Focus - 7pm to 10pm - Function Room
- February 10th- Football Technical Proficiency & Games - 9.30am-1.30pm- Carysfort NS
- February 14th- Athletic Development Workshop - Warm Ups - 8pm to 9pm- Paddock
- Friday February 16th- Football/Hurling Developing Principles of Play- 7pm to 10pm - Function Room/Paddock
- Saturday 17th February- Lifestyle, Planning & Conclusion - 10am to 1pm - Function Room
- Friday 23rd- Introduction to Coaching Gaelic Games (Day 1)- 7.15pm to 9.15pm- Function Room
- Saturday 24th - Introduction to Coaching Gaelic Games ( Day 2)- 2pm to 5pm- Paddock

# MARCH 2024



SUN	MON	TUES	WED	THUR	FRI	SAT
					1 <u>Introduction to Coaching Gaelic Games Course Day 3</u>	2
3	4	5 <u>CCC2 F/LFB Workshop</u>	6	7	8 <u>Skill Development Workshop</u>	9
10	11	12	13 <u>CCC2 H/C Workshop</u>	14	15	16
17	18	19	20	21 <u>CCC2 F/LFB Workshop</u>	22	23
24	25	26	27	28	29	30
31						

## NOTES:

- Friday 1st- Introduction to Coaching Gaelic Games (Day 3)- 7.15-9.15pm - Paddock
- Tuesday 5th - CCC2 Football/Ladies Football Defensive Play Workshop - 8pm to 9.15pm - Paddock
- Friday 8th- Skill Development - u7 to u9 Coaches - 8pm to 9.15pm - Paddock
- Wednesday 13th- CCC2 Hurling/Camogie Transitional Play Workshop- 8pm to 9.15pm - Paddock
- Thursday 21st - CCC2 Football/Ladies Football Forward Play Workshop- 8pm to 9.15pm- Paddock

# APRIL 2024



SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	<u>CCC2</u> <u>H/C</u> <u>Workshop</u>	10	11	12	13
14	15	16	<u>CCC2</u> <u>F/LFB</u> <u>Workshop</u>	18	19	20
21	22	23	24	<u>CCC2</u> <u>H/C</u> <u>Workshop</u>	26	27
28	29	30				

## NOTES:

- Tuesday 9th- CCC2 Hurling/Camogie Defensive Play Workshop - 8pm to 9.15pm - Paddock
- Wednesday 17th- CCC2 Football/Ladies Football Transitional Play Workshop - 8pm to 9.15pm - Paddock
- Thursday 25th - CCC2 Hurling/Camogie Forward Play - 8pm to 9.15pm - Paddock

# MAY

# 2024



SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8 <u>Athletic Development Workshop</u>	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## NOTES:

- Wednesday May 8th- Athletic Development Workshop - 8pm to 9pm - Paddock