



KC COACHING

NEWSLETTER

TY COACHING

On January 22nd we held an introductory coaching workshop for our second group of TY coaches for 2024/2025.

A total of 32 students attended the workshop which provided participants with the key skills they need to coach Gaelic Games.

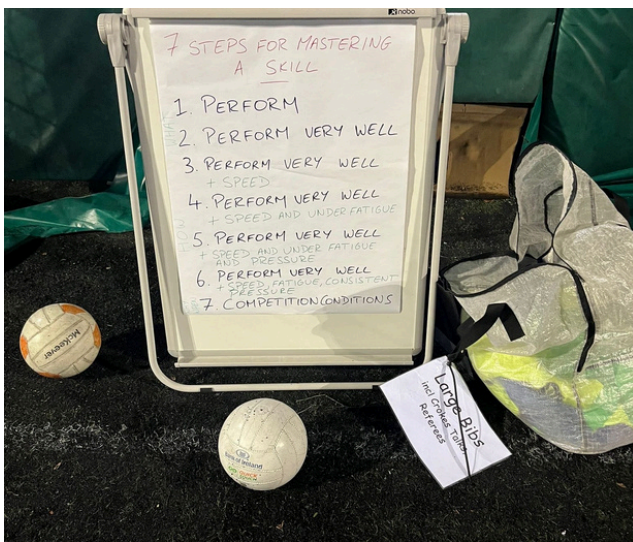
These students are now gaining practical coaching experience by assisting with our schools and nursery coaching programmes.

SKILL DEVELOPMENT WORKSHOP



January 29th saw coaches of 8-11 year olds take part in a workshop focused on the area of skill development in their players.

Coaches were shown examples of how to progressively alter their coaching activities in order to enhance the skill levels of their players.



ICGG

Across January and February we had a total of 13 coaches complete the Introduction to Coaching Gaelic Games course in the club, making them fully qualified Gaelic Games coaches.

SCHOOLS COACHING

Block three of our schools coaching programme kicked off in January. We are currently providing Gaelic Games coaching for 11 local primary schools on a weekly basis.

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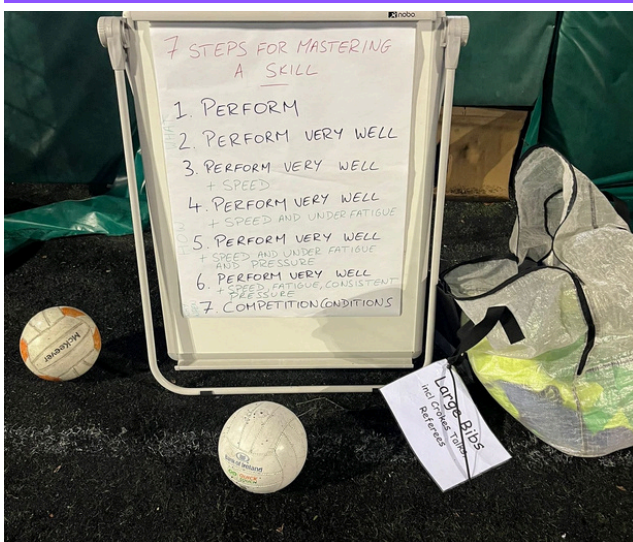
NUAGHTLITIR

TRAENÁIL TY

Ar an 22 Eanáir thionóil muid ceardlann oiliúna tosaigh dár dara grúpa cóitseálaithe Idirbhliana do 2024/2025.

D'fhreastail 32 mac léinn san iomlán ar an gceardlann a thug na príomhscileanna a theastaíonn uathu chun na Cluichí Gaelacha a oiliúint do rannpháirtithe.

Tá taithí phraiticiúil cóitseála á fháil ag na mic léinn seo anois trí chuidiú lenár gclár chóitseála i scoileanna agus náiscoileanna.



CEARDLANN FORBARTHA SCILEANNA



Ar an 29 Eanáir ghlac cóitseálaithe leanaí 8-11 bliana d'aois páirt i gceardlann dírithe ar fhorbairt scileanna a n-imreoirí.

Taispeánadh samplaí de na cóitseálaithe ar conas a ngníomhaíochtaí cóitseála a athrú de réir a chéile chun cur le leibhéil scileanna a n-imreoirí.



ICGG

I rith Eanáir agus Feabhra bhí 13 cóitseálaí san iomlán againn a chríochnaigh an cúrsa Intreoir do Chóitseáil Cluichí Gaelacha sa chlub, rud a fhágann gur oiliúnóirí lánchálaithe na gCluichí Gaelacha iad.

TRAENÁLAÍ SCOILE

Cuireadh tús le bloc a trí dár gclár cóitseála do scoileanna i mí Eanáir. Táimid ag cur cóitseáil na gCluichí Gaelacha ar fáil do 11 bunscoil áitiúil ar bhonn seachtainiúil faoi láthair.

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FOOTBALL RULES WORKSHOP

On Wednesday February 19th we hosted a coaching workshop detailing the new FRC rule enhancements for Gaelic Football. The workshop was delivered by Jack Cooney, former Westmeath Senior Football Manager and current GAA National Player Development Lead. The workshop provided a detailed look at the new rule enhancements and provided some innovative coaching strategies for coaches to implement with their teams.



ATHLETIC DEVELOPMENT WORKSHOP

On February 11th we held an athletic development workshop for coaches of U12-U16 teams across all four codes. The focus of the evening was displaying practical and age appropriate techniques for developing speed, agility and power in youth athletes. The workshop was well received with 30 coaches in attendance.

2019 COACHES UPSKILLING

On Thursday February 13th, our 2019 coaching group took part in a workshop on how to coach some new skills and games which will be included in their next coaching block.

UPCOMING EVENTS

We have a range of coaching and games initiatives coming up in March and April. Details of how to sign up for these initiatives will be shared via sectional and team coaching leads.

CCC2 Coaching Workshops: Thursday 13th March, Wednesday 19th March, Friday 21st March, Wednesday 2nd April and Monday 7th April.

KC GAA Easter Camp for children aged 6-12 years: 14th-17th April.

KC COACHING

NUACHTLITIR

CEARDLANN NA RIALACHA PEILE

Ar an gCéadaoin 19 Feabhra d'óstáileamar ceardlann cóitseála a thug mionsonraí ar na feabhsúcháin nua ar rialacha FRC don Pheil Ghaelach.

Ba é Jack Cooney, Iar-Bhainisteoir Peile Sinsear na hIarmhí agus Ceannaire Forbartha Imreora Náisiúnta CLG reatha a thug an cheardlann.

Thug an cheardlann léargas mionsonraithe ar na feabhsuithe nua ar na rialacha agus sholáthair sí roinnt straitéisí oiliúna nuálacha do chóitseálaithe le cur i bhfeidhm lena bhfoirne.



CEARDLANN FORBARTHA ATHLÉACH

Ar an 11 Feabhra thionóil muid ceardlann forbartha lúthchleasaíochta do chóitseálaithe na bhfoirne F12-F16 ar fud na gceithre chód.

Ba é fócas an tráthnóna teicníochtaí praiticiúla agus aois-oiriúnach a thaispeáint chun luas, aclaíocht agus cumhacht a fhorbairt i lúthchleasaithe óige.

Glacadh go maith leis an gceardlann agus bhí 30 cóitse i láthair.

2019 OILIÚINT CHÓITIGH

Ar an Déardaoin 13 Feabhra, ghlac ár ngrúpa cóitseála 2019 páirt i gceardlann ar conas roinnt scileanna agus cluichí nua a oiliúint a áireofar ina gcéad bhloc oiliúna eile.

IMEACHTAÍ TEACHT

Tá raon tionscnamh cóitseála agus cluichí ar siúl againn i mí an Mhárta agus i mí Aibreáin. Roinnfear sonraí maidir le conas clárú le haghaidh na dtionscnamh seo trí cheannairí oiliúna rannóige agus foirne.

Ceardlanna Oiliúna CCC2: Déardaoin 13 Márta, Dé Céadaoin 19 Márta, Dé Aoine 21 Márta, Dé Céadaoin 2 Aibreán agus Dé Luain 7 Aibreán.
Campa Cásca CLG KC do pháistí idir 6-12 bliana d'aois: 14ú-17ú Aibreán.