

Camàn - Get a Grip !

Introductory Course

Camàn Get a Grip is an exciting Camogie coach education course launched in 2008. This course is aimed at coaches/parents who are starting coaching for the first time or who have been coaching for a while but do not have any qualification. You do not need to be able to play Camogie to coach it well. This is a two day course, run over one weekend. You must be over 16 years of age to do this course. On completion of this course you will be qualified to coach Camogie to girls up to the age of 10 years.

Modules on the course include:

- Role of the Coach**
- Correct Hurley Length & Grips**
- Skill Development**
- Basic Fundamental Movements**
- Planning a Session**
- Mini Games and much more**

Friday 30th April from 6.30pm -10.15pm

Saturday 1st May from 9.30am - 1.30pm

Kilgobnet Sports Centre

For more information on this course, contact your club secretary who has received the application forms.