

# Ladies Football

## FUNdamentals Coaching Course

Fundamentals is a 6 hour course which comprises of 4 units, 2 of which are practical;

- Unit 1: *Good Coaching Practice*
- Unit 2: *ABC's of Gaelic Football*
- Unit 3: *Group Management and Child Protection*
- Unit 4: *Coaching a Session*

Coaches will look at issues such as planning and implementing training programmes as well as practical coaching and an introductory to the Player Pathway.

These units will provide a good basis for further development for those already coaching or those who are keen to get involved.

All course participants must be 16 years and over.

Saturday 8<sup>th</sup> May from 10am - 4pm  
St. Augustine's College, Abbeyside

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