



April 2009

Cumann Peil Gael Na mBan Tir Eoghain Development Newsletter



Mums The Word!! Get Fit & Have a Bit of Craic

Gaelic4Mothers sees mothers play Ladies Gaelic Football in a fun, non-competitive and social environment. It provides an opportunity for women to get their recommended weekly exercise in a fun way while meeting other mothers in their community.

Gaelic4Mothers is suitable for all those who want to take part as a form of exercise whether you've never kicked a football before or still have the boots lying in the back of the

The Gaelic4Mothers programme is a 6 week x 1 hour-Programme which will bring a whole new social aspect to your club and also provide parents with an insight into the club scene.

Ready...Steady...Play!

If your club needs more help with underage teams and you want more parents to get involved in your club then this is for you!!

The Ready Steady Play programme is aimed at encouraging parents who stand on the sideline to cross the line and help the coach/mentor to

take the team. New volunteers get the opportunity to take part in a coaching session and learn how to set up drills to give them confidence to become involved in your club.

The first of these programmes was held earlier in the year at Strabane Sigersons with 14 parents taking part.

BEST OF ALL. This programme is FREE to all clubs and only lasts 2 hours.

Level 1 Raising the Bar

Day 1 of the Level 1—Raising the Bar Coaching Course was held at Strabane Sigersons on March 21st. The tutors were Eilish Gormley and Nicola Canavan. There were participants from Sigersons, Drumragh, Dromore, Badoney, Loughmacrory and Stewartstown.

The second day of this course will take place on May 2nd at Sigersons.

New Referees Course

New Referees course Day 1 and Day 2 have been confirmed as **Sat 18th and Sun 19th April**

Contact Aisling Doyle for information



Code of Ethics Seminar

It is important that all Club Children's Officers attend. Loreto Grammar School, Omagh Weds April 15th at 7.30pm. Contact Maureen Glass for info.

FUNDamentals

A large group took the first step on the coaching ladder by attending the FUNDamentals Coaching Course held at Cill Iseal on April 4th. Coaching instructor Aideen O'Kane introduced the group to Good coaching practice, ABCs of Gaelic Football, Group Management and Child Protection as well as providing practical advice on organising and taking a coaching session.

Participants were Dessie Friel, Alex Curry (Sigersons), Gerard Porter (Owen Roes), Lynda Donnelly (St. Macartans) Helen McGlone (Drumragh), Rachel Blee, Sinead Kelly (Cappagh), Bernie McGlinchey, Seana Keenan, Gemma McCullough, Rosie Mossey, Katrina Daly, Briege Daley, Reta Brogan (Badoney), Marie McCaffrey,

Paul Mallon, Dympna Mallon (Edendork), Ciara Donnelly, Conall Christie (Donaghmore), Roisin O'Neill, Jennifer Kells (Stewartstown) Ann-Marie Meehan (Aghyaran), Lisa Marie McAleer, Ann Gallagher (Loughmacrory), Joanne McCann (Cill Iseal), Shaunagh Kane (Galbally), Michaela Fox, Cathy Teague, Anita McDermott, Aislinn McKenna (Sperrin Og), Colm McGlone, Gary Haughey (An Charraig Mhor).

It is hoped to organise another FUNDamentals course before the Summer. If you would like to provisionally reserve a place please contact Martin Conway by email strabanel1@hotmail.com.





U13 Development Squad

The 2009 Tyrone Ladies County U13 Development Squad was launched recently at Omagh Youth Sport. The aim of this squad is to build on the immense amount of work already taken place at club level to develop highly skilled young players who will benefit not only future County teams but also clubs and schools.

Squad members will be supported by an effective, well-trained network of coaches and other personnel, ensuring that they will be afforded the optimum opportunity to maximise their potential. The squad will also have close links with the County U14 and U16 team management in order to provide Tyrone's emerging Ladies footballers the best chance of making the transition from talented youngster to successful county minor and senior footballers.

The U13 Development Squad will include the following aspects of player development:

- Introducing a code of conduct for Players.
- Fitness tests.
- Educational and motivational talks including nutrition, goal setting etc.
- Reinforcement of fundamental skills.
- Development of skills.
- Playing as a team.

The Development Squad will meet eight times for quality coaching sessions and four other times for game days. Although the U13 Development Squad is non-competitive, the players will get the opportunity to test their skills at a number of blitzes and challenge games. The Coaches Working with U13 Development Squad this year are: Martin Conway,

Cathy Richardson and Dessie.Friel.

The U13 Development Squad is Tara Haughey, Megan McCann, Niamh McElduff (An Charraig Mhor), Niamh McNulty (Aodh Ruadh), Rebecca Mackle, Lucy Mackle, Cara Hayden, Catherine O'Neill (An Charraig), Noleen Carland (Cappagh), Joanne Barrett, Niamh McDonagh (Drumquin), Emma McReynolds (Edendork), Alisha McGoldrick, Alana McGoldrick (Fintona), Holly Sweeny (Fr. Rocks), Siobhan Kirk (Glenelly), Helen McAleer (Donaghmore), Aisling McCrory (Errigal Ciaran), Michaela Woods (Beragh), Seorsia Conway (Sperrin Og), Tammy-Lee Diver, Aine O'Connor (Sigersons), Aimee McAleer (Urney), Sarah Carberry, Claire McGlinchey (Galbally), Lucy Arnold (Newtownstewart), Nuala McHugh, Sinead Donnelly (St. Dymrna's Dromore).

Reasons why children leave sport:

- Feeling that they "have" to win
- Fear of failure
- Not having fun
- Severity of training
- Being criticised by the coach



Well Done Loreto

Congratulations to Loreto Grammar School on retaining the All-Ireland U16 Championship with a nine point victory over St. Leos, Carlow.

Coaching Tips by Phillip Kerr

As players develop, their technique improves more rapidly than any other part of their game. They can usually learn to kick, catch, fist, block, solo etc. with a fair degree of comfort. The better players offer practice these skills at home and develop faster than those who only rely on drills in coaching sessions once or twice a week.

What they find more difficult is to develop the ability to make the right decision in a game—when to pass, who to pass to, where to run, how to pass.

A coach who prepares a squad through

Drills v Games

sessions filled with drills, is only working at one part of the game

How can a drill solve problems like "forwards bunching" or "lack of midfield support" or "no width" or poor use of frees"? The answer is..... IT CAN'T!!

If a player is a poor kicker of the ball, there is work done to solve that problem. What are we doing to help the player who takes the wrong option more often than the right one in a game.

Get working at games. Remember..... Games=Problems. Start solving the problems.



Sponsors Needed

Tyrone Ladies GAA is seeking sponsorship support from local businesses or organisations to help fund the Ladies County teams during the 2009 season.

At the moment we have confirmed sponsorship for the Minor and U16A teams. If you know of any company or individual who might be interested in this opportunity to promote their business please contact a member of the Executive Committee ASAP.

