



Round Tower GAA Coaching Newsletter





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Intro

Hi Coaches,

This monthly newsletter has been designed by the Coaching & Games Committee to support our coaches.

Each month we will focus on a particular skill and ask coaches to include it in their training sessions throughout the month.

We will provide sample drills and links to resources for you to check out.

In this issue we have highlighted [“The New Towers Way”](#). This is an extremely important part of the Towers Abu strategy and we would encourage all coaches to become familiar with this strategy document.

Enjoy!!!

Issue 2 2023

Skill of the Month

Football Catching



[Click Here](#)

Skill of the Month

Football Catching CCC1

OVER THE RIVER

HOW TO PLAY: Players are split into 2 teams • They must punt kick "over the river" into the opposition's area • The team receiving the punt kick are aiming to complete a clean catch • Implement a scoring system for catches i.e. 2 points for overhead catch, 1 point for standard catch, 1 point for a ball that hits the ground

PROGRESSION: Increase the size of the playing area including the river. Use more than one ball.

WHAT IT DEVELOPS: Accurate kicking, high catching & vision

Also Practise hook kick and alternate between dominant and non-dominant sides



High Catch
Body Catch
Reach Catch

Skill of the Month

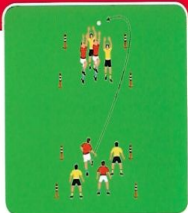
Football Catching CCC2

WAR

HOW TO PLAY: Set up the 2 grids as is shown • In this game it is every man for himself • A point is awarded for every ball that you win • Then they must return a high ball to the other side where the ball is once again competed for • The game continues for a set period of time and the person with the most points at the end is the winner

PROGRESSION: Increase the duration of the drill. Increase the number of players in each grid.

WHAT IT DEVELOPS: High Catching, winning breaking ball & accurate kicking



Also Practise hook kick and alternate between dominant and non-dominant sides



[High Catch](#)
[Body Catch](#)
[Reach Catch](#)



Skill of the Month

Hurling / Camogie Catching



[Click Here](#)

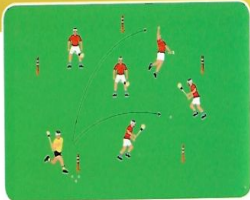
Skill of the Month

Hurling / Camogie Catching CCC1

CATCH THE EGG

HOW TO PLAY: Set up a playing zone to suit the number of players in the group • Each group starts with one hitter while the rest spread out in the playing zone and become fielders • The hitter has 5 hits out the field and the fielders try to catch the sliotar or retrieve the sliotar and bring it back to the hitting zone • The fielders get 1 point if they retrieve the sliotar before the other fielders and put it back, 2 points if the sliotar bounces once and it's caught and 3 points if they catch it before the sliotar hits the ground • Once the hitter has 5 hits, switch around with a fielder • Everyone gets to bat 5 times and the fielder with the most points wins.

WHAT IT DEVELOPS: Catching and retrieving the ball



Over head Catch
Chest Catch



Skill of the Month

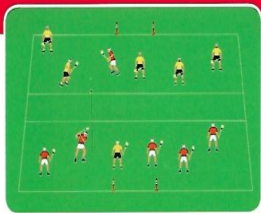
Hurling / Camogie Catching CCC2

CÚCHULAINN

HOW TO PLAY: Players are split into 2 teams • They must ground strike "across the road " into the opposition's area • One Player from each team goes to the opposite court and acts as 'Disrupter' i.e. attempts to hook/block and dispossess the opposition • If they can get the ball they attempt to score in Goal • Disrupter to be changed after 1 minute • Scoring system for catches i.e. 2 points for overhead catch, 1 point for standard catch, -1 point for a ball that hits the ground • 3 Points if the scout dispossesses and scores in goal

PROGRESSION: Two disrupters. Air hurling.

WHAT IT DEVELOPS: Striking, high catching, hooking, blocking & vision



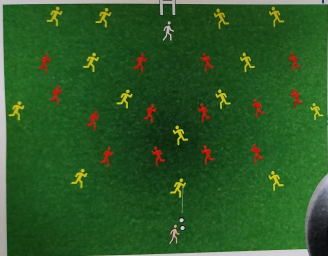
Over head Catch
Chest Catch

Game of the Month

The LAST DANCE Game:

Aims: Create Frustration amongst the attacking team.

Progression: Allow each team 1 minute before game begins to plan their attacking or defending strategy.



The Last Dance Game, is played at the end of every training session. Two full teams (or even numbered teams) play in one half of the pitch. Each team have a go attacking and defending and each game lasts for a maximum of 90 seconds. The game begins with the coach playing the yellow team a pass from the middle of the pitch, they have 90 seconds to score or win a free kick. If they give the ball away or are turned over their game is over, even if it's after 10 seconds its game over for them and the teams swap roles with the red team getting their go as attackers.

The object of the game is to try and create the last few plays of a game, either looking for a winning/equalising score or defending a 1 score lead. After a few goes teams will develop different ideas like adding depth on the end line and width to their attack.



Adapt for Hurling/ Camogie



Coaching Tips Further reading/ Posts

This months further reading focuses on half time team talks and how you can make them effective



[“Use the 5 “R’s” to get the most out of Half Time” by Steven Poacher](#)



Coaching Tips Podcasts

This months Podcast focuses on Skill
Acquisition

The Mike Quirke Podcast - Ep. 5:
Maximising skills acquisition, coaching
and performance with Dr Phil Kearney

Topics discussed in this Podcast

- What is Skill?
- How long does it take for skills to stick?
- Fast tracking your learning
- Developing life skills through sport & coaching

Monthly “Hot Topic”- Establishing a Club Culture- Adult and Juvenile Coaches



RESPECT	INTEGRITY	EXCELLENCE	ONE CLUB ONE IDENTITY
<ul style="list-style-type: none"> Adhere to club rules Be welcoming, open and transparent Have a positive attitude with the group and with all club stakeholders Set group standards Be clear on standards of behaviours and performance of the team and mentors Outline acceptable behaviours on the side-line for parents and supporters Create a Safe Environment Communicate effectively, and with respect, to all stakeholders Use positive language – no bad language Live up to your commitments and obligations Actively look to promote inclusivity and diversity Be a role model Respect, appreciate and acknowledge referees Respect club facilities Promote and encourage respectful behaviours by our players to all stakeholders, starting with referees. Do not cancel without notice Be fair with game time 	<ul style="list-style-type: none"> Be accountable for your actions Be honest with players and parents Follow through on commitments Be clear on the importance of sportsmanship Accept guidance and constructive feedback Demonstrate consistency Be accessible Be ethical in your approach Be familiar with mentors, coaches & parents Be proud Be tolerant Avoid a culture of blame, seek a culture of accountability 	<ul style="list-style-type: none"> Establish realistic goals Engage in education supports - Attend coaching courses. Openly encourage and promote among coach group the progressive supportive and informative education supports. Be ambitious with a positive attitude Prepare all training sessions Prepare pitches for matches Be on time Encourage ownership amongst players (age appropriate) Develop a leadership group amongst the team (age appropriate) Share responsibility and workload to bring optimal standards of coaching Encourage Towers players to be the best they can be. Maintain discipline amongst the team Make excellence fun and friendly Celebrate success Seek continuous improvement 	<ul style="list-style-type: none"> Educate yourself on the club history and community heritage Be a positive ambassador for Round Towers Promote all club values at all times Encourage all players to pay membership and encourage parents to become club members Follow the club's singular approach to Club Gear and promote the club shop Establish the culture and set of standards and values that are understood, implemented, and accepted. Be committed to all codes and facilitate different codes with training times if relevant - Communicate clearly to parents the compromises and accommodations necessary to facilitate all codes (age appropriate) The club needs to engage with local schools. Be part of the process Promote volunteering amongst parents Be active in policies to retain players Support other teams Encourage mentors and parents to use the clubrooms Organise events for your team in the clubrooms Source sponsorship Use the club communication channels to promote success and significant club events Attend AGMs and meetings when asked





Coaching Resources for material in this Newsletter

Activities

- [GAA Learning](#)
- [“Give us a Game” by Ger O’Connor \(Available Dublin GAA\)](#)
- [“GAA Football Training Tens” by Colm Nally](#)