



OLSS Castleblayney



2019 GAA Coaching Conference

Venue: Our Lady's Secondary School Castleblayney

Date: Saturday 26th January 2019

Time: 9.00– 2.00

| Time | Conference Schedule | Coach |
|-------------|--|--|
| 9.00-9.45 | Registration | |
| 9.45-10.00 | Introduction & Opening Address from School Principal (Mr. Eddie Kelly) | |
| 10.00-11.00 | Session 1- "Physical Fitness with the Ball" Outdoor Pitch Session focused on games based approach to fitness | Colm Nally (Meath Senior Football Coach & Author of "Gaelic Football Game Based Training Activities") |
| 11.15-12.30 | Session 2- Keynote Speaker Presentation on the benefit of a games based approach to training. Followed by a Q&A Forum compared by RTÉ Head of Sports Declan McBennett with Special Guests) | Mickey Whelan (Former Dublin All Ireland winning Player and Manager. Club All Ireland winning manager & Former Dublin Hurling Coach) |
| 12.30-1.00 | Refreshments | |
| 1.00-2.00 | Session 3- "Transition from Defence to Attack" Outdoor Pitch Session focused on games to transition games to break down packed | Conor Laverty (Former Down Footballer & GAA Development Officer Trinity College Dublin) |

To confirm a place please contact:

Our Lady's Secondary School Castleblayney, Co. Monaghan

Phone: 042-9740351

Web: www.olss.ie

E-mail: gaa@olss.ie

Twitter: @OLSSBlayney

Cost €15 each or €50 for Group of Four Payable on the day. Refreshments and Session Plan Included.