



## “Adopting to Succeed”

# Tyrone GAA Club Coaching Conference 2016

**Saturday 30 January 2016**  
**Tyrone GAA Centre, Garvaghey**

### Reamhrá

The GAA is about **WHO** you are and **WHERE** you're from. We're holding firmly to that belief here. The **WHO** in this case are our GAA coaches and the **WHERE** is Tyrone. This is unashamedly a Tyrone-focused event, aimed at taking forward the quality, standard and enjoyment of our games at Tyrone Club, School/College and County levels.

If you're involved in coaching at any of those levels in Tyrone, then come and join us on 30 January. This is about us jointly taking things to the next level across Tyrone.

Our day will mix lectures and talks with practical pitch-based work ... so come prepared!

Le chéile ar son Thír Eoghain ... together for Tyrone

### Clár

- 9.30 am:** Tea/coffee and welcome
- 10.00 am:** Key Note 1: Age-based fitness for Gaelic athletes (U14-U18), Peter Donnelly
- 11.30am:** Workshops:  
**A:** Games to encourage effective kicking: Joe McMahon and Peter Harte  
**B:** Mobility, stability and efficiency in movement: Louis O'Connor  
**C:** Conditioning strategies for youth players: Gareth O'Neill
- 1.00pm:** Lunch
- 1.45 pm:** Key Note 2: Strategies to overcome the 'blanket defence', Matt McGleenan

- 3.15pm:** Key Note 3: Tyrone Going Forward - What we're doing, How and Why, Benny Hurl  
Q&A session: Mattie Donnelly, Joe Mc Mahon and Peter Harte
- 4.00pm:** Closing Address: Anne Daly, Tyrone Games Development Manager

### Conference pack will include:

- Notes and materials
- Acadamh Thir Eoghain body warmer and beanie hat
- Complimentary free entry to Tyrone v Cavan Allianz NFL game in Healy Park on Sunday 31 January

**Cost:** £25 per person or 'Club Special': 4 or more coaches, just £20 each.  
(Includes: Conference pack, tea/coffee and lunch)

### Registration:

Orla O'Neill, Garvaghey Centre, call **(028) 8556 7723** or email [orla.oneill.gpo.tyrone@gaa.ie](mailto:orla.oneill.gpo.tyrone@gaa.ie)

### For further information, contact:

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Mura gcuirfidh tú san earrach ní bhainfidh tú san fhómhar ...  
If you don't sow in spring you won't reap in autumn

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