

Camogie Development Initiatives



An Cumann Camógáíochta

*The Camogie Development Initiatives booklet
was produced by
the Camogie Development Team*

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Target audience:	Mothers & Daughters currently not playing camogie
Target numbers:	10 to 20 mums and daughters
Suitable for:	New clubs (rural and urban) and existing clubs

Camogie for Mum and Me

- ◆ The aim of the course is to increase the involvement of parents helping out with underage coaching and to provide each participant with the proper coaching information and technique to coach the basic skills required to play the game.

Coach Education and Skill Development Programme

This course has been designed with a view to aiding camogie clubs with 2 key aspects involved in the running of a successful club; Coach Recruitment and Training.

The focus of this programme is Skill development and Coaching

This course will run one night a week for six weeks and each session will last 45 minutes.

We see the Mum and Me Programme as preparation for a parent to attend a foundation camogie coach education course

Each parent will be encouraged to coach each skill to the child at home between each session; this will ensure consistent feedback to the child and reinforce the idea of practice at home.

Also the likelihood of developing poor technique habits is reduced; therefore the child's skill development will increase along with the parent's coaching confidence.

The course should run as follows

- ◆ The course will be held on the same night as underage training in the club
- ◆ Each session will be made up of two halves with each lasting 20 minutes.



- ◆ **(Mothers)** The first 20 minutes will be in the meeting room with their tutor. The 20 minutes will be spent learning the teaching points of a new skill every week. The tutor will then give the group a simple unopposed and a simple semi opposed drill to work on with their child.
- ◆ **(Daughters)** The first 20 minutes for the children will be spent with their regular club coach. In this 20 minute training session the players will be working on simple drills revising and advancing the previous weeks skill.
- ◆ **(Mothers and Daughters)** For the final 20 minutes of the course each mother will get a chance to coach the new skill to their child while the tutor monitors the coaching technique. Once the technique is perfected both mother and daughter advance to the unopposed drill and in turn to the semi opposed exercise.
- ◆ At the end of each session the tutor will give each mother and daughter drills to work on between sessions. To ensure that the coaching technique is consistent a coaching card with the key coaching points on it will be handed to each mother to refer to.





Mum & Me Weekly Coaching Sessions

Week 1: Grip & Swing

Week 2: Dribbling

Week 3: Roll Lift / Jab Lift

Week 4: Shoulder Clash

Week 5: Face Catch

Week 6: Strike from the Hand

Mum & Daughter Practice Days

Monday Wednesday Friday

******* Remember *******

HEAD HANDS FEET



Session 1 – Grip and Swing

- (a) Learning the parts of the Hurley
- (b) Standing positions (ready, lock and pull)
- (c) The Grip, ground striking (ready, lock and pull)

Equipment required:

- ◆ Tyre (where possible) per Mother and Daughter
- ◆ First touch ball per Mother and Daughter
- ◆ 4 cones per Mother and Daughter

Step 1: Mother goes through the key points of a, b and c with the child

Step 2: Mother sets up the tyre for the child to practice technique on

Step 3: Mother sets up 2 goals appropriate distance apart where both Mother and Daughter play goal to goal against each other

Key point: The mother will be advised during each step by the tutor. Mother will then advise the daughter

Session 2 – Dribbling

Revision: Refer back to the parts of the Hurley and the grip

New Skill: Dribbling

- (A) Standing Positions (Ready and semi crouched)
- (B) Strong hand on top weak hand half way down the Hurley (approx)
- (C) Heel of Hurley on the ground

Equipment required.

5 cones plus two balls per Mother and Daughter

Step 1: Stand over ball, Eyes on ball

Step 2: Practice moving ball from one side of the bass to another.

Step 3: Slowly begin to move forward while dribbling the ball.

Step 4: Set up cones as per roll lift drill, get players to dribble in and out through same.

Key point: Concentrate on close control and to use both sides of the bas at all times.



Session 3 – Roll Lift/Jab Lift

Revision: Refer back to the parts of the Hurley and the grip

New Skill: Roll Lift

- Standing positions for the skill (ready, crouched)
- Toe of Hurley pointing out and both thumbs pointing down
- Roll the ball from the middle of the bass, slide toe under ball while it is moving
- Catch with weak hand (hand at the bottom of the Hurley)

Equipment required:

2 balls per Mother and Daughter

4 cones per Mother and Daughter

Step 1: Mother goes through points a and b with the child until she has the grip and standing positions mastered.

Step 2: Mother moves on to points a and d once the tutor agrees that both Mother and Daughter are ready to progress.

Step 3: Daughter gets one minute to roll lift the ball properly as many times as she can. This must be repeated 3 times (Next step is taken once the child can rise the ball more times than she did during the previous minute)

Step 4: Mother sets up Cones in a line as seen below

1 2 3 4

(A) Daughter runs out from cone 1 rolls a ball at 2 drops it at 3 and runs to 4

(B) Mother then does the same with her ball.

(C) Both Mother and Daughter then will do the same drill together in a race format.

Key Point:

All of these steps may not be completed during the 20 minutes. This is a tough skill for a child to grasp so to get to step 4 between this and the next session would be the target for this skill.



Session 4 – Face Catch

Revision: Refer back to the parts of the Hurley and the grip

New Skill: Face Catch

- (A) Standing positions (Ready and catching)
- (B) Hurley is held across the body (toe pointing up)
- (C) “Cup” catching hand
- (D) Relax fingers to catch the ball

Step 1: Gently throw ball to Daughter

Step 2: Encourage her to adjust feet while keeping eyes on the ball, to ensure successful catch.

Key point:

Eyes on the ball, soft ball to start, advance as improvement occurs.

Session 5 – Shoulder Clash

Revision: Refer back to the parts of the Hurley and the grip

New Skill: Shoulder to shoulder clashing

- (A) Stand in the Ready position
- (B) Stand close to each other
- (C) Move to lock position
- (D) Make shoulder to shoulder contact
- (E) Swing Hurley strike target (tyre, coaches Hurley or a ball)

Key Points:

- ◆ Eyes on the target
- ◆ Keep feet on the ground
- ◆ Players **MUST** remain close to opponent to avoid injury



Session 6 – Strike from the Hand

Because of the complexities of this skill from the coordination and timing aspects we adopt a slightly different approach.

1. To provide a stable target for striking, the coach holds own rubber based hurley between knee and thigh for player to strike.
2. Hurley is held in hand at 90° to forearm
3. Toss imaginary ball in air from non-dominant hand.
4. Non-dominant hand then goes into lock position.
5. Player strikes bas of coaches hurley.
6. Ball introduced – held in non-dominant hand shoulders and feet in line with the target.
7. Toss ball from non-dominant hand to shoulder height.
8. Non-dominant hand then goes into Lock Position, elbows bent.
9. Swing hurley downward – strike ball between knee and hip level.
10. Weight transferred to non-dominant leg.

Head - Eyes on ball until strike is completed.

Hands - Non-dominant hand below dominant hand.
Toss ball shoulder high.
Shorter grip if missing ball.

Feet - Transfer weight from dominant to non-dominant leg.

Vital - Ensure dominant hand remains above non-dominant hand especially when hurley is shortened. Look at ball not at target.
Toss ball just to shoulder height. It maybe necessary for some players to just practice throwing ball to shoulder height a few times and catching it, before actually attempting the strike.



Fun Games

Number Rumble

- (A) Grid 25m x 40m approx
- (B) Divide players into teams of 6-8. Players move around designated grid responding to coaches instructions (e.g.) jog, run, change direction, skip, shuffle to the left or right, hop on one leg, hop on two legs etc.
- (C) Coach calls a number between 1-10. Players on each team quickly form that number (a) in standing position (b) lying on the ground.
- (D) Moving again within area
- (E) Coach calls more numbers
- (F) Moving again within area
- (G) Coach gives different number to each group



Ribbon Runners

Grid 25m x 40m approx

- (A) One coloured ribbon about 9 inches long per each player. In pairs: Ribbon tucked into shorts as tail.
- (B) Face Partner: On signal from coach each player tries to steal each other's tail. One point awarded for each steal.
- (C) After 3 steals each, coach signals players to change partners
- (D) All players chase around area stealing as many ribbons as possible.



Clusters Game

Grid 25m x 40m approx

- (A) Players jog, run, change directions, hop on one leg, hop on 2 legs, skip, shuffle to the left or right on coach's instructions.
- (B) Coach calls number and players must get into groups of that number
- (C) Players moving again within that area
- (D) Coach calls another number and players form into groups of that number.





Dodgeball

Grid 25m x 40 m approx

- (A) Players running in different directions inside the grid
- (B) 3 players given a softball or beanbag
- (C) To score a point these 'chasers' must throw ball/beanbag and hit legs of targeted players
- (D) Players hit by ball/beanbag must freeze but can be freed by a player crawling through their legs.
- (E) After 1 minute player who makes most hits is winner
- (F) Three different players then become the 'chasers'



6. Find the Cone

Grid 25m x 40m approx

- (A) The coach scatters various coloured cones in the grid
- (B) Players move around in the grid in different ways (e.g.) jogging, running, changing directions, skipping, shuffling sideways to left or right, hopping on one foot, hopping on two feet etc
- (C) Coach suddenly calls a colour and players must immediately seek out appropriate coloured cone and stand there until game resumes



Sheep Sheep Come Home

Grid 25m x 40m approx

- (A) One player is the fox, coach is the farmer; the rest are sheep
- (B) All the sheep stand at one end of grid. The farmer/coach stands at the other end. The fox crouches in centre of grid
- (C) On farmer's call, the sheep now run to the farmer but the fox tries to catch one.
- (D) Any player caught either swaps places with the fox or helps the fox as a 'catcher'.
- (E) If the sheep that are caught join the fox, the game ends when all the sheep have been caught.

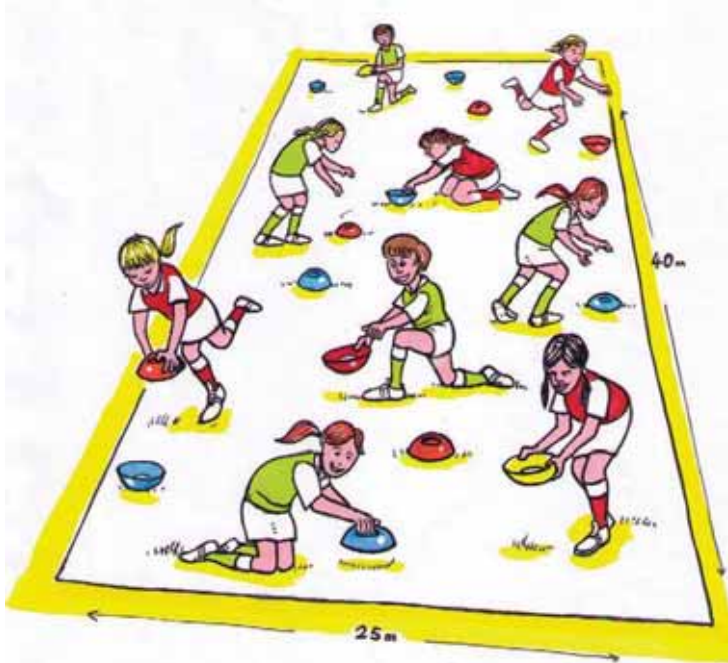




Cups and Saucers

Grid 25m x 40m approx

- (A) Players divided into 2 equal teams. Each player is given a cone
- (B) First team move around the grid placing their cones upside down – the 'cups'
- (C) Second team move around the grid but place their cones as they normally would – the 'saucers'
- (D) On the whistle the first team run around and turn as many cones as possible into 'cups' while the second team must try to turn as many as possible into 'saucers'.
- (E) On second whistle players must 'freeze' instantly
- (F) Team with most cups or saucers win.





Camóg – Aerobics

Target audience:	Mothers who have daughters playing camogie but are not involved in the club because they never played themselves.
Target:	Numbers 10 to 20 mums
Suitable for:	Existing clubs, clubs established in the last 2 years

Aim:

This is a fitness programme for mothers combining camogie skills and circuits. The aim of this programme is to involve mothers in a club whose daughters may already be playing Camogie, but due to lack of knowledge etc, her mother may not be involved in any role for the club. By completing this programme we hope mothers would be more willing to be involved as a coach assistant or in an administrative role.

This programme is a great social event for mothers and in urban areas it is especially successful in getting new people in the area involved in the club.

Prepare

- ◆ Target potential mothers in the winter/ early spring on the night that does not clash with other indoor events if possible.
- ◆ Obtain suitable large indoor hall or flood lit astro turf pitch and book on the same night for a 6 week block.
- ◆ Run Camóg-aerobics for 1-1.5 hours on the same night each week for a 6 week period with an organised blitz at the end of the 6 weeks (indoor/outdoor depending on weather).
- ◆ Organise a coach for the 6 week period.
- ◆ Do out timetable of exercises/skills to be covered over the 6 weeks.

Promote

- ◆ Advertise Camóg-aerobics through local media such as Mass Newsletters and local paper and radio, word of mouth,
- ◆ Advertise that if they become members of the club (for a set fee), they get 6 weeks of Camóg-aerobics for free (membership will then cover the insurance costs).



- ◆ Give notice to all girls in the local national schools who play/do not play Camogie and encourage mother to come and try it. Emphasise fitness, craic and social aspect.
- ◆ If young girls are back training with the club, promote camóg-aerobics to the parents through their daughters.
- ◆ Organise promotional material to give out at the end of the 6 weeks (e.g.) Camóg-aerobic t-shirts.

Organise (areas of responsibility)

- ◆ Bring fresh fruit and water to each of the sessions over the 6 weeks. Encourage everyone to stay around for a chat afterwards for 15 mins (social aspect).
- ◆ Before the first day of Camóg-aerobics, meet with the coach to give them timetable with exercises and skills to be covered.
- ◆ Take a roll call for every week
- ◆ Make sure you have first aid kit available for potential injuries
- ◆ Have music in the background to motivate participants.

Follow up.

- ◆ Organise one day blitz on a specific date and give out promotional t-shirt that day.
- ◆ Keep list of ladies names and contacts numbers and if they want to continue to play, encourage them to meet on a regular basis.
- ◆ Ask ladies to help with a few small jobs in the club (e.g) become coaching assistants with underage teams, help organise a 'fun day' to encourage new underage players, do a bit of PR for the club etc. Try to keep them involved in some way in the club.





Come and Try It Day

Target audience:	Girls of primary school age (7 to 12)
Target numbers:	50 girls depending on number of schools in club catchment area
Suitable for:	New clubs (rural and urban) and existing clubs to recruit new members and also school who do not currently play camogie

Aim:

This initiative can be rolled out to primary schools in an area where a camogie club already exists or where there is a newly established club. It is important if clubs are to maximise resources that the schools in their catchment area participates in Cumann na mBunscol competition.

A good club school link programme will promote and ensure playing of the game in the school yard but also that these players play and attend training in their local club field.

1 month before	Camogie club to hold a meeting and recruit volunteers and coaches for the event
	Plan for a follow up after the event takes place
	Contact GAA Club, meet with executive to inform and garner support
	Contact GAA Club, book facilities
3 weeks	Contact all target schools in designated area by email and letter
2 weeks	Phone school contacts
	Get estimate of number of kids going to attend
	Arrange coaches for the event
1 week	Equipment – what's needed
	Contact media, posters for various locations in area
	Confirm attending schools, visit schools bring posters



	Ensure promotional material organised and available
	Coaches for the event – confirm layout of day and coaching skills to be utilised.
	Ensure grass in pitch will be cut
1 day	Arrange required gear + equipment
	Contact local media to arrange attendance (Photographer)
Event Day	Arrive 1 hr prior to registration.
	Set up changing rooms, coaches areas
	Meet and greet teams: take numbers participating.
	Divide into coaching groups.
	Arrange snacks table for break.



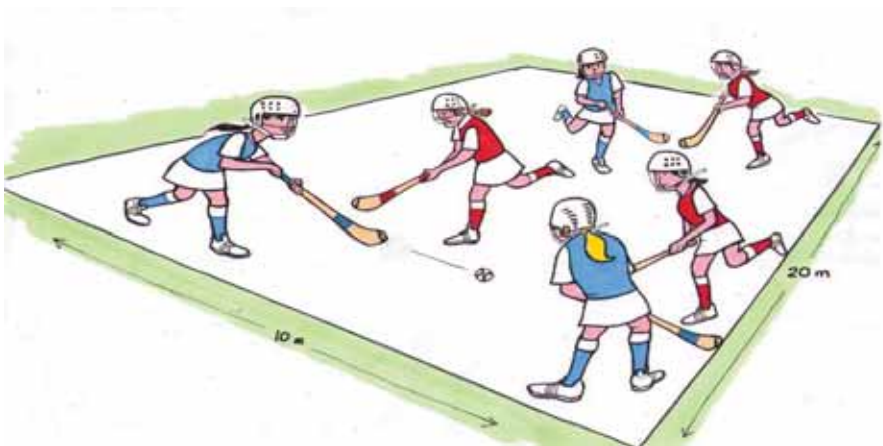
Event Timetable

10am	Registration and team arrival
10.15am	Team goes to coaching stations – progress between coaches every 20-25 mins
10.25am to 12.15pm	Teachers brought to Coaching station for 5 basic skills
11.40pm	Break
11.55am	Teams divided in to teams for games
12pm to 12.40pm	Each coach takes control of a group.
12.40 to 1pm	All teams gathered for talk and presentation of certificates
1pm	Clear and tidy up



Puck Around Town

Target audience:	9 to 12 or 13 to 16 year old girl
Target numbers:	6 clubs 60 girls
Suitable for:	Urban clubs and existing clubs



Aim:

All clubs in an urban area along with Camogie in general are promoted through the running of Come and Try it days at the same time on a particular chosen date at all GAA club venues in the city.

This means all clubs in an urban area are promoted equally and all schools in this area are visited and all girls get a chance to join a club after the fun day. For example 6 clubs in the city would host a 'Come & Try It' day at the same time and cater for national school girls in that area.

Depending on the success of the 'Come & Try It' day players are encouraged to attend a **'Puck Around Town'** training session at the same time each week for 4-5 weeks with the aim of integrating the new players into the club and encouraging them to continue to play the sport and join the camogie team. If there is no camogie team in that GAA club area the aim would be to set up a club if the programme was successful and there was enough interest in the area to do so.



PREPARE	Contact councils/city councillors, clubs sports dept Local sports partnership Make proposal for joint initiative – pilot basis or annual event Meet or make presentation to local sports officers	Confirm which area(s) to take place in – select weaker club(s) but with some sort of structure Agree timing of project: – 1 day/6 weeks programme – And when?
PROMOTE	Contact clubs about initiative Meet with each club official and sports officer Hold a launch – invite officials from councils/city councillors/clubs/GPO's/GAA/county board Press release to all media	Encourage individual venues to seek sponsorship Posters/flyers for every venue Standard 6 week session plan for each venue
ORGANISE	Time slot/day in venues Charge for venues Programme T-shirts Equipment/Gear – beginner gear – clubs Coaches	New recruits – sports officers
FOLLOW-UP	Follow on Blitzes between clubs that took a part in programme Club liaison officer for new girls Proposal to run on annual basis Potential to make this a country wide event - All brought to one venue at end of it	





Go Games Blitz

Target audience:	Girls age 6 to 12
Target numbers:	200+
Suitable for:	New clubs (rural and urban) existing clubs , new primary schools who do not currently play camogie

Aim:

The aim of this day is to allow girls play and learn the game of Camogie in a fun, safe and enjoyable environment. Go Games allows for girls to experience different playing positions and the structure of Go Games allows for the players to maximise the amount of touches of the ball plus play in multiple games.



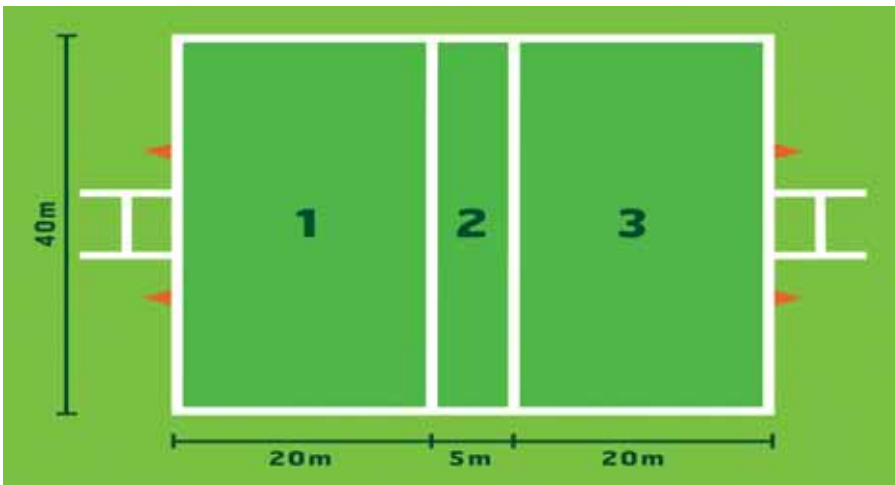
Structure of the day

1. Gather volunteers to help organise Go Games Blitz, pick one to be a co-ordinator (this person should have a good knowledge of what abilities each team will have).
2. Decide the most suitable date and venue and book it. Venue should have mini goals available and grass cut short. Also hire a PA system for the day.
3. Decide what age the Go Game blitz will be aimed at – U8, U10, U12 or all ages. (This will decide team numbers U8 – 7 a side, U10 – 9 a side and U12 – 11 a side).
4. Invite clubs to enter teams, ask how many teams they will enter. Teams entered as team A, B and C. (For U8 blitz if a club has 21 players they enter 3 teams). Send out invitations with blitz rules attached and player registration form attached. Players to take a packed lunch also.
5. Have teams split into different sections according to ability – stronger teams in section A, weakest teams in section C. Be flexible in case teams drop out or more turn up.



6. Prepare fixture plans and handouts explaining rules for the blitz – no solo running, no kicking the sliotar; players rotate positions throughout the games etc. Rules can also be modified to develop different skills – e.g. scores given for catching the ball, score given for jab lift etc.
7. Make sure pitch is organised for mini games for designated start time. Sample pitch layout is below.
8. Have host club organise Umpires for the mini matches. (U14/U16's can be used for this).
9. Encourage the host club to have refreshments for the mentors.
10. Organise referees for the mini matches (Green Card referees can be used here also it's a good opportunity to allow U18's to referee). All that is needed is 1 or 2 fully qualified referees to mentor the young referees.
11. Assign a pitch co-ordinator to each pitch. Their job is to ensure the next 2 teams and referees are ready to go as soon as the previous match is finished. The blitz co-ordinator ensures each pitch co-ordinator has a timetable of the matches and assigns 2/3 referees for each pitch.
12. Use the PA system to keep the day moving along to the timetable.
13. A short meeting with team mentors before the blitz is helpful to just explain the running order; rules and that the day is to be run in a child friendly environment.

First Touch Pitch Layout

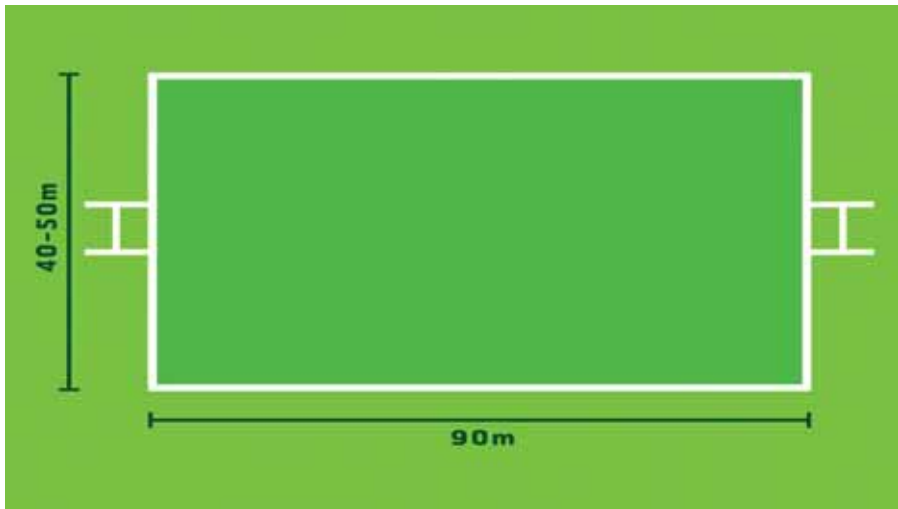




Quick Touch Pitch Layout

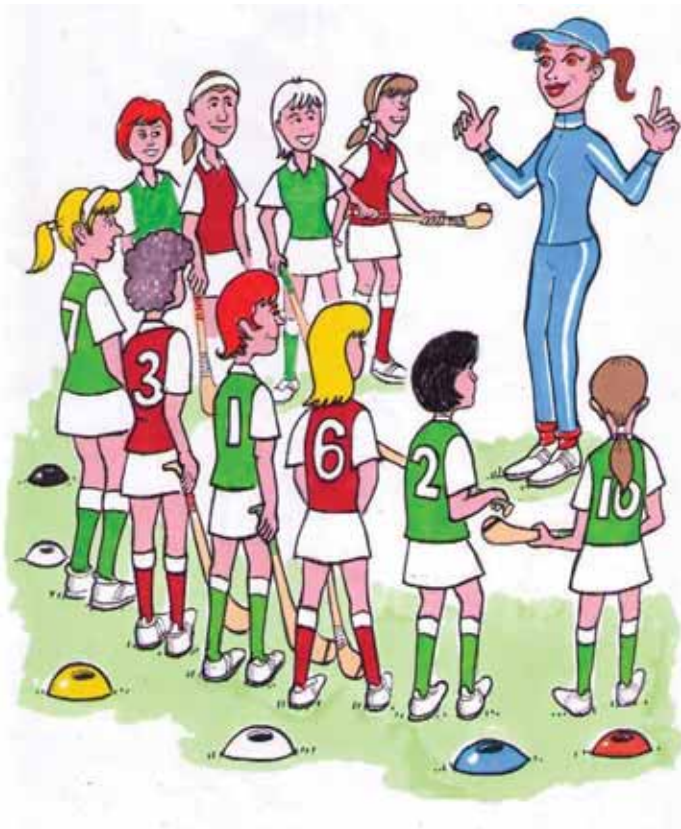


Smart Touch Pitch Layout





14. Ideally each team in each section will play each other with all teams getting equal games and roughly all finishing at the same time. There are no winners of the sections all games are participation based.
15. Invite local press to come and take photos of the blitz and the different teams.
16. Thank all teams for participating, mentors, referees, umpires and co-ordinators. A group photo at the end with everyone in it always looks good.
17. Write a report for the local papers and websites with photos included.
18. A feedback form is useful to gather information on what went well and what could be improved on.
19. Leave the venue in the condition it was received in.





Spórt agus Spraí le Coláistí

Target audience:	Secondary school girls in 1st and 2nd years
Target numbers:	100-150
Suitable for:	New schools and existing Camogie schools



Aim:

This is aimed at increasing participation in the game and improving communications between secondary schools, local clubs and a 3rd level institute in the catchment area of schools.

Schools are hosted by the 3rd level institution on a participation day that will allow players to try the game of Camogie or for those who already play to receive expert coaching. The day also allows for students to be given a tour of the college so as to inform them of what's available to them on completing their 2nd level education.

This one-day event will consist of three sections namely:

- (A) The **Skills for All Section** is for those who have never played Camogie before (beginners) or have had limited opportunity to play (improvers) to date. This will consist of a skills coaching session administered by qualified coaches.
- (b) The **7-a-side Blitz** section is for those who currently play Camogie at club/school level and for the beginners to Camogie. If your school does not have enough to make up a team please send in participating numbers and we will match these players with other schools in the same position.
- (c) A specific **coaching course** for the Team Managers



2 months	<p>Contact University/College Sports development officer to promote S+S – arrange date to meet, discuss layout of event and benefit to the host College</p> <hr/> <p>Meet with Camogie Contact within university also camogie manager and team</p> <hr/> <p>Make contact with LSP (Local Sports Partnership) to initiate involvement</p>
4 weeks	<p>Contact all target schools in designated county by email and letter</p>
2 weeks	<p>Contact Co. Board in designated county Phone school contacts who have not returned applications Arrange coaches for the event</p>
1 week	<p>Contact media</p> <hr/> <p>Confirm attending schools</p> <hr/> <p>Ensure promotional material organised and available</p> <hr/> <p>Meet with university contacts and coaches for the event – confirm layout of day and coaching skills to be utilised.</p>
1 day	<p>Arrange required gear + equipment</p> <hr/> <p>Contact local media to arrange attendance</p>
Event Day	<p>Arrive 1 hr prior to registration</p> <hr/> <p>Set up changing rooms, coaches areas</p> <hr/> <p>Meet and greet teams: take numbers participating</p> <hr/> <p>Divide into coaching groups</p> <hr/> <p>Arrange snacks table for break</p>



Event Timetable

09.15am	Registration and team arrival
09.30am	Team goes to coaching stations – progress between coaches every 20-25 mins
11.00pm	Break
11.15pm	Teams divided into graded groups for blitz Each coach/rdo takes control of a group
1-1.30pm	All teams gathered for talk and presentation
1.30-2pm	Clear and tidy up





Summer Camps

Target audience:	Girls aged 7 to 13
Target numbers:	50 girls (in each camp area)
Suitable for:	Existing clubs (rural and urban)



Aim:

To promote Camogie to girls over the summer months, this is a specific girls only camp and is a fantastic way of recruiting new members and also a good way of raising the profile of the Camogie Club in the community. Qualified coaches follow a camp template to ensure girls learn, improve and have fun in a safe and positive environment.

1. Gather volunteers to help with promotion and organization of the camp.
2. Decide on date and time of the camp and also the duration of the camp.
3. Book suitable venue and decide what numbers can be catered for at the camp. When booking venue ensure that the field is maintained to a standard suitable for Camogie.
4. Book any special guests that may be making appearances
5. Prepare a camp budget include all income and expenses – posters, venue, coaches, special guests, gear, sponsors, local sport partnership etc. Set camp price to cover all costs.
6. Organise the coaches that are needed and assign a co-ordinator to the camp.
7. Design a flyer/poster to promote the camp and have the clubs place them in clubhouses and schools.



8. Design application forms that should be returned to the co-ordinator; set a date to have the forms returned by.
9. Organise school visits where flyers/posters and application forms are handed out, suitable people would be local inter county players and well known club personalities.
10. Promote the camp in the local papers, radio and appropriate websites
11. Prepare a schedule for each day of the camp – starting time, breaks, lunch and ending time.
12. Prepare a coaching and game plan for each day (Each day should be different; also a different plan for different age groups may be needed).
13. Organise a short workshop to run through schedule, coaching plan and safety aspects of the camp with the coaches.
14. Prepare a contact list of all coaches and special guests.
15. Ensure enough coaches and equipment is booked to cover participants, allow for numbers that will turn up on the day.
16. Register all children as they arrive on first day of the camp, take attendance each day of camp.
17. Ensure the camp is run in a fun and child friendly environment by setting camp rules about safety and discipline.
18. Divide participants into manageable groups according to age and assign 2 coaches to each group.
19. Organise local press and sponsors to come on last day for photos etc.
20. Thank all who helped especially the co-ordinator; coaches, sponsors etc. Thank the participants and let them know where nearest club is. Maybe have handout with club contacts ready.
21. Ensure venue is left in the condition it was received in each day.
22. Ensure photographs and report of the camp are put in the local press and put up on appropriate websites.





Lifestyle Player Development Programme

Target audience:	Girls aged 14 to 17
Target numbers:	50 girls (in each programme area)
Suitable for:	Existing clubs (rural and urban)

Aim

This programme is open to all club camogie players of the 14 to 17 year old age group. It is aimed at improving player development, identifying how sport can improve a player's lifestyle and career advancement. It also includes a discussion forum for the players that give an opportunity for them to have their views heard and also to find out how to retain these players in the long term within the sport.

This is a more mature programme of player development for this age group and is more than just coaching at a camp.

It can be run over a weekend or during the week.



Content/Modules Lifestyle Player Development Programme

Friday Evening

6.30pm-7.15pm:

Specialised Coaching from Inter County Players (Specialist skills, principles of defence and attack)

7.30pm-8.30pm:

Specialised Coaching from Inter County Players



Saturday

10.30-11.30am

Coaching Session from inter county players
(Chat with inter county players – Career Advancement/
Primary & Post primary Camogie/Lifestyle habits etc)

11.45-1.00pm

Fitness Testing session

1.30-2.30 pm

Health & Nutrition in Sport

Q & A – Why do girls play Camogie?

How to combine school/part time job and playing
Camogie?

Why do girls stop playing Camogie?

Sunday

10.30am – 11.45:

Blitz Competition

12 – 12.30:

Presentation of Certificates

Q & A with inter county players

Testimonials

95% of participants rated the camp as excellent. Fitness testing, elite coaching and nutrition were some of the favourite modules from the weekend
In evaluation of Player Development Programme, participants responded as follows:

- ◆ 'I had a lot of fun and improved my skills'
- ◆ 'It was great experience to train with different trainers from different clubs'
- ◆ 'We were all made very welcome and made a lot of new friends'
- ◆ 'Nutrition module helped me to understand what to eat and drink before and after matches'



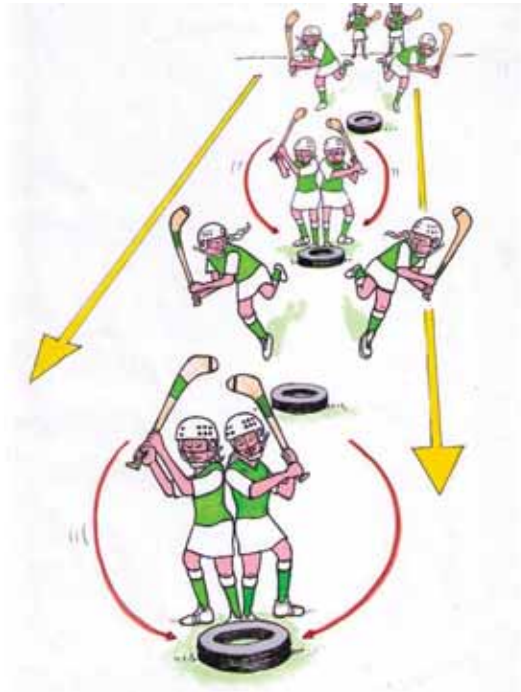


Workshops

Target audience:	New coaches, parents and experienced coaches
Target numbers:	12 to 24 coaches
Suitable for:	New clubs (rural and urban), existing clubs

WORKSHOP TOPICS

- ◆ Strike to score
- ◆ Drills galore workshop (main focus on 8-9 skills and gives a basic, intermediate and advanced drill for each skill as well as warm up games)
- ◆ Coaching the TACKLE IN Camogie
- ◆ Specialist skills workshop (goalkeeping/freetaking/sideline cuts)
- ◆ Principles of defence and attack
- ◆ Indoor Camogie
- ◆ Nursery programme
- ◆ Wall ball





Organisational Tips

1. Pick suitable venue for the workshop and book for preferred date and time.
2. Promote the workshop through email club contacts, school contacts, club secretaries, and county secretary. Send initial email 3 weeks in advance, with reminders 2 weeks, 1 week and 2 days from the event.
3. Promote the workshop in local press, local match programmes and websites.
4. Organise AV equipment if needed and book tutor to run workshop.
5. Ensure the tutor knows the material of the course by running through with them.
6. Organise a co-ordinator for the workshop. Co-ordinators duties below
 - ◆ Liaise with Tutor for his/her requirements
 - ◆ Arrangements for tea/coffee
 - ◆ Safety plan – First Aid - Doctor

Indoor

- ◆ Arrow signs directing participants to course
- ◆ Registration table/registration form/coach profile forms/name tags
- ◆ Large table for tutor plus chair
- ◆ Data projector & screen or suitable wall
- ◆ Space for tutor to do small demonstrations if required
- ◆ Tables & chairs for participants – participants should be able to divide into small groups quickly
- ◆ Indoor hall lights on, hall cleared for skill drills

Outdoor

- ◆ Pitch/suitable area for skill drills
- ◆ First aid
- ◆ Water

On day of course

- ◆ Organise registration
 - ◆ Confirm time of tea break with tutor (if any).
7. Ensure tutor has proper equipment to run workshop (Hurls, sliotars, cones, bean bags etc).
 8. Ensure tutor has any materials or handouts needed for the workshop.
 9. Have the tutor promote any other workshops that are coming up.
 10. After the course get the registration form and coach profile forms from the co-ordinator.
 11. Pay for venue and pay tutor promptly.
 12. Write a short report and put photos of workshop in the local press and websites.



Social Inclusion Project

Target audience:	Ethnic minorities
Target numbers:	50 to 100 girls
Suitable for:	Existing clubs and primary schools in urban areas with a large ethnic population



Aim:

This is a specific project that aims to include and integrate ethnic minorities and those children that may be from a socially disadvantaged background and give them an opportunity to try out the sport of Camogie in a fun way.

PREPARE	Research areas of mixed ethnic minorities/ social disadvantage Contact local club in those areas Contact minority groups in the local area or organisations that work with these groups Select specific target age group/specific children from ethnic minority backgrounds Facilities available to you – hall/dressing rooms/pitches depending on numbers/ weather etc	Appoint co-ordinator in club Liaison person from school – club
PROMOTE	Invite dignitaries and officials – local councillors/TDs, Ministers, Lord Mayor, Camogie/GAA/Councils/local groups for	Literature in different languages Art competition to promote inclusion and Camogie



	inclusion/county board/LSPs etc Media – press release Name the project!	Invite parents of non-national children to view sport Sponsors
ORGANISE	First Aid Coaches – standardised session handout Gear/equipment Assembly point – pick up and drop off Photographer Programme of children/nationalities Banners/flags Buses – to and from venue	Media – both local Irish and media that deal with the issues of inclusion Food – certificates – medals Teachers course Coaching material for schools PA system Music Access to all areas of venue – keys/codes
FOLLOW-UP	Coaching in schools Liaison person from school – club for these children (possible link in with (Games Promotion Officer)) Follow on days in the school Camps in clubs Coaching material in schools – how to use!	



3rd Level Bursaries

Target audience:	3rd level camogie players
Target numbers:	10 scholarships
Suitable for:	Camogie players in full time 3rd level education who display a commitment to the game of Camogie through playing, coaching and administration

Bursaries are awarded to players of outstanding commitment to the game of Camogie not just on talent alone, but on their contribution to the game as a player, as a coach and administrator both for the 3rd level institute they attend and also the club they are a member of.

Their scholarship task reflects the skill set that they have, i.e. coaching, administration etc.

Tasks include

- ◆ Coaching in primary schools
- ◆ Coaching in 6 week county development squads
- ◆ Promoting and organising 2nd level camogie players activities in their own 3rd level institute (sport agus spraoí)
- ◆ Assisting in match programme design and contents for 2nd level all Ireland semi finals and finals at senior and junior level
- ◆ Research on teenage attitude to camogie in playing and non playing camogie schools
- ◆ Acting as secretary for 3rd level camogie club





Gaisce Programme

Target audience:	Transition year and senior cycle students
Target numbers:	24 girls in a school or in each county
Suitable for:	2nd level schools who participate in camogie competition and schools who currently do not participate in competition

Aim

Camogie and Gaisce have joined up to promote and encourage students to achieve their Gaisce Award through the medium of Camogie.

The following is how we will roll out the scheme to interested students, teachers and schools

- ◆ A Camogie foundation coaching course will be advertised to all students in senior cycle in the schools in the pilot counties.
- ◆ The course will be run on a chosen Saturday or school day in a central venue in each county





Suggested format for students to follow:

- Weeks 1 -6: Qualified students go back in to school and coach 1st years at lunch time on a designated day
- Week 7: Students bring their team to a central venue and play 7-a-side games against other schools in the same scheme
- Week 8-12: Coaching at lunchtime
- Week 13: Úcan awards (skills challenge for 1st years) or a second seven a side blitz.

Or

Students become Coaching assistants in their club and achieve the Gaisce award by assisting at underage club sessions

*Please note to complete a foundation course a student must be in Transition year/5th year or 6th year. If a student is u16 on completing the foundation course, he/she can only be a coaching assistant in clubs or school until he/she reaches the age of 16. The Camogie Foundation Coaching Course is an accredited course developed with Coaching Ireland. It is an up to date coaching resource that equips the coach with camogie skills knowledge and the confidence to deliver coaching to young camogie players.

We are delighted to be a partner with Gaisce in providing students with the opportunity to achieve such a prestigious award. Let us in the Camogie Association help you help your students achieve this prestigious National Challenge Award and in return help us expose more young girls to the wonderful sport of Camogie.

If your school is interested in participating in this initiative please contact the Regional Development Coordinator for Camogie in your county, details are available on **www.camogie.ie**.



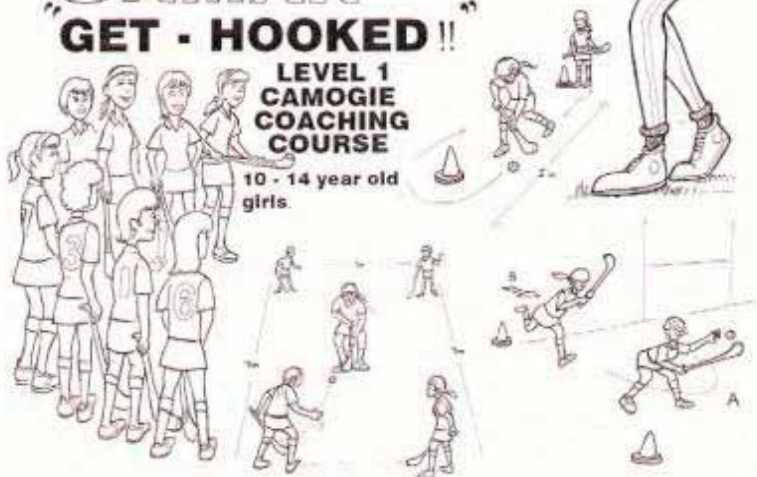
A BRIGHT NEW
CAMOGIE COACHING
BOOK !!



CAMÁN
"GET - A - GRIP!!"
FOUNDATION CAMOGIE
COACHING COURSE
7-10 year old girls



CAMÁN
"GET - HOOKED!!"
LEVEL 1
CAMOGIE
COACHING
COURSE
10 - 14 year old
girls





The Camogie Association,
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