

Camogie Workshops

Workshops are available to all counties.

For further details on Workshops available in your county please contact your local Regional Development Co-ordinator.

Workshop Titles include

- Indoor Camogie

Contents

Indoor Camogie skill development

Indoor skills circuit

Indoor Camogie Leagues

- Coaching the Tackle

Contents

Basic types of tackle in Camogie:

Clash (simplest and most common)

Ground tackle/Ground Block

Blocking Down

Batting

Hook

Flick away

Drills for the above skills

Individual defence/team defence

4 D's of Defence

- Drills Galore

Contents

Ideal model

Skills of camogie with basic/intermediate and advanced drills for each skill.

- Nursery Programme

Contents

Identify the purpose of a Nursery Programme and what the Benefits to the club are.

Identify what should be taught and how it should be taught.

Outline activities that are suitable for a Nursery programme.

Plan a Nursery session.

Implement a Nursery session.

- Club School link workshop

Contents

Benefits to club and school

Camogie Workshops

How to Forming the relationship and make it sustainable
Appointing a club school liaison officer

- Striking to score

Contents

Decision making

Striking to score drills

Penalty taking

- Wall ball Activities

Contents

Maximise the Wall Ball

Activities cater for all types of striking skills, hand/ passing and all types of catching.

Developing ability on the left and right sides is also catered for.

Adopting the session type that is taking place for the ability of the participating players.

How to incorporate Wall Ball activities into aspects of a Coaching session and can function as warm up activities prior to the start of any session or game.

- Specialist skills (free taking, sideline taking and Goal keeping)

Contents

Importance of players in every position being able to

Take frees

Sidelines

Technique/spotting and fixing

Goalkeeping drills and importance of head/hands feet