





Coaching Packs can be got on loan from John O Loughlin (087 6531689)

Coaching Material	Content	Age Group
	<p>Go Game resource</p> <p>Nursery Program</p> <p>Hurling Resource</p> <p>Football Resource</p> <p>Coaches Resource</p> <p>(Hurling and Football)</p> <p><i>(Book and DVDs)</i></p>	<p>Nursery</p> <p>U8</p> <p>U10</p> <p>U12</p>
	<p>Go Game resource</p> <p>Nursery Program</p> <p>Football Resource</p> <p>Coaches Resource</p> <p>(Hurling and Football)</p> <p><i>(Book and DVDs)</i></p>	<p>Nursery</p> <p>U8</p> <p>U10</p> <p>U12</p>
	<p>Go Game resource</p> <p>Nursery Program</p> <p>Football Resource</p> <p>Coaches Resource</p> <p>(Hurling and Football)</p> <p><i>(Book and DVDs)</i></p>	<p>Nursery</p> <p>U8</p> <p>U10</p> <p>U12</p>
	<p>Coaching preparation</p> <p>Stretching</p> <p>Skills</p> <p>Games</p> <p>(Football)</p>	<p>All ages</p> <p>(LGFA book suitable for all footballers)</p>

	<p>Drills and slides from Leinster Council Coaching Conference 2013</p> <p>Practical demonstration in teaching skills</p> <p>(Hurling and Football)</p>	<p>U8</p> <p>U10</p> <p>U12</p>
	<p>Worksheets with skills and drills</p> <p>Agility and coordination</p> <p>Football skills</p> <p>Hurling skills</p> <p>(Hurling and Football)</p>	<p>All ages</p>
	<p>DVD- Very good Drills and Techniques and drills for goal keepers (Football)</p>	<p>Mainly teenagers and adult but useful for all ages</p>
	<p>Agility drills for underage</p> <p>Ball drills for adults in Hurling and football</p>	<p>Various</p>

	<p>Six chapters of games and drills:</p> <ol style="list-style-type: none"> 1. Chasing games 2. Target games 3. Court Games 4. Field games 5. Part Invasion 6. Full Invasion 	<p>All Ages</p>
	<ol style="list-style-type: none"> 1. Technical Proficiency 2. Tactical Prowess 3. Team play/ tactics 4. Physical Fitness 5. Playing Facts 6. Psychological focus <p>(Mainly hurling, also common sections)</p>	<p>Advanced</p>