

## Message from the President

Unlocking the Potential is an apt title for Cumann Peil Gael na mBan's new coaching syllabus. This initiative is one of the most important developments in ladies football in recent years.

The significant growth in numbers playing the game gives rise for the need of a structured coaching aid for all units of the Association. The potential that has brought the sport to where it is at today will be unlocked even further through this course.

**Geraldine Giles**

Cumann Peile Gael na mBan

## Costs

It will cost €15 or €20 to participate in the course. This fee includes resources, lunch and certification.

## Numbers

30 coaches will be facilitated by 2 NCDP tutors.

## Length

The course will last a minimum 6 hours.

## Contact

If you are interested in holding this course in your area, please contact Paula at the address below.

## Paula Prunty

'FUNdamentals'  
Ladies Football Association,  
Croke Park,  
Dublin 3

# Unlocking



# Potential

'FUNdamentals'

Coach Development Programme

Supported by:



### **The Course**

'Unlocking the Potential' is a fun, dynamic and informative programme designed by coaches for coaches. The first course in the programme is 'FUNdamentals'; a foundation level course designed as an introduction to good coaching.

Coaches will gain some insights into the theoretical underpinnings of successful coaching as well as having the opportunity to coach and learn in a safe environment.

All course tutors have completed the NCTC Tutor Education Programme

### **The Content**

The FUNdamentals course comprises 4 units, 2 of which are practical.

**Unit 1:** Good Coaching Practice

**Unit 2:** ABC's of Gaelic Football

**Unit 3:** Group Management  
& Child Protection

**Unit 4:** Coaching a Session

Coaches will look at issues such as planning and implementing training programmes as well as practical coaching and an introduction to the Player Pathway.

These units will provide a good basis for further development for those already coaching or those who are keen to get involved.

### **Feedback**

*"Very enjoyable and informative."*

*"Constantly changing groups therefore mixing with and meeting new people. This meant hearing other peoples views and opinions about topics. Practical session was excellent."*

*"The practical side was great for putting what we learnt into practice."*

*"Lots of opportunity for group input and discussion."*

*"Tutors didn't think they knew it all - listened to all opinions."*

*"Groups had to come up with ideas themselves rather than being told everything."*

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