

F3 YOUTH ATHLETIC DEVELOPMENT COURSE

8 MODULES

- INTRODUCTION
- PLANNING
- WARM-UPS
- FORCE DEVELOPMENT
- GAMESPEED
- DEVELOPING ENDURANCE
- GROWTH AND MATURATION
- HEALTH BENEFITS



LEARNING OUTCOMES

Our Gaelic Games F3 Youth (Age 12-18) Athletic Development Level 1 Course offers coaches an opportunity to learn and develop their knowledge, understanding and practice of the fundamentals of Athletic Development through online theoretical modules and a one day practical face-to-face workshop.

This is a blended learning course with 8 online modules that must be completed prior to attending our face-to-face practical workshop.

Understand and coach fundamentals of Athletic Development for young players in F3 Youth, T1-T2 stages of Gaelic Games Player Pathway (Age 12-18)

Coaches will learn how to plan and implement age-appropriate athletic development programmes

In our practical workshops, coaches will learn how to introduce, demonstrate, explain and observe Athletic Development exercises and programmes to facilitate player development

DATE: Sat 17th Jan

TIME: 8.00am-3.00pm

SuperValu

VENUE: Páirc Uí Chaoimh

COST: €50

