



# National Hurling Development



## Provincial Coaching Workshops

### Venues & Dates:

- May 20<sup>th</sup>.**      **Connacht Centre of Excellence, Ballyhaunis, Co. Mayo**  
Registration: 10.30 a.m. Workshop: 11.00 – 02.15 p.m. Lunch 02.15 p.m.
- July 15<sup>th</sup>.**      **Mallow GAA Centre, Co. Cork**  
Registration: 10.30 a.m. Workshop: 11.00 – 02.15 p.m. Lunch 02.15 p.m.
- July 22<sup>nd</sup>.**      **Tyrone Centre of Excellence, Garvaghey, Co. Tyrone**  
Registration: 11.30 a.m. Workshop: 12.00 – 03.15 p.m. Lunch 03.15 p.m.
- July 29<sup>th</sup>.**      **St. Kieran's College, Kilkenny**  
Registration: 10.30 a.m. Workshop: 11.00 – 02.15 p.m. Lunch 02.15 p.m.

### Format:

Practical and station based with participants rotating to each station, followed by Q & A session with the guest coaches.

### Stations:

- Goalkeeping and goalkeeping plays
- Fitness with the ball
- The Basics of Defending
- Attacking & Striking
- Questions & Answers

### Coaches:

Lead coach at each station will be one of our guest coaches from the list below, supported by a local Games Development Officer.

**Jamesie O' Connor** (Clare) **Ken McGrath** (Waterford) **Ollie Canning** (Galway)

**Eamon O' Shea, Brendan Cummins** (Tipperary)

**D.J. Carey, Tommy Walsh, Michael Rice, Jackie Tyrell, Brian Hogan, Eoin Larkin** (Kilkenny)

**Bookings:**      <http://learning.gaa.ie/node/269134>

Early booking advisable as places are limited

**Enquiries:**      All enquiries to **Martin Fogarty**.

**Email:** martin.fogarty@gaa.ie

**Registration:**      €20 (includes lunch)

**Play and Stay with the G.A.A.**