



# Robert Emmets GAA Club



Coaches Meeting April.25

Topics for discussion:

- **Club Coaches Guidelines & Ethos.**
- **Team Training Sessions**
  - 1. Planning - Structuring the session.
  - 2. Use the template to divide the session into phases.
  - 3. What skills do I want to focus on? \* *Fitness* \* *Soloing* \* *Catching* \* *Hand Passing* \* *Kick Passing* \* *Shooting*
  - 4. Research the skill. \* *Videos*, \* *GAA Training Wheel Template* \* *Other Coaches*.
- **Coaching Goals for the club.**
  - 1. Give all our coaches the correct training opportunities
  - 2. Enjoy our training sessions.
- **Rebrand the Club Dressing Rebrand rooms.**
  - 1. Introduce Pitch white boards for position for kids – This visual aid for player positioning on the pitch.
  - 2. Introduce Club Colours & Bunting.
  - 3. Introduce Club Crest & Signage.
  - 4. Repaint the dressing Rooms.
  - 5. Have the boys & Girls dressing rooms separate.

Feedback from other coaches....Hugely Important...!