



# Wexford GAA Coaching & Games Development Newsletter

**JANUARY & FEBRUARY 2023**



# Wexford Primary Schools Activity



Primary school focus for January & February 2023 has been hurling projects including 1. class coaching, 2. Hurling365, 3. Caman Everybody & 4. After School Hurling programmes.

1. Primary school coaching with GPOs in 42 Schools & CE coaching in 18 Schools. Recruitment of 4 new GPOs in the coming weeks will increase the number of schools receiving coaching significantly.

2. Hurling365 survey sent to clubs in January 2023 found 73% of clubs partake in Hurling365 currently, with a relaunch on March 22nd to refocus clubs & drive club school links. James Flynn will coordinate Hurling365 going forward.

3 Caman Everybody is an initiative aimed at Junior/Senior infants where the kids receive coaching in 5 key areas of hurling. This is a Wexford Coaching project designed by GPOs Seamus Byrne & Al Monahan. The idea is to ensure as many children have an understanding of the following areas at an early age:

- Dribble
- Solo
- Handling
- Roll Lift
- C Swing



**HURLING365**  
Wexford GAA CLUB SCHOOL LINK

## Re-Launch

Wednesday 22nd March  
7.30pm

PC Peripherals Education Hub @ Chadwicks Wexford Park  
With Ray Harris & James Flynn

Refreshments afterwards

*"Hurling 365 promotes and supports the coming together of our clubs and schools to provide weekly coaching to primary school children in Wexford"*

## Hurling365

- Developing strong club/school links is a key part of Wexford GAA strategy for the continued promotion of hurling throughout the county.
- Recent survey indicated almost 3/4 of clubs in Wexford have some form of Hurling365 in their schools.
- To ensure the continued success of hurling365 Wexford GAA are inviting all clubs & schools to attend a Hurling365 relaunch on Wednesday March 22nd
- This workshop will be followed by a practical workshop aimed at upskilling volunteer coaches & teachers in the delivery of hurling365
- Relaunching Hurling365 under the coordination of GDA James Flynn to take place on Wednesday 22nd March



# Integrated Athletic Development

## The Wexford Way Model Óg Academy Integrated Athletic Development Pathway



### Mission Statement

The Wexford Way Integrated Athletic Development Pathway is a structured plan to support young Hurlers & Footballers in Wexford with elements of Strength & Conditioning training to ensure appropriate physical development. This will enable players to thrive and compete at the very highest level, now and in the future of their sport. Academy players will be provided with the highest standard of physical training and these structures will lead the way for clubs and schools to emulate

## Integrated Athletic Development January 2023

In Schools... (since January 11th)

18  
Sessions



287  
Coaching Contacts



\*Expected to increase FCJ yet to join, school activity hindering number of sessions & attendance



## Integrated Athletic Development February 2023

In Schools... (January 30th - Mar 3rd)

40  
Sessions



508  
Total Coaching Contacts



259  
Coaching Contacts with Wexford Players



\*Expected to increase with FCJ joining next week. Some players to be picked on U14 panels have been captured also.



## Integrated Athletic Development March 2023

Next Month...

- FCJ to begin with 2 sessions a week from March 7th
- U15 & U16 Squads to begin 'Spring Block' with 3 collective sessions (2x Regional & 1 in Ferns. Testing in Early April.)
- Minors prepare for Championship (H= 25th March F=5th April)
- All Minor S&C happening in schools/remotely and managed closely to ensure players are primed and ready.
- Squads begin technical/tactical training on pitch (Mar 4th)



- Delivery of Athletic Development to Wexford Model Óg Academy & Post Primary School players in 2022/23 has commenced with the launch of the Integrated Athletic Development pathway
- This Pathway is lead by Performance GDA Eoin Devine O Grady
- This pathway provides expert athletic development to players in their school enviroment, in a safe & supervised manner.
- This programme provides oppoetnities for school/squad players to develop their athleticism during their school day & allows focus to remain on their education
- Over 350 post primary students across 6 schools currently partake in the initiative with plans to increase to over 500 in 2023
- The integrated athletic development programme for January & February has overseen 60 athletic development sessions in 7 schools with 800 students involved.

## Club Coach Education

- Formal coach education alongside our informal coaching workshops has been a busy area for our GPOs & GDAs
- Introduction to Coaching Gaelic Games courses commenced in January 2023 & so far with 180 participants.
- 6 more courses to start in March with approx. 120 more participants.
- 4 Award 1 courses have commenced with 80 participants currently upskilling to Award 1 level
- Demand for formal coach education is high in Wexford & we continue to work hard & meet the expectations.
- Make sure to keep reading for an update on more coaching workshops and opportunities for learning



# Model Ogs Academy Development Squads

- Wexford Og Model Academy development squads season 2023 commenced in January with trials for U14, U15 & U16 Hurling & Football players
- Over 6 weeks of trials squads were narrowed to panels of 48 players
- From March until August the squad players will be taking part in weekly sessions that are designed to develop their understanding of the game
- Priority in relation to coaching will be the following areas:

1. Tactical Play
2. Team play
3. Technical Play

- Players will be challenged in a learning environment that is player centered & developmental focused
- New dual player policy is now in effect which aims to have larger percentage of single code players at each age.
- Unlimited dual players at U14
- 85% single code players at U15
- 90% single code players at U16
- Each squad will consist of 48 players for 2023

## Policies & Procedures Update

- Following an extensive review, implementation of updated policy & procedures were introduced to development squad coaches.

- Development of squad coaches to ensure they have the necessary skills to deliver the highest standard of coaching in Wexford is a key principle for 2023.

- Coach education is vital principle to achieve best practice coaching & the 3 steps below outline our objective:

1. Become part of a supportive coaching community where you can ask questions and debate topics relevant to your practice with other coaches.

2. Improve your coaching skills and knowledge through a mixture of classroom sessions, interactive presentations, pitch sessions and discussions with Coach Developers and expert coaches.

3. Receive access to follow up resources to reinforce learning and aid future development.

- Parents of development squad players are invited to the squad launch on March 14th in Riverside Park Hotel at 7.30pm where we will be outlining expectations & procedures for squad players, parents & mentors for 2023

- Similarly, club coaches will be invited to a meeting on April 18th to build an understanding of the role a development squad can play with club players & to ease any concerns regarding player expectations.





# The Wexford Way Coach Education


- Wexford Coaching & Games launched a series of coach education workshops to run at the end of 2022 & into 2023
- The Wexford Way coach education workshops has been very well attended & every club in Wexford has represented so far:

- Club Culture Development – 60 Coaches**
- Athletic Development I – 44 Coaches**
- Season/Session Planning – 90 Coaches**
- Athletic Development II – 60 Coaches**
- Athletic Development III – 50 Coaches**
- Nursery Workshop I – 70 Coaches**

- We look forward to the continued delivery of our coaching workshops throughout the upcoming playing season
- Thanks to all coaches who support and engage with these workshops for the betterment of players, cubs & Wexford

## Wexford Way Education Pathway

<p style="text-align: center;"><b>NOVEMBER</b></p> <p>14th November - Developing a club culture/ Season review By Ray Harris &amp; James Flynn Chadwicks Wexford Park</p> <hr/> <p>30th November - Athletic Development Introduction By Eoin Devine &amp; Declan Browne Ferns COE</p> <hr/> <p style="text-align: center;"><b>FEBRUARY</b></p> <p>February - Athletic Development By Eoin Devine &amp; Declan Browne 8th February</p> <hr/> <p>February - Warmups By Eoin Devine &amp; GPO's 24th February</p> <hr/> <p style="text-align: center;"><b>APRIL</b></p> <p>April- Go Games Coaching By Ray Harris, James Flynn &amp; Lloyd Colfer Chadwicks Wexford Park</p> <hr/> <p>April- Athletic Development By Eoin Devine &amp; Declan Browne TBC</p> <p>April - Skills Development By JJ Doyle &amp; Anthony Masterson TBC</p>	<p style="text-align: center;"><b>JANUARY</b></p> <p>January - Session/Season Planning Niall Williams Chadwicks Wexford Park</p> <hr/> <p>February - Nursery Programme Introduction By Wexford C &amp; G Chadwicks Wexford park</p> <hr/> <p style="text-align: center;"><b>MARCH</b></p> <p>March 15th - Hurling365 Re-launch By Ray Harris &amp; James Flynn Chadwicks Wexford Park</p> <hr/> <p>March 22nd -Nursery Workshop By Al Monahan Chadwicks Wexford Park</p> <hr/> <p>March - Go Games Refereeing By Ray Harris &amp; James Flynn Chadwicks Wexford Park</p> <hr/> <p style="text-align: center;"><b>MAY</b></p> <p>May- Games Based Coaching By Guest Coach TBC</p> <hr/> <p>June- Nutrition/Hydration By Eoin Devine/Declan Browne or Tyrone hadwicks Wexford park</p> <hr/> <p style="text-align: center;"><b>JUNE</b></p> <p>July- Tactics/Games Management By Guest Coach Chadwicks Wexford Park</p>
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## Wexford GAA Club Best Practice

- GAA Clubs throughout Wexford have been busy preparing for the upcoming season.
- Coach education has been key principle for clubs since early 2023
- Activities such as nursery programmes, athletic development initiatives & internal games have been used to keep hurls in the hands & footballs at the feet of children throughout Wexford.
- See below for image of club work currently happening throughout Wexford

