



# Wexford GAA Coaching & Games Development Newsletter

March & April 2023



# Freshtoday Sponsor Hurling365

Wexford GAA are delighted to announce that Freshtoday are our new sponsors of Hurling 365. Hurling365 commenced as an initiative in 2013 when the hurling advisory committee led by Liam Griffin and Willie Cleary devised the concept of increasing the opportunity for children to play our national game. The programme takes place outside school hours but within the school setting – either before or after school – where teachers, club coaches and Games Promotion Officers assist in coaching children from Infants up to 6th class. The project has grown from its inception and an evaluation study conducted in January 2020 found that there has been a phenomenal growth in participation with over 80% of pupils in Co Wexford participating.

Cathaoirleach of Wexford GAA, Micheál Martin, welcomed Freshtoday on board as main sponsors of Hurling365 stating, “Freshtoday have been a longstanding corporate sponsor of Wexford GAA and we are delighted that they have taken the opportunity to partner with us to bring the Hurling 365 initiative to a new level.”

Commenting on the launch of the campaign, Brian McGee, Managing Director of Freshtoday said: “We are thrilled to partner with Wexford GAA as the official sponsor of Hurling365. When this sponsorship opportunity arose, it was something we couldn’t turn down as nutrition and sport are synonymous. Hurling is an amazing sport, with a rich history and a passionate following and we believe that it has the potential to inspire and excite young people across the region. We are looking forward to working with schools to introduce students to the sport and help them develop their skills. We hope that this campaign will continue the love of Hurling in Wexford for generations to come.”

“This partnership with Freshtoday has added a new dynamic to the programme starting with the Hurling365 Skill Challenges at half time in our big game against Antrim”



# The Wexford Way Coach Education



THE WEXFORD WAY  
**HURLING COACHING WORKSHOP**  
PLAY THE GAME

A practical session with a series of drills and games to develop your team.

Venue: Chadwicks Wexford Park

Target Coaches  
**Youth & Adult Coaches**

Delivered by:



**JJ Doyle**  
Wexford GAA  
Talent Development Lead



**Niall Williams**  
Wexford GAA  
Director of Hurling



**Ray Harris**  
Wexford GAA  
Games Manager

**27** April 2023

7pm - 8.30pm

- Youth coaching for performance was the topic for a highly successful hurling workshop in the Wexford Way coach education series.
- Following from previous workshops aimed at nursery, go games level coaches, Thursdays workshop focused on youth coaches.
- Over 60 coaches from a variety of clubs attended a damp Chadwick's Wexford Park & left with some key coaching points in addition to drills & games that they can bring back to their clubs
- **Key coaching points included:**
  1. Hard support runs on/off the ball
  2. Delivery zones
  3. Timing of runs in forwards
- **Drills & games focused on**
  1. Tackling/Hooking
  2. Transition from attack to defence
  3. Transition Play/Delivery

## Wexford GAA Club Best Practice

- See below for image of some of the great club work currently happening throughout Wexford



# Wexford Club Football Representative

Following a comprehensive review of Football in Wexford by Philip Wallace, committees have been set up to look at both club & county football & make recommendations for the progression of both.

The committees are lead by Chairmen David Murphy & Seamus Hughes with support from members Jim Carberry, Padraig Cronin, Colm Morris & Ray Harris. More committee members to be added where availability suits participants.

Initially clubs throughout Wexford have been asked to create a football club representative who were invited to a meeting in Chadwick Wexford Park on April 18th

Thanks to all who attended the first Football development committee meeting on Wednesday 19th April. Initially the focus will be on how we can improve at club level. Below is a summary of what each club rep(s) will endeavour to undertake over the coming weeks and month:

- Discuss, talk and chat positively about football coaching and participation especially at underage.
- Highlight the similarities and correlations between football and hurling
- Be a point of contact in the club with regard to county coaching courses. Inform & encourage club coaches to attend such events as they happen, starting with Wexford Park May 8th
- Promote and encourage the principal of football training/coaching sessions the week of games
- Be point of contact with regard to details and schedule of County Development squads. Actively encourage parents and kids to attend. Liaise with Development squad managers or others, when required to maximise participation
- Provide regular feedback to this group with regard to positives, negatives and/or suggestions
- Identify very coaches in the club that may get involved with Development squads

# Wexford Club Coaching Workshop



THE WEXFORD WAY  
**FOOTBALL COACHING WORKSHOP**  
**PLAY THE GAME**  
A practical session with a series of games to develop your team.  
Venue: Chadwicks Wexford Park  
Target Coaches  
Youth & Adult Coaches

Delivered by:



Shane Roche  
Former Wexford Senior Football Manager



Anthony Masterson  
Wexford GAA Talent Development Lead

08 May 2023

7pm - 8.30pm

- Football Coaching Workshop took place on May 8th Chadwick's Wexford Park
- This workshop was the latest in the Wexford way coach education pathway that has previously held workshops in areas for participation such as nursery & go games
- The aim of the football workshop is for youth player development & team performance
- Key points from the workshop
  1. Transition Play/Overload/Shooting
  2. Attacking a set Defence System
  3. Movement ahead of the ball
- 68 coaches attended from a variety of clubs in Wexford. Further information on upcoming workshops to follow in coming weeks

Wexford GAA is of the belief that "Better coaches make better players" & coach education workshops are fundamental to improving our players for the future



# Model Ogs Academy Development Squads

*To set the heather blazing*

## MISSION

The Model Academy is the platform where emerging players and coaches in Wexford are challenged and tested.



## VISION

The vision is to develop players to play senior hurling and football for Wexford and to develop coaches to prepare teams at the highest level.

## GUIDING PRINCIPLES DEVELOPMENT SQUADS

### PLAYER CENTRED



Equip players to become the best version of themselves, both on and off the field.

### QUALITY COACHING EXPERIENCES



Create environments to stimulate coach learning and player development.

### CLUB IS KEY



The club as the central tenet in the player development process.



- Development squads were launched with all stakeholders in 2023, including parents, coaches & clubs.
- The guiding principles listed left are the expectations stated at the launches.
- it is the belief of Wexford GAA that these principles will help create a learning environment where players & coaches are challenged to deliver excellence & develop our future players & coaches.

## FOR THE PLAYERS

### TACTICAL & GAME AWARENESS



Pillars of Performance  
Defense | Attack | Transition Play | Set Plays

### ADVANCED TECHNICAL SKILLS



All skills developed at speed and under pressure using game scenarios

### ATHLETIC DEVELOPMENT



Incorporated into each session



- Developing players through tactical & game awareness coaching
- Advanced technical skills worked on each week & developing the athletic capacity of the players

# Model Ogs Academy Development Squads

## Integrated Athletic Development Physical Testing

- Players were tested again this Easter.
- Data was collected on: Sprint speed, Change of Direction ability, Strength, Height, Weight, time of PHV, Vertical & Broad Jump.
- Data is being compared to November tests to better understand players' strengths, weaknesses and improvements.
- Players also took part in a nutrition workshop



198  
Players



## Integrated Athletic Development April 2023

### This Month...

- U15/U16 finish their Spring Block with collective session in Halo Tiles COE (200+ players)
- Physical testing for all Model Academy players
- Physical testing for Next Generation players
- Nutritional Education for players
- Nutritional Education for Model Academy Parents
- Model Academy Coach workshop on Warm ups & AD



# Feile Hurling & Football 2023

- Wexford Féile Hurling & Football 2023 was a huge success with 3 Divisions played in both codes
- Thank you to all host clubs/venues, referees & Coiste na nOg volunteers for their support in ensuring the smooth running of the games
- Well done to the below winners who now represent Wexford nationally & Regionally in June/July



## Hurling

- Div 1 - Rapparees
- Div 2 - Oulart The Ballagh
- Div 3 - Slaney Gaels

## Football

- Div 1 - Castletown
- Div 2 - Shelmaliers
- Div 3 - St Patricks

