

# Academies



Main focus is to prepare our players to compete against players from other counties – concentrating on

Preparation and Exposure



**Fermanagh GAA | Fear Manach**

# What makes a player the best that he/she can be?

1. Commitment
2. Respect for players/coaches/officials
3. Lifestyle choices
4. Leadership
5. Speed of Thought
6. Speed
7. Strength
8. Skill

**OUR ROLE AS  
COACHES??**



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# CURRENT STRUCTURE

**U12:** Chosen from primary school, 2<sup>nd</sup> level and clubs. Invited to Development Camp in July and 3 sessions in Sept/Oct

**U13:** Development Camp in Lissan 9<sup>th</sup> July to 11<sup>th</sup> July and Sept/Oct 5 sessions

**U14:** From last year's U13 Camp and the U14 FL, Feiles and U14 FC – to these 3 days at Lissan and work with them, May-October

**U15:** one panel of 25 players for the Ulster U15 Blitzes. Work with them March-July

**U16:** Group of 25 players, March, April prepare for Buncrana Cup. Work with them from March-July

**U17:** Ulster Council Blitzes with the Co. Minor manager, Simon Bradley.

Developing contact with players through their schools



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# Squad Coaches

U12: County coaches

U13: Declan Maguire & County Coaches

U14: Michael Sheridan & Cyril Dunne

U15: Aisling Doonan & Peter Lynch

U16: Ciaran Carey & Brendan Rasdale

U17: Simon Bradley – with Minor panel



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## Areas Covered:

Skills: Pitch based with SSG to develop technical ability/decision making/spatial awareness/team play/tactical

Strength & Conditioning: Ulster Council Coaches & County Coaches provide Functional Movement Assessment and Programme

Nutrition & lifestyle

Mental Preparation



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# Academy Squad Preparations

## **1. Take the ball at speed**

Control/Hold onto ball while running fast

## **2. Get to the ball first.**

Read when/where ball will arrive & be in position to get ball before opponent.

## **3. Hold onto the ball in the tackle.**

Expect to get hit.

## **4. Move the ball quickly.**

Look to play ball immediately and/or support player with ball – no bounce, no solo.

## **5. Breaks.**

Expect every ball to drop/spill - 90% in front. The break won't come to you!

## **6. Don't dive out.**

Do not invite opponent to play ball over your head to your man.

## **7. Work Hard.**

Run, tackle, harass, block, support. Nothing less will do!

## **8. Decisions.**

Make decisions for the good of the team. Learn from last one.

## **9. Re-Starts**

Must be organised for kick-outs, throw-ups, free-kicks and side-line balls.

## **Organised**

– players knowing what will probably happen next.

## **1. Don't kick ball aimlessly out of defence**

– Keep the ball or Kick the Ball.

## **2. Work ball to middle-third before kicking to full forward line.**



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## 20 Golden Rules

*Try not to wait on the ball*

*Always run with the ball – never stand*

*Take the support pass on the move*

*Avoid carrying the ball into the tackle*

*Keep possession of the ball*

*Never bounce the ball*

*Try not to pass the ball while on the ground*

*Shoot for goal low or high – not at saveable height*

*Show for pass where ball can be played to*

*Give fist/hand pass to team mate's hands*

*Expect the break – normally in front*

*Hold onto the ball in the tackle*

*Expect to get hit going for the ball*

*Don't give away "silly" frees*

*Go forward with the ball – don't turn back*

*Expect the turn when going to tackle*

*Avoid diving in, inviting the pass over you, outside 20m*

*Keep eyes open when blocking the ball*

*Get your body to the ball to secure possession*

*Prepare yourself sensibly for games*