



Player Development Academy (PDA)

2024 - 2025

Our First Player Development Academy

2024-2025





What is it?

- To provide FUN and enjoyable playing and learning environment during the Pre season months and competition season
- To provide quality, consistent and age appropriate player development for all
- To educate players, coaches & interested parents/volunteers on various elements involved in youth player development and help them implement it on the pitch and in the gym environment
- Create a CULTURE of excellence around coaching & mentoring in the county to pass onto clubs
- Individual TID – Talent ID
- Provide opportunities to travel to Ireland and compete against teams either in a competition or local blitz.

Management teams

U17s

Bainisteoir

James Harrigan (EGB), Jimmy Norris(Brendan's), Kieran Boxwell (EGB)

Coaches

Seanie Boyle (CDA), Joel Powney (MACS), Micheal Mannion (MACS)

GK Coach- James Connolly (FMASTERS)

Logistics

Conor Rushe (EGB), Mick Obrien (MACS) and Julie Duffy (CWO)

Competitions

U17 Ireland Trip (London, Connacht tournament) & All Britain Inter County





Management teams

U15s

Bainisteoir

Paul Molloy (Casements), Paul Heuston (Casements),

Coaches

Seanie Boyle (CDA), Jack Keogh (Casements),

GK Coach- James Connolly (FMASTERS)

Logistics

Conor Rushe (EGB), Mick O'Brien (MACS) and Julie Duffy CWO).

Competitions

U15 Feile & All Britain Inter County





Management teams

U14s

Bainisteoir

Keith Sweeney (Macs)

Coaches

Peter Kelly (Macs), Joel Powney (Macs) Seanie Boyle (CDA)

Logistics

Conor Rushe (EGB), Mick O'Brien (MACS)

Competitions

U15 All Britain Inter County



How will it work?

- Pre season too run every Saturday Afternoon (January 2024 – April 2024)
- Competition season to run midweek on a day selected by Management and Juvenile Committee.
- Squads to be provided with Strength and Conditioning work mid week.
- Sessions to include introduction to strength and conditioning based exercises & field based games. Class based session (learning & understanding the game) must also be facilitated.
- Constant Fixtures for all teams.





Who do we need?

- Full strength stacked Management teams, Management/Coaches/ Logistics
- Qualified nutritionist and sports strength and conditioning advice.
- Co-Operation from all clubs.
- Current Warwickshire GAA senior Players (Success breeds Success).



Why do **WE** need a Player Academy?



= To promote & foster best coaching practice



How will it be financed?

- County Board to agree deal for facilities use at Selected facilities
- Youth Committee to organise logistics for team tours both home and away
- External sponsorship – (contribute towards S&C costs, county kit, and equipment)
- Players and coaches to participate in Fundraisers for squads' costs



Examples of best coaching practice

- *"Players Don't care what you know and how much you know until they know you care". **Steven Poacher (Carlow Rising Head Coach)***
- *"I would like to see Games Based Approach become the norm not the exception in training" **Paul Kinnerk (Limerick Coach)***
- *"The simple that works, is better than the complicated that doesn't work" **Joe O Connor (Clare & Limerick Coach)***
- *"There is no point in predictable training to play a game that is unpredictable" **Prof Rob Gray – Training Consultant***



GAMES BASED APPROACH **vs** TRADITIONAL APPROACH

GAMES BASED APPROACH (GBA)

- GBA– Can combine Technical, Tactical, Physical & Team Play if correct conditions are put in place
- GBA – More touches, more learnings
- GBA –can be very effective if a coach has limited time per week to work with players

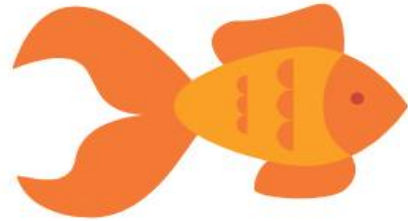
TRADITIONAL TRAINING

- Linear -Standing around
- Boring
- Told what to do - No Decision making or problem solving
- The cone is not an opponent – does not provide information





What did he/she say?



Attention Span

9 seconds



Attention Span

6 seconds

BE CLEAR...BE CONCISE...LET THEM MAKE DECISIONS



TAKE HOME MESSAGE

- “Its not just the players that bring success to a group, It’s the people set around them” - Philly McMahon