

GAA Youth Resistance Training Course

This course is designed to provide G.A.A. coaches working at the youth level (13-18 years of age) with the necessary knowledge and skills to deliver an appropriate Resistance Training (RT) Programme. The RT Course is designed specifically to meet the needs and demands of the Gaelic Games youth player in clubs, schools & talent academy squads. The focus of the course is to enable GAA coaches to deliver an RT Programme that is focused on improving functional strength and movement efficiency. The methodologies and exercises involved require the use of minimal equipment to enable the RT Programme to be delivered in the normal training environment of clubs, schools and development squads.

The course uses a blended learning approach of online learning, lectures, tutorials and practical sessions.

Course content include:

- The needs and demands of the youth GAA player;
- Selecting appropriate RT Exercises for the youth player;
- How to carry out a Movement Analysis;
- Programme Design, Periodisation and Planning.
- How to progress and adapt exercises for different abilities.

There is a large focus on the practical application of course content with a 3:1 practical to theory ratio. Assessment procedures will assess both theoretical and practical content of the course. It is desirable that applicants would have completed the GAA Award 1 Youth or Adult course and/or have knowledge and experience of the area.



Leinster GAA Youth Resistance Training Course Application Form

Name:

Address:

E-Mail:

Phone:

Club:

County:

Have you completed the GAA Award 1 Youth and/or Adult Course

Yes

No

1. Current Coaching Experience at Youth Level (U13-U18)

Please list all teams that you are currently involved with at this age group only

2. Previous Coaching Experience at Youth Level (U13-U18)

Please give a summary of all previous coaching experience at this age group only

3. Please outline any qualifications and/or experience you have in the area of Resistance Training if applicable



4. Please outline why you would like to undertake this course

Venue: Kildare GAA Brady's Ham Gym, Newbridge

Cost: €100

To apply for this course, you must be available for all the following dates:

Weekend 1

Friday 16th November (7:00pm – 9:30pm)

Saturday 17th November (9:00am – 3:00pm)

Weekend 2

Friday 23rd November (7:00pm – 9:30pm)

Saturday 24th November (9:00am – 3:00pm)

Weekend 3

Friday 30th November (7:00pm – 9:30pm)

Saturday 1st December (9:00am – 3:00pm)

Furthermore, fulfillment of assessments both during and after the course at an appropriate competency level will be required to complete the course fully.

Applicant Signature

Proposer Signature

Contact Number

***All applications must be accompanied with the details of a proposer. This person maybe a club chairperson/secretary, County Officer etc.**