

## **Castleknock GAA Club Coach Education Programme**

In house Coach Education – Venues to be decided

Course Duration 1 hour  
\*2 hours

1. Warm Ups and Stretching for Juveniles - 25/10/05
2. Indoor Circuit Training for Juveniles - 08/11/05 - Blanch IT 9pm – 10pm
3. Innovative Training Techniques - 15/11/05 - Scoil Thomais 8pm - 9pm
4. \*Foundation Level Theory - 29/11/05 - CCC 7pm - 9pm
5. \*Foundation Level Practical (Football) - 06/12/05 - Scoil Oilibheir 7-8.30pm
6. \*Foundation Level Practical (Hurling) - 13/12/05 - Scoil Oilibheir 7-8.30pm
7. Planning a Yearly Programme - 18/01/06
8. Introduction to Foundation Level - 28/01/05

For the Coaching and Games Development Programme issued by DCB please visit [www.hill16.ie](http://www.hill16.ie).