

## **NADA Coach Mentorship Programmes**

NADA (The National Athlete Development Academy) is delighted to offer two new, exciting and interactive mentorship programmes for aspiring coaches.

### **1. Youth Coaches:**

The first course is aimed at those working with underage, developmental and youth athletes across a wide variety of sports and including those working in primary and secondary level physical education.

### **2. Adult Coaches:**

The second mentorship is targeted at adult Gaelic Games coaches and practitioners keen to gain an insight into National and International best practice in developing well rounded Gaelic Games players.

## **Youth Coach Mentorship**

Start Date:	Wednesday March 6 <sup>th</sup> - April 2013 (tbc)
Times:	7pm - 9.30pm Wednesdays, 9am - 3pm Saturdays (times may vary)
Location:	NADA HQ (Rosemount Business Park, Blanchardstown)
Price:	€550
How to Register:	<a href="http://www.nada.ie/mentorship">http://www.nada.ie/mentorship</a> (€200 deposit required)

The Youth Coach Mentorship programme is targeted at youth/underage coaches, mentors, sports/games development officers, physical education teachers and all those who have prior experiential knowledge in youth athlete and player development coaching.

Each participant will be provided with the opportunity to develop a theoretical, practical, and academic foundation in the area of athlete/ player development.

**“This course will serve to complement the technical skills knowledge base coaches have.”** They will also gain an insight into how we present design, coach and monitor our programmes at NADA.

### **Your Unique Opportunity**

The Mentorship is an opportunity to learn from the NADA coaches who use the same theories and systems to help top athletes, players and teams achieve their sports and performance goals, at both the underage and elite level of Irish sport.

Every effort has been made to ensure the content of the course is as practical and coach-friendly as possible. While there will be a sound theoretical basis for every concept presented, the key aim of the course is to arm the participants with a ‘toolkit’ they can bring back to their clubs, sports organisations....and ultimately the athletes and players they work with on a weekly basis.



### Youth Coach Mentorship “Developing Younger Athletes & Players”

<b>MENTORSHIP OUTLINE</b>	
<b>PHASE I</b>	
<b>Wednesday March 6<sup>th</sup></b> (7pm - 9.30pm)	1. Introduction to Athlete/Player Development(AD/PD) 2. The Art and Science of Coaching -The NADA Model
<b>Wednesday March 13<sup>th</sup></b> (7 pm - 9.30 pm)	3. Selecting your Coaching Styles for Youth (AD/PD) 4. Roles and Responsibilities of the Youth AD/PD Coach
<b>PHASE II</b>	
<b>Saturday March 23<sup>rd</sup></b> (9 am - 3 pm)	1. Introduction to Sport Science Concepts for Youths 2. Athlete/Player Profiling I - Screen & Test ( <b>Extra Date TBC</b> )
<b>Wednesday March 27<sup>th</sup></b> (7 pm - 9.30 pm)	3. Assessment/Correction of Movement
<b>Wednesday April 3<sup>rd</sup></b> (7 pm - 9.30 pm)	4. Introduction to ‘Resistance’ Training for Youth Athletes
<b>PHASE III</b>	
<b>Saturday April 13<sup>th</sup></b> (Time TBC - 5 Hrs Approx.)	1. Athlete/Player Profiling II - Re-cap 2. How to Improve Movement - Corrective Exercises
<b>Wednesday April 17<sup>th</sup></b> (7 pm - 9.30 pm)	3. Athlete/Player Mindset Development 4. Personal Development/Life Coaching
<b>Wednesday April 24<sup>th</sup></b> (7 pm - 9.30 pm)	5. Nutrition Strategies
<b>Phase IV</b>	
<b>Dates to be confirmed</b>	1. Program Design & Practical Applications 2. NADA Sample Sessions 3. Final Project and 1 to 1 consultations

**Please Note:** Course content and schedule are a guideline and may be subject to change.



### ADULT COACH MENTORSHIP

Start Date:	Saturday March 9 <sup>th</sup> - April 2013 (tbc)
Times:	7pm - 9.30pm Mondays, 9am - 3pm Saturdays (times may vary)
Location:	NADA HQ (Blanchardstown)
Price:	€550
How to Register:	<a href="http://www.nada.ie/mentorship">http://www.nada.ie/mentorship</a> (€200 deposit required)

The course is directed towards current mentors, coaches and managers of adult Gaelic Games squads who are interested in improving their ability to develop appropriate athlete and player development programmes (including strength and conditioning/sports science) for adult teams.

It will focus on the theoretical and practical aspects of coaching and sports science interventions for Gaelic Games. Ideally, applicants should be current members of a GAA Club, be working with a squad and/or have an interest in and passion for working with adult teams (desirable, not essential).

#### Your Unique Opportunity

The Mentorship is an opportunity to learn from the NADA coaches who use the same theories and systems to help top GAA players, at club and county level, to achieve their performance goals. We will share with each participant the theories behind our practices at NADA as well as anecdotes, insights and best practice from international experts in the area of coaching and sports science.

**“This course will serve to complement the technical skills knowledge base coaches have.”**

Every effort has been made to ensure the content of this GAA specific course is as practical and coach-friendly as possible. While there will be a sound theoretical basis for every concept presented, the key aim of the course is to arm each participant with a ‘toolkit’ they can bring back to their squads and GAA clubs. And ultimately the athletes and players they work with on a weekly basis.



### Adult Coach (Gaelic Games) Mentorship “Sports Science and Coaching”

<b>MENTORSHIP OUTLINE</b>	
<b>PHASE I</b>	
<b>Saturday March 9<sup>th</sup></b> (Time TBC - 5 Hrs Approx.)	<ol style="list-style-type: none"><li>1. Physical Demands of Gaelic Games (including key relationship with technical skills)</li><li>2. Development of Fundamental Movement Skills in GAA</li><li>3. Principles, Planning &amp; Progression</li></ol>
<b>PHASE II</b>	
<b>Monday March 11<sup>th</sup></b> (7pm - 9.30pm)	<ol style="list-style-type: none"><li>1. Energy System Development</li></ol>
<b>Monday March 18<sup>th</sup></b> (7.00pm - 9.30pm)	<ol style="list-style-type: none"><li>2. Game - Speed Development</li></ol>
<b>Saturday March 30<sup>th</sup></b> (Time TBC - 5 Hrs Approx.)	<ol style="list-style-type: none"><li>3. Strength and Power Development</li><li>4. Olympic Lifting for Field Sports</li></ol>
<b>PHASE III</b>	
<b>Saturday April 6<sup>th</sup></b> (9.00 am - 3.00 pm)	<ol style="list-style-type: none"><li>1. Athlete/Player Profiling - Screen &amp; Test (<b>Extra Date TBC</b>)</li><li>2. How to Improve Movement - Corrective Exercises</li></ol>
<b>Monday April 8<sup>th</sup></b> (7.00 pm - 9.30 pm)	<ol style="list-style-type: none"><li>3. Athlete/Player Mindset Development</li><li>4. Personal Development/Life Coaching</li></ol>
<b>Monday April 15<sup>th</sup></b> (7.00 pm - 9.30 pm)	<ol style="list-style-type: none"><li>5. Nutrition Strategies</li></ol>
<b>Phase IV</b>	
<b>Dates to be confirmed</b>	<ol style="list-style-type: none"><li>1. Program Design &amp; Practical Applications</li><li>2. NADA Sample Sessions</li><li>3. Final Project and 1 to 1 consultations</li></ol>

**Please Note:** Course content and schedule are a guideline and may be subject to change.