



# NAOMH MHUIRE ACADEMY

REPORT FOR 2020 AGM

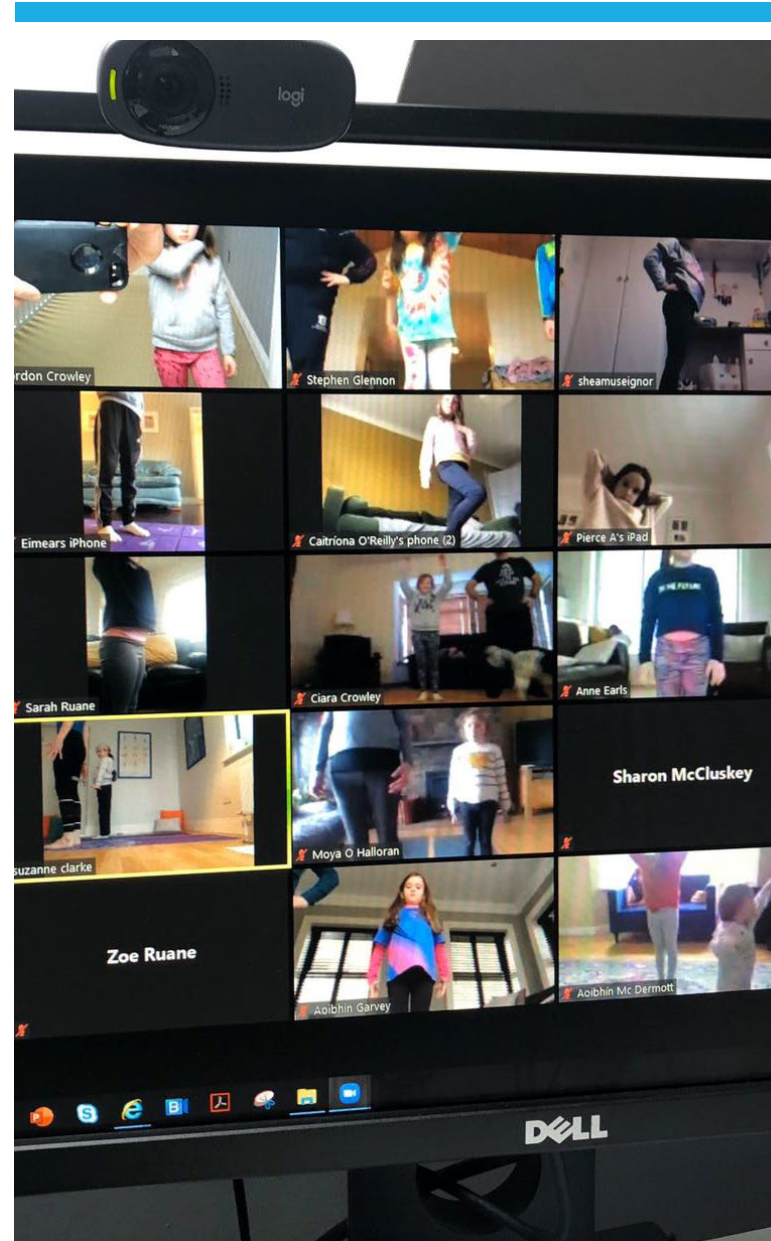


## THE COVID PRE-SEASON

- Online yoga for Academy Girls when COVID restrictions came into force
- Provided by Suzanne Clarke on Fridays from March to June
- Over 30 girls attended early sessions

## LGFA FUNDAMENTALS

- Organized by Naomh Mhuire via LGFA on March 7th 2020
- 16 Naomh Mhuire coaches and 11 coaches from other clubs



CONNACHT TRIBUNE

## Taking training online to keep the connection with players



Published 7 months ago on March 26, 2020  
By Stephen Glennon



# U6S (BORN 2014/15)



- **Coaches:** Claire Burke, Rachel Wyer, Kara Shortt, Frank Mannion, Karina Wall, Shirley & underage coaches when low in coaches
- **Total panel:** 24 and max 14 players at each training
- **Season:** 14 training sessions, Fridays 5-6pm
- **Skill development:** Looked at basic skills like catching, hand passing, 4 steps and bounce. Kicking was incorporated in drills, Kicking still under development with most all kids. Small sided games 3 v 3 on the pitch
- **Comments**
  - Recruitment required in 2021 as we had 52 x U6 in 2019
  - More time on the pitch required for U6s – space in cages limited
  - Blitzes to be scheduled with other clubs
  - 1-hour sessions challenging for U6s – future sessions focus on 45 min of activities
  - Explore mascot for group to add more fun to the sessions



## U8S (BORN 2012/13)

- **Coaches:** Aidan O' Mahoney, Anne Earls, Claire Flynn, Shane Garvey, Breda Martin, Cathy Foley, Eddie Stankard, Elish McGuire, Stephen Glennon, Noel Crowley, Sarah Duffy, Sarah Quinn, Shirley Tracey, Fiona Mahoney
- **Total panel:** 60 and ~ 50+ at each training
- **Season:** 14 training sessions, Fridays 5-6pm
- **Skill development:** Skill development mainly from a technical and tactical point of view. Technical - jumping, catching, throwing, bouncing, 4 steps (movement), hand pass, punt kick. Tactical - fun games and spatial awareness
- **Comments**
  - Players numbers at u8 has doubled since 2018
  - A core group of coaches was essential given the large numbers at training this year
  - Recommend dividing into U8 and U7 groups for 2021





## U9S (BORN 2010)

- **Coaches:** Sean Glynn, Sean Grealy, Shane Colleran, Ronan Molloy, Frank Mannion, Pat Kelly, Gordon Crowley
- **Total panel:** 29 and ~ 24 at each training
- **Season:** 19 training sessions & 2 blitzes
- **Skill development:** Almost all competent on catch, solo, hand pass, punt kick. Have yet to develop tackle, block, non-dominate hand pass & hook kick
- **Comments**
  - 27 girls born 2010 and 2 girls born 2009
  - 2 girls not retained, 5 new girls and 4 girls playing up with U10s
  - Very committed group
  - Optional winter sessions in Astrowall well received by players and parents





# U10 (BORN 2011)

- **Coaches:** Pat Lambe, Les Coleman, Brian Ryan, Cyril McClumskey, Aoife McDonagh, Paul Flannagan, Sandra Murray
- **Total panel:** 30 panel with ~26 training at training
- **Season:** 13 training sessions & 5 blitzes
- **Skill development :** Concentrated on near hand tackle, punt kick, catching, hand passing, the solo, spatial awareness and introduced the hook kick. All done through game situations.
- **Comments**
  - The group are very determined, committed, disciplined, have a willingness to learn with bundles of talent.
  - They will transition to the competitive U12 squads easily.

*"Hi Pat, Just to say all of our coaches came back to me and said what a lovely but competitive environment they felt and a great buzz off both sets of girls in the matches. Isn't that what we are aiming for. Thanks again and hope we meet up soon"*

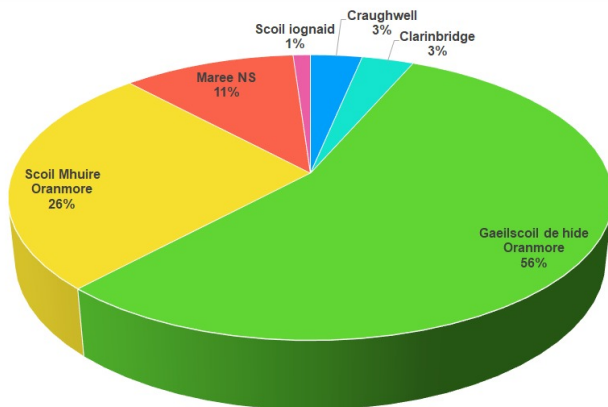
Message from Tuam Stars coach after playing 2 blitz's (home & away)






# 2020 KELLOGG'S CUL CAMP

- One Club Cul Camp with 250 attendees (inc. 100+ girls)
- Supported by 15 Naomh Mhuire Adult Coaches & 6 ladies football/ camogie players
- Comments
  - Guidance required for younger camp coaches on age-appropriate skills
  - Review of boy/girl mixing at each age group



Female camp attendees by school





# PROPOSED ACADEMY INITIATIVES FOR 2021

- Recruitment of players & coaches
  - Recruitment of additional female coaches
  - Advertising nursery in schools
  - Survey parents for volunteering roles within clubs
- Retention via superior coaching
  - Upskilling all Academy Coaches
  - Naomh Mhuire Fundamentals Course
  - Internal Coaching Workshop
- Relationship with players and members
  - Academy sponsorship
  - Online availability of training gear for academy players (all year)
  - Resumption of off-field events (trips, parties etc) for academy girls when restrictions allow