

# Gaelic Start

## Free Introduction



**Ulster GAA**  
**Coaching & Games Development**  
[www.ulster.gaa.ie](http://www.ulster.gaa.ie)



## **Gaelic Start & Fundamentals Coaching Manual**

The Gaelic Start and Fundamental's Pack, which is aimed to improve coaching programmes for children up to nine years old, can be used by club coaches, teachers and even parents.

It has been written specially by Ulster Councils GAA Department of Education coaches, who specialise in coaching these age groups under the leadership of Terence McWilliams, Ulster Games Development manager.

The pack contains over 300 coaching cards for children from 9 years to infants. They contain warm ups, games with appropriate skills for simple games for 5 yr. olds leading to Gaelic and hurling/camogie games for Under 8's.

The aim of this resource is to help coaches, teachers and parents plan and implement an effective and efficient coaching programme for children of all abilities.

The cards have been designed so they:

1. Can be used by ANYONE - children, teachers, parents and non coaching personnel
2. Support the first two stages of the Long Term Development Pathway i.e. Gaelic Start 0 – 5 yrs. and the Fundamentals 6/7 yrs. to 8/9 yrs. for all children regardless of ability
3. Offer a variety of progressive, challenging and fun activities
4. Include activities that can be set up quickly & easily
5. Home Time Cards – for parents to help develop children's movement skills from a young age

This resource will make a lasting contribution to the lives of all our children and help lay down a sound foundation of long term involvement in Gaelic games.