

COACHING TEENAGE GIRLS IN CAMOGIE

The Camogie Association and Sport Ireland Coaching have collaborated on a project to support the coaches of teenage girls. Specifically aimed at developing coaching practices to meet the needs teenage girls.

This November "Coaching Teenage Girls in Camogie" Workshops will be available to 15 clubs/ counties across the country.



On completion of the workshop, learners will be able to:

1. Identify the key reasons why girls engage in physical activity and sport and why they drop out.
2. Gain an understanding of the relationship between physical activity participation and mental health for adolescent girls.
3. Understand the importance of communication (coach to player and player to player) in retaining girls in Camogie
4. Raise awareness around the effects maturation and puberty can have on females.
5. Identify the role of actual competence, perceived competence, and confidence for engaging girls in Camogie and physical activity.
6. Examine coaching practices and communication styles that foster autonomy, confidence, and belonging in girls across Camogie.
7. Design environments that cater for relationships, connectedness, and competition

If your club or county are interested in hosting a Coaching Teenage Girls in Camogie workshop, here's what you need to know:

- ✓ Workshops will be delivered on Saturday 20th November or Saturday 27th November 2021
- ✓ Clubs/Counties to have minimum 20 and maximum 24 Coaches (Male or Female) who are currently Coaching Teenage Girls to attend the Workshop on selected date.
- ✓ Workshops will be delivered from 10.00am to 1.00pm by Qualified Sport Ireland & Camogie Coach Developers

CLOSING DATE FOR REGISTRATION is Friday 29th October 2021.



All selected clubs and counties for the workshop will be announced on Monday 1st November

Please note this workshop is funded by The Camogie Association to the selected clubs & counties



Click the online link here to register your club or county for the workshop.