

WELCOME

Welcome to the One Club Douglas Family.

We hope that you find this Welcome & Information Pack useful.

If you have any questions, please ask your child's coach.



**THANK YOU TO LEHANE MOTORS
& DOUGLAS CREDIT UNION
TEAM CONTACTS FOR 2024
EQUIPMENT & PRACTICE
CLUB SHOP & SOCIAL MEDIA
CLUB BAR & FUNCTION HALL
FUNDRAISING
GAMES PROMOTION OFFICER
AGE GRADES
VOLUNTEERING & COACHING
PLAYER PATHWAY SKILLS
STREET LEAGUES FINALS &
ANNUAL EVENTS
DOUGLAS ALL STARS - GAA4ALL
A SKILL A DAY IN MAY
GO GAMES & BLITZES
ATTENDING MATCHES
TRAINING LOCATIONS
GAELIC 4 MOTHERS & OTHERS
DOUGLASGAA.IE -
FURTHER INFORMATION**



THANK YOU TO OUR
SPONSORS FOR THEIR
CONTINUED SUPPORT



**Lehane
Motors**



DOUGLAS
CREDIT UNION





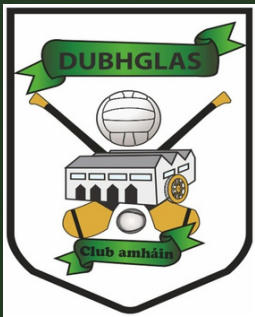
DOUGLAS GIRLS STREET LEAGUES ARE BACK!



New Members
Welcome!

Age Group	Camogie/ LGFA Coach	Contact Details
Under 5/6 Born 2019/2018	Jamie/Laura	087 7042274 / 087 3400927
Under 7 Born 2017	Brenda	086 8403534
Under 8 Born 2016	Keith/Ciara	087 4143481 / 087 6770769
Under 9 Born 2015	Siobhan/Louise	086 8753925 / 086 3743243
Under 10 Born 2014	Deirdre/Jenni	086 2951005 / 087 8198314
Under 11 Born 2013	Claire/Vicki	087 2274000 / 087 6412347





LEHANE MOTORS STREET LEAGUES ARE BACK!



**Lehane
Motors**



EVERY SATURDAY

Under 5's - Under 11's

For further information please
visit www.douglasgaa.com

**NEW
MEMBERS
WELCOME**

Age Group

Coach

Contact Details

U5 born 2019

Gerard Coleman

086 8598289

U6 born 2018

Dave Barry

085 8128577

U7 born 2017

Dave Gleeson

086 1949097

U8 born 2016

Kevin O'Connell

087 2957282

U9 born 2015

Gerard Coleman

086 8598289

U10 born 2014

Mark Barry

086 8060409

U11 born 2013

Eddie Cronin

086 6066464

CAMOGIE

**GAELIC
FOOTBALL**

HURLING

**LADIES
FOOTBALL**



**Promoting Gaelic Games in
Douglas since 1887**

**3,000 members
1,000 Street
Leagues Players
Over 50 Teams
One Community
One Club Douglas**



**OUR VISION IS THAT EVERYBODY HAS THE
OPPORTUNITY TO BE WELCOMED TO TAKE PART
IN OUR GAMES AND CULTURE, TO PARTICIPATE
FULLY, TO GROW AND DEVELOP AND TO BE
INSPIRED TO KEEP A LIFELONG ENGAGEMENT
WITH OUR CLUB.**

EQUIPMENT FOR TRAINING



Hurley - with name on it
Helmet -with name on it
Shin Guards
Mouth Guard
Water Bottle - with name on it
Football boots for grass
Runners/Astros for astro

EQUIPMENT FOR PRACTISING AT HOME

Sliotar

Gaelic Football

(Please check with your child's coach which size football/sliotar/hurley to buy)



Hurling, Gaelic Football, Camogie and Ladies Football are skills based games.

Just like learning an instrument, practicing skills at home every week is key to your child's development.

PRACTICING ON THE PITCHES



We encourage parents and players to come to the club and practice on the pitches when they are available.

PRACTISING AT HOME

Practice kicking off both feet and striking the sliotar off both sides every day.



Club Shop

Leisure Wear

Playing Gear

Hurleys

Helmets



Located on the GAA Club
Grounds, next to the

Pavillion

&

Online at

<https://www.douglasgaa.com>

Open

Saturdays

9.30am - 1pm



One Club Douglas Social Channels

Like & Follow for



Match Fixtures

Results

Events

Team Photos

Club news

Match Reports

DOUGLASGAACLUB



CLUB BAR FOR MEMBERS



OPENING HOURS

Wednesday, 7pm - close

Thursday, 7pm - close

Friday, 5pm - close

Saturday, 9.30am - 12.30pm, 5pm - close

Sunday, 3pm - close

Not open on Mondays & Tuesday

All welcome in the bar to enjoy a hot chocolate after training on Saturdays!

FUNCTION HALL

LOCATED IN THE GAA PAVILLION



Every Celebration, Every Occasion

**Birthday parties
from Eighteenth
to Nintiehs**

Communions

**Children's
Birthday parties**

**Anniversaries,
Retirement Parties**

**To talk to us call Dave on 083 4263771 or email
bookings.douglasgaa@gmail.com**

Fundraising

CLUB LOTTO



52 Draws (40 weeks plus 12 free) €80
24 Draws (20 weeks plus 4 free) €40
12 Draws (10 weeks plus 2 free) €20
6 Draws (5 Weeks plus 1 free) €10
3 lines in 1 week €5

Sign up online, go to
<https://douglasgaa.com>
and click **PLAY LOTTO** tab

EVENTS

All Welcome!
Annual Golf Classic
Race Night



TAX BACK



Revenue Approved Scheme on donations to support capital projects. Under the Capital Donations Scheme a donation from a PAYE taxpayer is enhanced by an additional payment which the club receive directly from Revenue.

GAMES PROMOTION OFFICER



GAVIN WEBB

Gavin Webb is our Games Promotion Officer (GPO). Gavin works with children in our local schools as well as with coaches in improving coaching standards in our club.

‘I believe strongly in the full inclusion of all players and continually emphasise the importance of taking part rather than focusing on winning or losing. Participation and retention of those participants have and always will be a driving force in my coaching ethic.’

Fun camps coordinated by Gavin are held at Halloween, Easter and in the Summer for 5 - 11 year olds.

Gavin provides Foundations Training to all our coaches.

STREET LEAGUES



Street Leagues is for children aged 5 - 11 years.

The GAA Calendar year is 1st January - 31st December.

Your child's age on the 1st January will determine their age grade e.g. a child that is 5 on the 1st January will play Under 6s

Your child's age grade will change every January.

At this age, games with other clubs are non-competitive blitzes

UNDERAGE SECTION

**Underage covers young people aged 12 years 17 years old
Games against other clubs are now competitive.**



ADULT SECTION

Adult teams in the Club include Senior, Intermediate, Junior teams as well as our Gaelic for Mothers and Others Team



COACHING

Coaching is a great way to get to meet other club members. Mentor your child and their peers to achieve their potential. Support and training provided. All levels welcome.



VOLUNTEERING

Organising Events

Team Admin

Manage attendance

Team photographer

Fundraising

Water carrier

First Aid

Wash Bibs



Talk to your child's coach about getting involved

One Club Douglas has developed a Player Pathway is to offer support & guidance to our clubs & coaches on player development.

AGE 4-6 Skill Emphasis:

Skill Emphasis

HURLING/ CAMOGIE	FOOTBALL	PHYSICAL DEVELOPMENT	TACTICAL
<p>Handling:</p> <ul style="list-style-type: none"> • Correct Hurl Size • Identify "Hurley Hand" • Identify "Catching Hand" Grip • (Ready, Lock) • Swing <p>Sending: *Left/ Right*</p> <ul style="list-style-type: none"> • Ground Strike • Underarm Throw <p>Receiving:</p> <ul style="list-style-type: none"> • Ground Stop • Catch (beanbag/ball) <p>Travelling:</p> <ul style="list-style-type: none"> • Dribble (both sides) <p>Tackling:</p> <ul style="list-style-type: none"> • Ground Block <p>Advanced:</p> <ul style="list-style-type: none"> • Strike from hand <ul style="list-style-type: none"> ◦ One handed swing half-way down hurl • Jab/Roll lift <ul style="list-style-type: none"> ◦ Easier on knees with one hand halfway 	<p>Handling: (Sending)</p> <ul style="list-style-type: none"> • Roll • Bounce • Tummy Throw • Chest Pass <p>Handling: (Receiving)</p> <ul style="list-style-type: none"> • Roll • Bounce • Chest Catch <p>Kicking: *Left & Right*(Sending)</p> <ul style="list-style-type: none"> • Ground Kick • Cone Kick (replicating punt kick) <p>Travelling:</p> <ul style="list-style-type: none"> • Picking up & setting down football • Bouncing the ball • Dribbling (explore all parts of the feet) • Knee-tap solo <p>Advanced:</p> <ul style="list-style-type: none"> • Handpass (Left/right) • Punt Kick (Left/Right) 	<p>Strength</p> <ul style="list-style-type: none"> • Use bodyweight • Balance on body parts • e.g. plank, bear crawls, animal races <p>Movement/Speed</p> <ul style="list-style-type: none"> • Coach running technique • Lip to Hip arms • Running on balls of feet • Use races, tag games etc. <p>Flexibility</p> <ul style="list-style-type: none"> • Mobilise body parts • e.g., arms, hips etc. <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>GAMES</p> </div> <ul style="list-style-type: none"> • Target Games • Court Games 	<p>Spatial Awareness</p> <ul style="list-style-type: none"> • Do they know what a good space is? <p>Passing & Moving</p> <ul style="list-style-type: none"> • Can they pass & move to a good space? <p>Principles of Attack & Defence</p> <ul style="list-style-type: none"> • Do they know what a score is? • Would they know where to score? • Do they know what defending means?

The Player Pathway sets out a vision for each player and a plan for skill development.

Age 7-9 Skill Emphasis

Skill Emphasis

HURLING/CAMOGIE	FOOTBALL	PHYSICAL DEVELOPMENT	TACTICAL
<p>Handling:</p> <ul style="list-style-type: none"> • Correct Hurl Size • Identify "Hurley Hand" • Identify "Catching Hand" • Grip (Ready, Lock) Swing <p>Sending: *Left & Right*</p> <ul style="list-style-type: none"> • Ground Strike moving ball • Ground Strike while moving • Striking from hand (stationary to moving) <p>Receiving:</p> <ul style="list-style-type: none"> • Catching (High, Mid, Low) • First Touch • Roll & Jab Lift (practice 1 & 2 hands) <p>Travelling:</p> <ul style="list-style-type: none"> • Dribble (both sides) • Solo (bean bag or ball) <p>Tackling:</p> <ul style="list-style-type: none"> • Ground Block • Hooking • Clash • Ground Flick • Airborne Block 	<p>Handling: (Sending) *Left & Right*</p> <ul style="list-style-type: none"> • Hand Pass • Fist Pass <p>Handling: (Receiving)</p> <ul style="list-style-type: none"> • Body Catch • Low Catch • High Catch (from 8/9) <p>Kicking: *Left & Right* (Sending)</p> <ul style="list-style-type: none"> • Punt Kick • Hook Kick (from 8/9) <p>(Receiving)</p> <ul style="list-style-type: none"> • Crouch Lift <p>Travelling:</p> <ul style="list-style-type: none"> • Toe Tap (Stationary to moving) • Bounce on the move <p>Tackling:</p> <ul style="list-style-type: none"> • Near Hand Tackle • Frontal/Fencing Tackle • Block 	<p>Strength</p> <ul style="list-style-type: none"> • Use bodyweight • Balance on body parts • e.g., plank, bear crawls, animal races • Partner resistance Activities <p>Movement/Speed</p> <ul style="list-style-type: none"> • Coach running technique • Lip to Hip arms • Running on balls of feet • Use races, tag games etc. <p>Flexibility</p> <ul style="list-style-type: none"> • Mobilise body parts • e.g., arms, hips etc. • Introduce Warm-up & Cool Down concept. • Give flexibility tasks <p>GAMES</p> <ul style="list-style-type: none"> • Target Games • Court Games • Non-Invasion • Part Invasion • Full Invasion 	<p>Spatial Awareness</p> <ul style="list-style-type: none"> • Do they know what a good space is? <p>Passing & Moving</p> <ul style="list-style-type: none"> • Can they pass & move to a good space? • Can they pass to a moving receiver? • Can they support a player off the ball? <p>Principles of Attack & Defence</p> <ul style="list-style-type: none"> • Do they know what a score is? • Would they know where to score? • Do they know what defending means?

The Player Pathway is available online - douglasga.ie, Downloads, Coaching Resources, Player Pathway 2023

Age 10-13 Skill Emphasis

Skill Emphasis

HURLING/ CAMOGIE	FOOTBALL	PHYSICAL DEVELOPMENT	TACTICAL
<p>Sending:</p> <p>*Left & Right*</p> <ul style="list-style-type: none"> • Hand Pass • Strike from hand (stationary to moving) • Q. Can they strike with a long & short grip? • Q. Can they strike moving forward, backwards & over shoulder? <ul style="list-style-type: none"> ○ Striking off hurl ○ Lift & Strike ○ Side-line cuts <p>Receiving:</p> <ul style="list-style-type: none"> • High Catch <ul style="list-style-type: none"> ▪ Progression- try it with opponent in front, side & behind • Roll & Jab Lift (1 & 2 hands) • First Touch (Stationary to moving) <p>Travelling:</p> <ul style="list-style-type: none"> • Solo (straight lines & multi-directional) <p>Tackling:</p> <ul style="list-style-type: none"> • Side Flick (Snig Hooking (while moving) • Blocking from front & side (2 & 1 handed) 	<p>Handling: (Sending)</p> <p>*Left & Right*</p> <ul style="list-style-type: none"> • Hand Pass • Fist Pass <p>Handling: (Receiving)</p> <ul style="list-style-type: none"> • High Catch <ul style="list-style-type: none"> ○ Progression- with opponent in front, side & behind • Low Catch • Reach Catch (stationary to moving) <p>Kicking: *Left & Right* (Sending)</p> <ul style="list-style-type: none"> • Punt Kick (laces, inside & outside foot) • Hook Kick <p>(Receiving)</p> <ul style="list-style-type: none"> • Crouch Lift • Chip Lift (ball moving toward player) <p>Travelling:</p> <ul style="list-style-type: none"> • Toe Tap (Left & Right) • Crossover bounce while moving • Dummy Solo • Q. Can they Solo/bounce & change direction quickly? <p>Tackling:</p> <ul style="list-style-type: none"> • Near Hand Tackle • Frontal/Fencing Tackle • Block 	<p>Strength</p> <ul style="list-style-type: none"> • Use bodyweight • Introduce core strength • Light medicine ball work • Partner resistance Activities <p>Movement/Speed</p> <ul style="list-style-type: none"> • Coach running technique • Lip to Hip arms • Running on balls of feet • Use races, tag games etc. • Build endurance into activities <p>Flexibility</p> <ul style="list-style-type: none"> • Mobilise body parts e.g. arms, hips etc. • Introduce Warm-up & Cool Down concept. • Give flexibility tasks <p>GAMES</p> <ul style="list-style-type: none"> • Target Games • Court Games • Non-Invasion • Part Invasion Full Invasion 	<p>Principles of Play</p> <ul style="list-style-type: none"> • Ball retention • Avoiding traffic • Use of Set Pieces • Movement of the ball and players off the ball <p>Principles of Attack & Defence</p> <ul style="list-style-type: none"> • Do they know to show an attacker away from goal? • Can the attacker find the right space to receive the ball?

STREET LEAGUES FINALS DAY

A Day Long Celebration of Street Leagues Players' Skills and Progress for the Whole Family to Enjoy.

June

Camogie & Hurling Street Leagues Finals Day



Matches

Medal Presentations

Food Vendors

Facepainting

Parade through the Village

October

**Gaelic Football and Ladies Football
Street Leagues Finals Day**



ANNUAL EVENTS

February

Street Leagues
Training begins

March

Douglas
St Patrick's Day
Parade

Easter

Fun Camp

May

A Skill A Day In May

June

Camogie & Hurling
Street Leagues
Finals

July

Fun Camps

August

Cúl Camps

September

Family Fun Day
Annual Golf Classic

October

Gaelic & Ladies
Football Street
Leagues Finals
Halloween Fun Camp

26th December

Club Púc Fada

Check social media
for more updates!



DOUGLAS ALL STARS - GAA4ALL



Our Douglas All Stars team is a group of girls and boys with additional needs and a love of Gaelic Games. Our GAA4ALL programme develops fundamental movement skills like balance and coordination, running and jumping and ball skills in an accessible and fun way. We first set up our team in 2023 and as well as our Saturday afternoon training, our team take part in the Football and Hurling/Camogie Street Leagues finals day and are part of the GAA4All movement in Cork. Our All Stars coaches are trained and supported to include children in our club and develop their potential. We believe that together we can make a profound and lasting impact on making GAA an inclusive sport for everyone in our club and our community. If you would like to become part of our All Stars team as a coach, player or parent please contact Ciara @ 087 6770769 or Martina @ 0860831499

A Skill A Day In May

This is an Annual Event whereby all Street Leagues Players are encouraged to practice their skills every day. The month also includes individual and team challenges, Meet and Greets with Adult Teams and prizes for everyone who takes part.



Go Games & Blitzes



EVERY CHILD GETS A GO

For children up to and including 12 years of age

All participants play in the full game.

Fun, friendship, fair play and achievement are paramount.

Players master the basic skills of Camogie, Hurling and Gaelic Football

Blitz format used



Teen Coach Programme



One Club Douglas offers our Transition Year Students the opportunity to start their coaching journey with Street Leagues Teams. Training is provided by Gavin Webb and the Teen Coaches are a huge asset to our Street Leagues Teams.



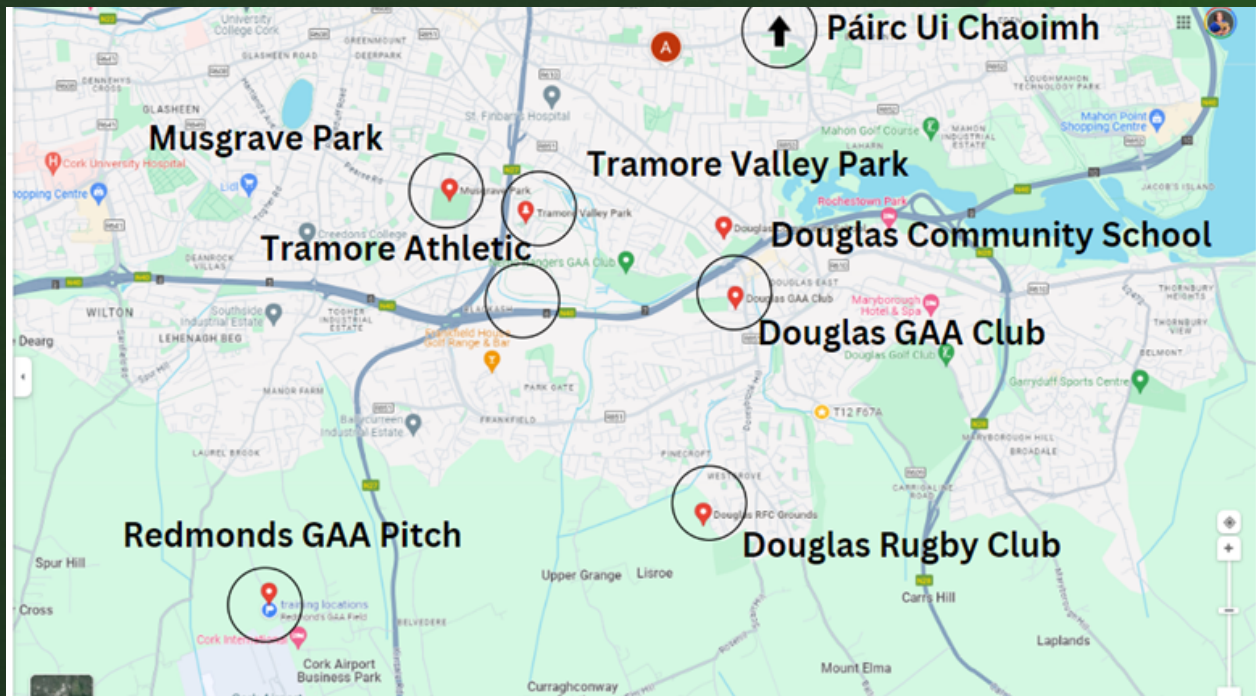
Come Along to Club Matches

We encourage all our Street Leagues Players and their families to attend Club Matches and support our teams. Details of Match Fixtures will be shared on social media.



Wear your jerseys and get out your facepaints!

Training Locations



With over 1,000 children playing in our Street Leagues Section, space for trainings and matches are limited. We utilise a number of different training locations to ensure that our teams can play and train every week. Times and locations will change during the year but you will be kept up to date by your child's coach. Regardless of where your child trains, you are always welcome to come to the Club Bar on a Saturday morning for a cuppa and a chat. Hot Chocolates and cookies can also be great motivators for the kids!

GAE LIC 4 MOTHERS & OTHERS



G4M&Os is aimed at encouraging women over 25 years old to try out or re-engage with Ladies football in a fun & social environment.

Our team was set up in Douglas in Jan 2019 and trains once a week. Over the course of the year we take part in a number of blitzes and play some friendlies!

It's a great way to get to know people within your club and community. It's been a great springboard within our club to get people involved with our Street leagues and Underage teams.

PLEASE SEE DOUGLASGAA.COM FOR MORE INFORMATION

DOUGLAS GAA, LGFA AND CAMOGIE CLUB

Cumann peil, ceinéalocht agus camógachta sa Tuohgaire.

Home - File & News - Our Club - Downloads - Contact

Home - Full Lotto Order - Gallery - Committee - Club Plan - Membership - Book a Pitch - Parking - Clubhouse - Injury - Concussion - Gym - Club Shop

AVAILABLE ON THE WEBSITE:

**CODE OF BEHAVIOUR
CLUB DEVELOPMENT
PLAN
PLAYER PATHWAY
FIXTURES
RESULTS**



**CLUB POLICIES
COACHING
RESOURCES
GAA/CAMOGIE/LGFA
GUIDELINES
MEMBERS UPDATES
PLAYER WELFARE**

REBELS' BOUNTY 2024

GET 2 MONTHS FREE!
WHEN YOU SIGN UP FOR 12 MONTHS
€100 Full Payment or
€10 p/month for 10 months
Direct Debit.

REBELS' BOUNTY 2024

Scan to enter



Invest in the youth of Douglas

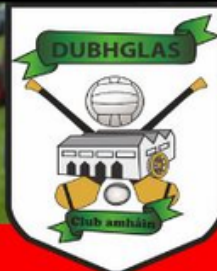
- 🏆 €500,000 in prizes
- 🏆 30 monthly prizes
- 🏆 12 monthly draws
- 🏆 360 chances to win

Support your club

👏 Support Douglas 👏



2 PREMIUM TICKETS for
PAIRC UÍ CHAOIMH



gaacork.ie/rebelsbounty

100% commission on your entry goes to Douglas

JOIN TODAY!



Get in touch with our
Team Contacts for
more information!