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Interest Below**

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COACH DEVELOPMENT FESTIVAL



INTRODUCTION TO FOOTBALL FITNESS

Join us for a FREE session led by Jamie Wilson, focusing on enhancing player fitness tailored for grassroots football. Learn essential practices and exercises to improve agility, stamina, and strength, introducing football fitness in a fun and creative way.

Date : 23/07

Location : Irish Sports Campus, Snugborough Rd, Blanchardstown, Dublin 15

Time : 10:00am - 1:00pm

FUNDAMENTALS OF GK WORKSHOP

Delve into the art of goalkeeping in this introduction workshop. Gain invaluable insights and techniques to hone goalkeeping skills, from positioning to reflexes, suitable for grassroots coaches who want to incorporate more goalkeeping aspects to their sessions.

Date : 24/07

Location : Irish Sports Campus, Snugborough Rd, Blanchardstown, Dublin 15

Time : 10:00am - 1:00pm

PDP/FPP FORMAT WORKSHOP 5V5

Discover the intricacies of small-sided games with this FREE workshop, designed to elevate your coaching approach for 5v5 formats. Learn tactical nuances, player positioning, and effective strategies to maximise player development and enjoyment on the pitch.

Date : 24/07

Location : Irish Sports Campus, Snugborough Rd, Blanchardstown, Dublin 15

Time : 7:00pm - 9:00pm



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AWARENESS & COACHING IN FFA

Join us for a FREE workshop led by Heather Jameson, focusing on inclusive coaching practices in disability football. Gain practical knowledge and tools to create a supportive and empowering environment for players of all abilities, fostering a love for the game.

Date : 25/07

Location : Irish Sports Campus, Snugborough Rd, Blanchardstown, Dublin 15

Time : 10:00am - 1:00pm

PDP/FPP FORMAT WORKSHOP 7V7

FAI Coaches lead this FREE workshop exploring the nuances of 7v7 formats, ideal for coaches seeking to enhance their tactical understanding and player development strategies. Don't miss out on this opportunity to refine your coaching skills and elevate your team's performance.

Date : 25/07

Location : Irish Sports Campus, Snugborough Rd, Blanchardstown, Dublin 15

Time : 7:00pm - 9:00pm

7V7 WORKSHOP

Enhance your coaching repertoire with this workshop led by experienced coaches, focusing on optimising performance in 7v7 matches. Gain insights into formations, transitions, and game management strategies to empower your team on match days.

Date : 31/07

Location : Irish Sports Campus, Snugborough Rd, Blanchardstown, Dublin 15

Time : 10:00am - 1:00pm



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9V9 WORKSHOP

Join us for a workshop dedicated to mastering the dynamics of 9v9 football, led by seasoned coaches with a passion for player development. Acquire essential tactics, strategies, and positional insights to lead your team to success on the larger pitch.

Date : 01/08

Location : Irish Sports Campus, Snugborough Rd, Blanchardstown, Dublin 15

Time : 10:00am - 1:00pm