



Dr Phil Kearney is a Lecturer in Motor Skill Acquisition and Coaching and Performance in University of Limerick. Below he explains a well-researched and proven method for a more purposeful and systematic approach to practicing what are termed closed motor skills.



Understanding how to practice most effectively has great potential to accelerate learning. For sports skills, the American psychologist Robert Singer introduced a Five Step Strategy that could provide a framework for more effective practice. In particular, this strategy was designed for individuals attempting to learn closed motor skills; skills that are performed in a relatively stable environment where the learner can decide when to initiate the movement. Examples of closed motor skills include: the basketball free throw or taking a free in hurling or football. So what are the five steps within the strategy?

**1. Readying:** The goal is to prepare for a high quality attempt; your body position should be suitably balanced, your mind free from distractions, thinking positively about how you will perform. This step often involves some preparatory action, such as a practice swing in golf, to help tune in to the body. In addition, simple breathing exercises or cue words might be used. The specifics of the readying step may be unique to each learner.

**2. Imaging:** Imagine the desired action and/or outcome. Again, there is considerable flexibility within this step for an individual-specific approach. For example, you may use kinaesthetic (i.e., focus on feeling the movement) or visual imagery.

**3. Focus:** Focus your attention on one relevant cue, using this intense focus to block out potential distractors. For ball sports, you might concentrate on the seams of the football, basketball or sliotar.

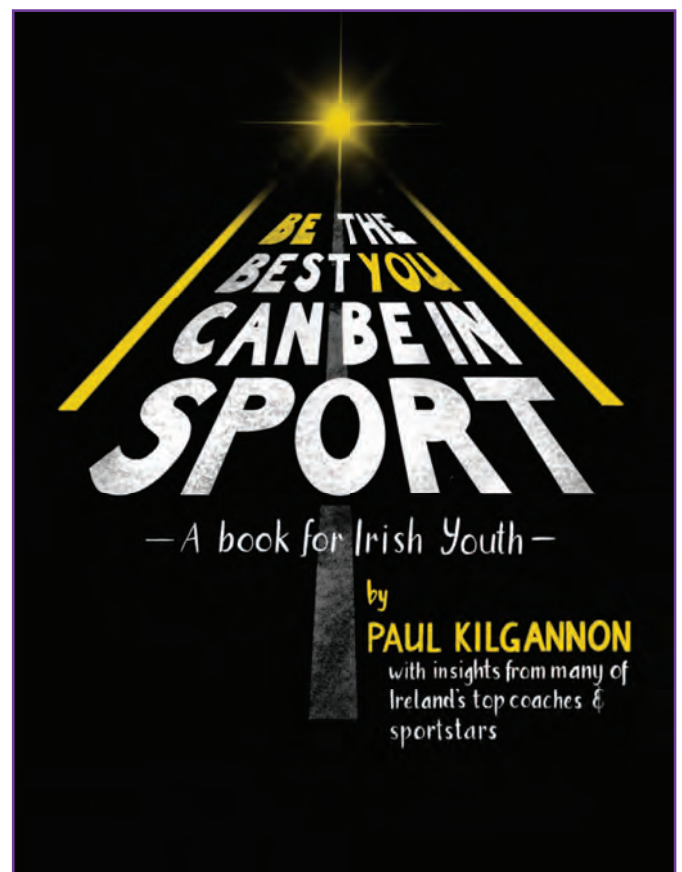
**4. Execute:**

Expert performers can execute skills without conscious thought. Following the preceding steps will have primed you to do likewise. When everything feels right, “just do it”.

**5. Evaluation:** Engage with all available feedback to assess the performance outcome (e.g. did I score the point?) and the movement by which it was achieved (e.g. did I follow through like as intended?). This step should be as taxing as the performance itself.

Here are some key points to consider:

- The strategy is intensive; wait until the learner wants to engage in more structured, serious practice.
- It should not be implemented on every session. Sometimes you might be playing around with a technique, exploring options or trying to recreate a competition environment.
- Most athletes will instinctively follow some of the steps outlined within. Start by identifying what you already do, and develop your strategy from there.
- There is flexibility within the approach to adapt each step to your needs and experiences while providing a clear framework to promote higher quality practice.
- The strategy consists of a number of individual skills (arousal regulation, imagery, concentration), each of which may need to be practiced before being effectively utilised within the strategy.
- Learners using this strategy will perform fewer repetitions within a set amount of practice time due to the increased time required to adequately prepare and evaluate.



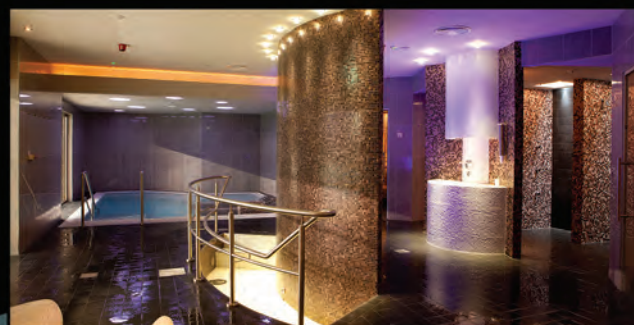


UCD Sport  
& Fitness



## Have you discovered UCD Sport & Fitness?

- Stunning 50 metre Olympic Pool
- Over 120 fitness classes per week
- Two state of the art gym floors
- Sauna, steam room and Jacuzzi
- Dedicated family swim zone
- Free Yoga and Pilates



**DIVE ON IN!**

For your **FREE DAY PASS**  
email [fitness@ucd.ie](mailto:fitness@ucd.ie)

or

Call **01-7163855**



# THE ART OF HURLING

*Daire Whelan*

The Art of Hurling by Daire Whelan uncovers the ideas and methods of some of the game's most successful managers and in the following extract called 'The Mind', Whelan finds out about the unique approach that Tipperary's Eamon O'Shea brought as coach and manager.



## The Mind: Eamon O'Shea

Just like Cork's John Allen, Tipperary's Eamon O'Shea was another reluctant inter-county manager. 'I never thought I would be involved in coaching and certainly not a manager,' he says. "So I never had any aspirations to sort of do anything like that, I was just interested in playing.'

He was certainly interested in reading and soaking up as much information as possible, but that was a given, considering his background in academia and research. Sport was a passion that he also happened to read up on, whether it was Rinus



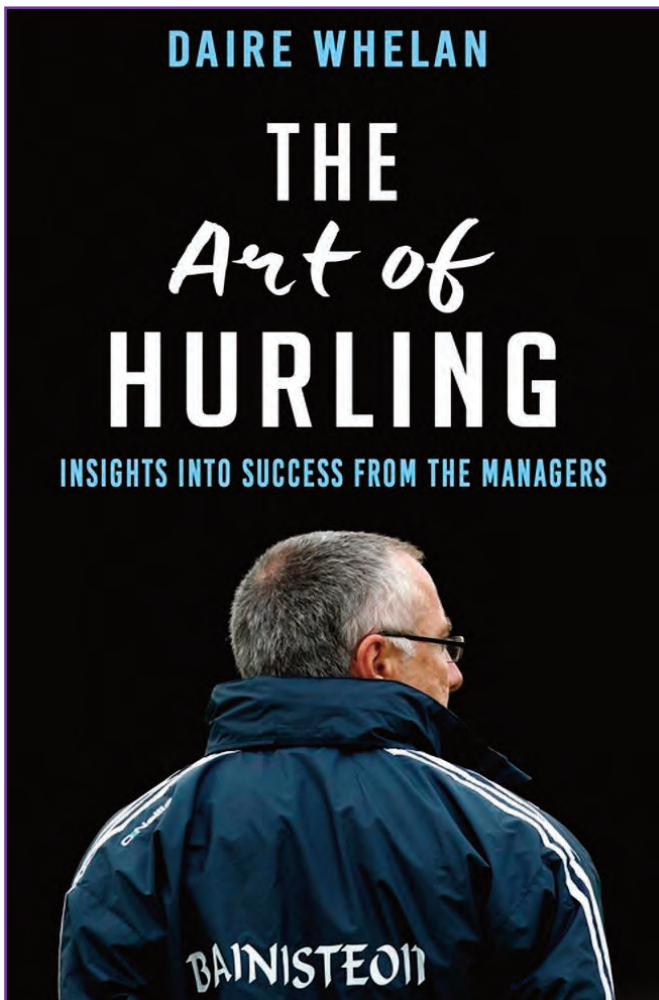
Michels' Total Football or other sporting influences. 'But I never put two and two together that I might do this. I was just interested in approaches, that was all.'

He has described himself as a 'different hurler than maybe was in north Tipperary at the time', an 'esoteric' player, and he's right, there weren't many pucking about on the hurling fields of Kilruane who would end up researching dementia and its effects on society. He wasn't the 'robust' type of hurler that would be expected to survive the cut and thrust of Tipperary's club hurling scene in the 1980s.

But he had an enlightened manager in Len Gaynor (a Tipp star in the 1960s who also went on to manage Clare and Tipperary) who appreciated that O'Shea brought something different to the field. Kilruane MacDonagh's, Allen's club, already had strong players, 'leaders of men all over the pitch'. O'Shea had something else to bring.

The only noise for O'Shea growing up was hurling and study. Despite making it onto Tipp teams first as minor then as senior from '79-'86, he admits that, as a player, he just didn't work hard enough at it and always had other things on his mind.

His was the enquiring, wandering mind, soaking up different elements of sport from soccer with the Dutch side, Ajax, and even Shamrock Rovers, to basketball and Gaelic football. And there was the study – economics at UCD – a subject that fascinated him from a philosophical and human perspective.





He went on to specialise in ageing, writing over fifteen books on it, with dementia an area of particular interest. He wanted to focus on people and how society can best serve some of those affected with conditions such as dementia. For O'Shea, it's about connecting and finding the person within and this has so many parallels to sport, the dressing room and the team.

The only surprise then was that coaching or management was not something that interested him after he stopped playing. His interest in sport and hurling didn't wane, but his involvement at a senior level did. While he'd be helping out with his club, it was only ever as an aside to his studies and work.

The fact that the Tipperary county team came calling in 2007 by the time he was fifty makes it all the more remarkable. Liam Sheedy had been appointed manager in the wake of Babs' Keating's departure and was looking for a coach, someone to help run the ship in terms of training and strategy. O'Shea's name came on the radar. It was Sheedy thinking outside the box, looking for something and someone a bit different.

Part of Sheedy's management ability was being able to trust those to whom he had delegated responsibility and for the next three years O'Shea's role was clear and the trust implicit.

The days of sweeper systems were still a few years off and for O'Shea it was something of a blank canvas. For sure the objective was to win the All-Ireland, but at the same time, it had to be about a lot more than that. It had to run deeper.

'My belief would be that you have to try and influence something that's more long term and sustainable and fits into, as a coach or a manager, my view of the world. So, if we're trying to develop leaders and are trying to develop people, we have got to organise training and the philosophy in the dressing room around a creation of independence.

He may have been different to what went before when he first came into the set-up, but that didn't mean he was going to change his style or thinking.

Brendan Cummins wrote in his autobiography of the influence that O'Shea had on the players.

'I found him a little eccentric at first, but once you started to understand what he was trying to get you to do, how he wanted to open your mind to creative possibilities in how you played, you were soon a different and better player ... Bland wasn't good enough. If you're bland, you might as well be a lemming running off a cliff with the rest of them. Socially conditioned to follow the pack rather than stand out from the crowd.'

'When I looked at the team,' explains O'Shea. 'I wanted Tipp to play in a particular way and I wanted them to lead. I wanted to get back to what I call "pure hurling", relying on movement, on striking, and relying on all the things that I thought these players had. Once Liam believed in it, we didn't have to talk very much. He knew that I could do this and I was happy that's what he wanted.'





One of the first things O'Shea introduced to the training sessions was getting the players to use their senses more, especially the sense of hearing. Sounds are very subjective and personal but can also link us much closer to our environments if we stop and focus on what it is we're listening to. It was a unique approach and way of thinking that he brought to the Tipperary players. Often he made them stand on the training pitch in front of him, even before any physical training was done.

'Listen to the goal,' he would tell them. 'Listen to what it sounds like when the sliotar hits the back of the net. Listen closely – what does that sound like?' 'It's not rocket science, it's just going back and getting the feel of the hurley and the feel of the ball again, talking to them about this and what they're feeling, what they're seeing, what they're hearing.'

His different approach also highlights the wider understanding and thinking in his background.

'It's in here,' he says, pointing to his head. 'It's the way I think about the world. When I take a hurley in my hand it's just an extension of me. I feel this is the most natural thing, the same as golfers or tennis players. So you are just trying to be at one with what you are doing.'

'I don't consider it any way novel in the sense that this is what we do. These boys travel with their hurleys everywhere, so really it is just trying to say, this is something that you don't even have to think about, we want to take advantage of this, this is what you are, you're a hurler. So therefore if you are a hurler we try to maximise every aspect of that relationship. Even their strike is all about sound.'

Those ten minutes at the start of training were vital, explaining to the players what they're doing, why they're there and making sure they're all of one mind in the concept, getting them into this head-space.

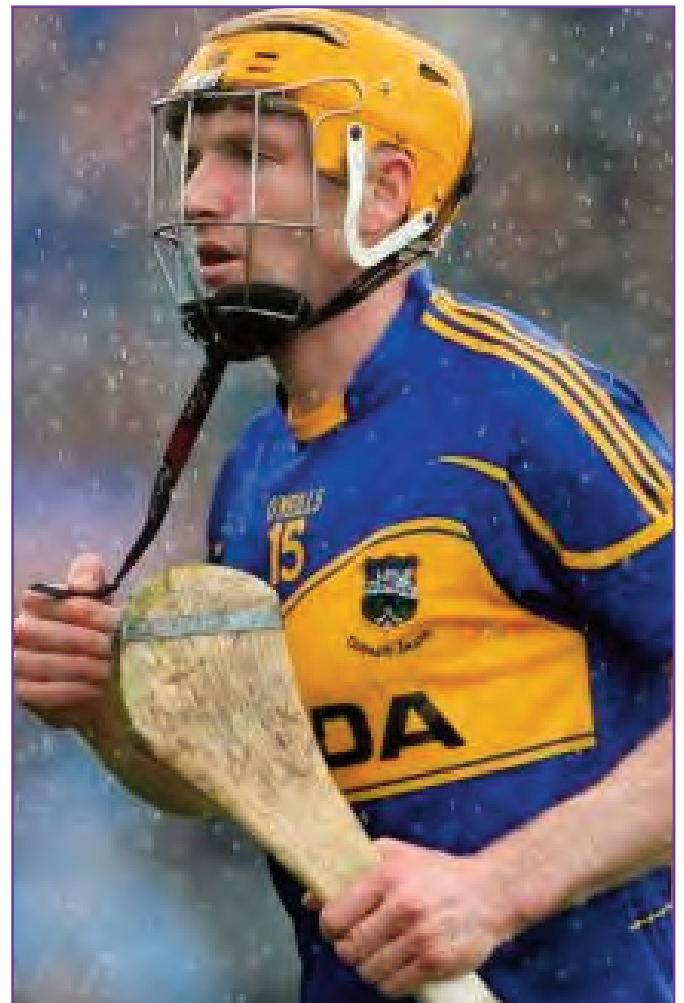
'I would take them up to the goals and say, "do you hear that?" And they would say, "what?" I said, "can you hear it now?" I would strike a ball into the net and the net would move ever so slightly but the forwards would hear it and the backs wouldn't because it's in the mentality of a forward to want to hear a sound like that.'

'You don't actually hear the sound when the ball hits the net, but because of the way you train, what's conjured up is [the desire that] "this is what I want to hear". When you are telling them I want you to put the ball a foot inside the post because that's where it hurts most when it goes in, they are thinking,

okay, I see it, as it's part of visualisation but now I also feel it. And that's almost imperceptible but also very personal.'

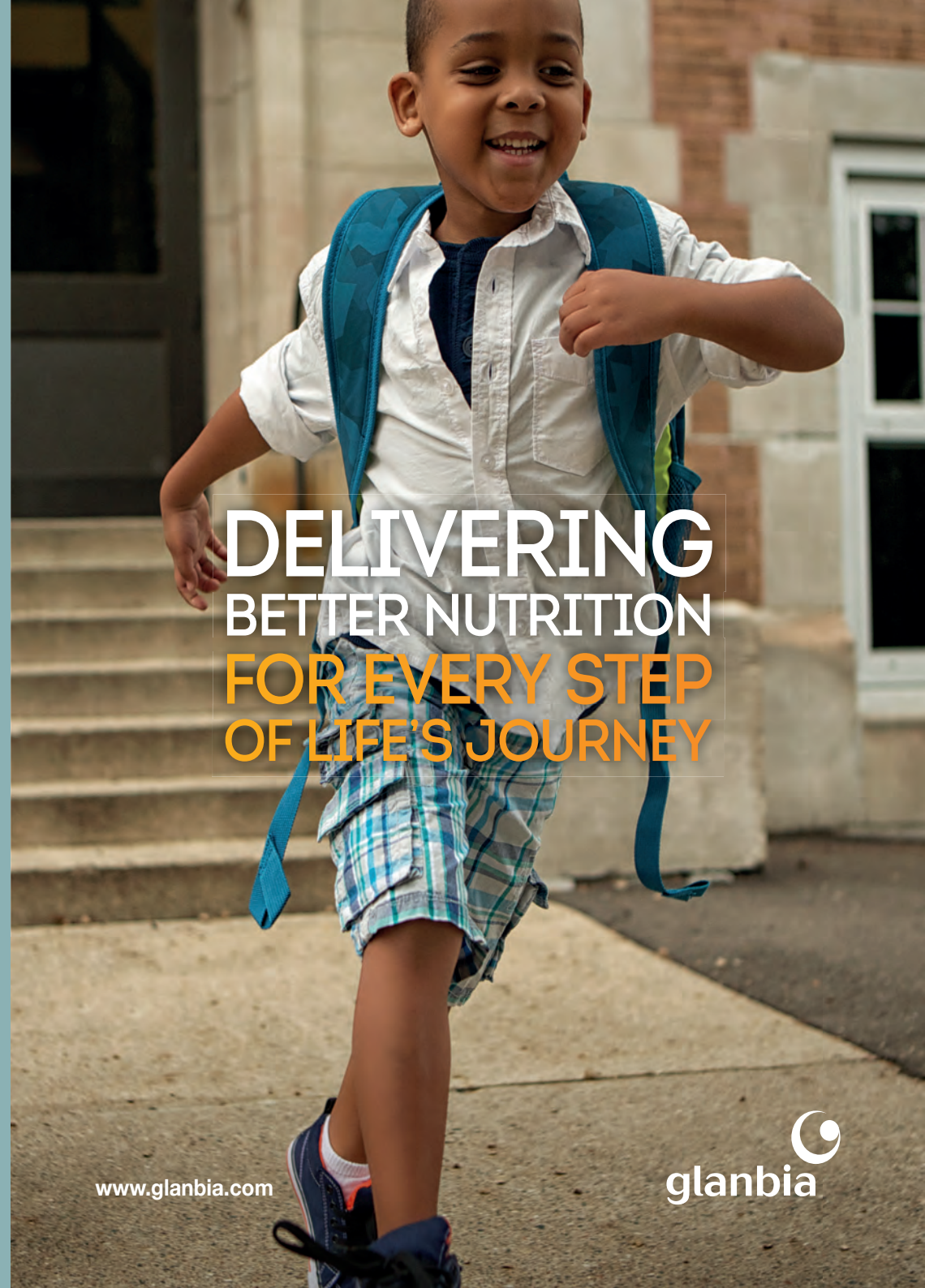
'There's three elements to a being a good hurler and person,' he says. 'One is intellect, however that is ascribed. I'm not talking about academic intellect – I mean intellect as being the ability to just engage. We are not talking about being measured in leagues or points or degrees here, it's an ability to be cognitively engaged, so if I am communicating with you that you understand. 'The second element is perseverance or resilience. I've seen PhD candidates in here who have failed because they didn't stay at it and who got disillusioned. And I've seen times in my own life where I failed and then I said, to myself, you know you really should have stuck at it. And the third thing then is curiosity. If you get those three together you are going to make a good hurler.'

'There has to be the perseverance and resilience,' he emphasises. 'And that's what I like about the Tipperary team. They have been resilient and persevered and they have been curious to explore new ways to think and that's why, when all is said and done, I'd be happy.'





51, MAIN STREET, BLACKROCK - CO. DUBLIN  
PHONE: (01) 210 9939



DELIVERING  
BETTER NUTRITION  
FOR EVERY STEP  
OF LIFE'S JOURNEY

[www.glanbia.com](http://www.glanbia.com)





# DOUBLE JOY FOR KILMACUD CROKES MINOR HURLERS



*Mick Hynes*

Sunday 10th November 2019 will be long remembered by our Minor Hurlers. O'Toole Park was the venue, Ballyboden were our opponents and arch rivals. The occasion was the Minor 'A' Hurling Championship Final and what a thriller. It was nip and tuck all the way and went down to the wire but the resilience, character and heart shown by the Crokes boys was incredible. They dug deep and won the day all be it by the narrowest of margins of 15pts to 14 pts.

Yes indeed there was great excitement at the final whistle and the presentation was made by Kilmacud's Crokes Club man Tom Rock to the Crokes Captain Ben Hynes who had an excellent game in goal, making some crucial saves throughout the game. There were other hero's too Brian Sheehy, Jack Slattery, Cian O'Cathasigh, Barry Wolohan, Joe O'Dwyer, Padhraic Linehan, Davy Crowe, Dara Purcell and Brendan Scanlon just to mention but a few but everyone played their part without exception. We brought on Shane Ryall and Luke O'Kelly late in the game and they won vital ball and also played their part in the victory.

Minor Hurling Championships are not easily won but when you win two in a row it's exceptional and it makes it all the sweeter when your opponents are Ballyboden and who knows it might be three in a row in 2020?

They say every good team has a good Management, well this was no exception. Manager and coach Paddy Linehan along with Sean Slattery and Ray Mooney did an incredible job with these lads since they were 6 years of age and indeed moulded them into the fine young men they are today. Naomhan O'Reardan joined us for the year and his excellent coaching contributed enormously to their success. I only came on board 4 years ago but they deserve all the credit. So what's next for these lads I am sure most of them will have ambitions to play Senior Hurling and indeed county.

It's now up to everyone to put their shoulders to the wheel and create a pathway for these boys to reach their ambitions. This is a very important issue and one that should be given the utmost consideration when we look at the serious talent





A special thank you to Rachel Hynes, Elaine Mooney, Moira Sheehy, Louise Linehan and Carmel Kelly, they were the ones who organised the food and of course the fundraising. They were always just a phone call away at any given time to help. And finally, I would like to acknowledge the contribution that Dr. Tiernan Murray has made not only to this team but to our club in general. Tiernan is a very professional, dedicated and generous man and we are all so lucky to have him in Crokes.

Thank you again to everyone involved and especially the players, I wish them every success in the future on and off the field and hopefully all their dreams and ambitions come through.

coming through the club. It was an honour and a privilege for me to be involved with this team. I have been involved with other winning Championship teams down the years and people often ask me which was the best team. That was always a very difficult question to answer and always a hard call but I will say that Hurling has moved to a different level with the introduction of dietitians, nutritionists, strength and conditioning etc but the dedication and commitment these boys have shown throughout 2019 was nothing short of phenomenal.

I want to say thank you to all our backroom team for their help and assistance throughout the year, our dedicated umpire John Sheehy and Vinney Patterson also to Bill O'Carroll, John Dillon and Fergal Keys for their expertise on the line and not forgetting the Mums and Dads who supported us not just in 2019 but throughout the boys careers.

Footnote: Five of the 2019 Kilmacud Crokes Minor Championship winning team (Brian Sheehy, Cian O Cathsaigh, Pádraic Linehan, Dara Purcell and Brendan Scanlan) all went on to play starring roles for Coláiste Eoin and help them win the Leinster Senior Hurling Colleges title if 2020.



**Traditional Meat Company**

*Better Beef Naturally*



**CONTACT US**

W: [www.intax.ie](http://www.intax.ie)  
E: [info@intax.ie](mailto:info@intax.ie)  
P: +353 1 908 1250



**OUR SERVICES**

Accounting  
Taxation  
Business Set up  
Umbrella Contracting

**WE PROVIDE IRISH TAX & BUSINESS SERVICES**



Umbrella contracting Services for  
doctors & IT contractors  
[www.beaconlocum.ie](http://www.beaconlocum.ie)



PAYE worker last 4 years' tax  
review  
[www.rebates.ie](http://www.rebates.ie)



Tax return filing Service for  
Self-employed  
[www.taxreturned.ie](http://www.taxreturned.ie)



# ASSESSING THE IMPACT OF 7 YEARS OF A DUAL CODE NURSERY FORMAT ON HURLING IN KILMACUD CROKES

*Jim Lyng, Jo-Ann Durnin, Niall Corcoran and Peter Walsh*



## Introducing a dual code U6 nursery in 2013

Prior to 2013, the recruitment of U6 boys into the juvenile hurling and football sections of Kilmacud Crokes was performed on an independent basis. Essentially each code offered 60 min training sessions for U6 players at differing times on Saturday mornings (e.g. 9-10 am and 10-11 am). Players could attend both sessions or could choose to play either hurling or football. However, in 2013, following considerable internal debate within the club, a decision was made to trial the operation of a joint football, hurling nursery for that year's intake of U6 boys. Local schools were contacted, and the parents of junior infant students, born in 2008, were made aware of the time and date for the first joint training session which was scheduled for 5.45-7.00 pm on Friday 13th September 2013. Those of a superstitious disposition might have argued that Friday 13th might not be the luckiest choice of start date for a new venture, but 7 years on, the impact of making this change can only be viewed as an unprecedented success for both codes within the club.

## What is the aim of the dual code nursery?

The aim of the dual code nursery is to introduce children to Kilmacud Crokes and create a Fun and Friendly Environment where they can learn both the Fundamental Movement skills and Technical skills needed to play Hurling and Gaelic Football.

Table 1. Timings for U6 (2008) dual Code Nursery Session from 2013

Function	Duration (min)
Assign boys to stations and warmup	15
Changeover (no station move)	2
Activity 1 e.g. Athletic Development	10
Changeover (move station)	2
Activity 2 e.g. Hurling Activity 1	10
Changeover (move station)	2
Activity 3 e.g. Hurling Activity 2	10
Changeover (move station)	2
Activity 4 e.g. Football Activity 1	10
Changeover (move station)	2
Activity 5 e.g. Football activity 2	10
<b>Total</b>	<b>75</b>

## How does the dual code nursery work?

In normal, non covid-19 restricted years, the initial 3-4 joint nursery sessions for new players are held on Friday evenings on the club's home astro turf pitch, fondly known to the locals as 'The Paddock'. The total duration of the joint nursery session is 75 mins which is substantially less than the 120 mins of training that dual players would have been exposed to prior to the joint nursery. These sessions are organised and led by Niall Corcoran and Páraic McDonald who are the Kilmacud Crokes GPOs for hurling and football respectively. They are assisted by transition year Gaisce students who are club members and other key volunteers, including club stalwarts such as Donie Dowling who play a vital role in these sessions. At these initial sessions, the boys do a warmup and then complete 5 simple drills, 1 athletic development, 2 hurling and 2 football. These Friday night sessions continue for 4 weeks before moving to Saturday mornings at 9 am. Over the months that follow, Niall and Páraic identify lead coaches for hurling and football respectively and encourage as many parents as possible to get Garda vetted and involved in coaching and/or administration of the newly formed age group. Once they are happy that they have a key cohort of mentors in place, they then empower them to take over the running of the training sessions. Niall and Páraic continue to provide significant support through mentor training, assistance with drill selection and are always on hand to assist and provide guidance as required. Atypical outline of a training session for the early stages of the nursery in terms of timings and pitch layout is provided in Table 1 and Figure 1 respectively.

Figure 1. Typical pitch layout for dual code nursery session with 2 duplicated zones with 5 drills per zone with players moving clockwise around drills 1a-5a or 1b-5b

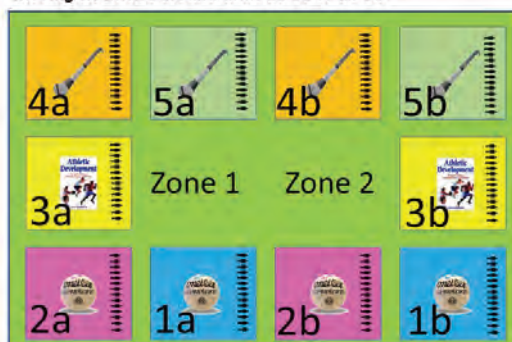
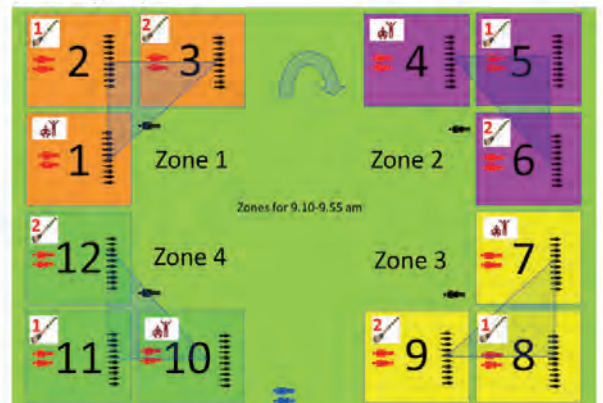




Table 2 Session timings for dual code nursery training from October 2014

Function	Duration	09:00:00	Start	Whistle	Activity
Assign boys to groups and warmup	10	09:10:00	00:10:00	—	Assign & Warmup
Changeover (no station move)	1	09:11:00	00:01:00	—	
Activity 1	9	09:20:00	00:09:00	—	Hurling - Athletic Development
Changeover (move station)	1	09:21:00	00:01:00	—	
Activity 2	9	09:30:00	00:09:00	—	Hurling 1
Changeover (move station)	1	09:31:00	00:01:00	—	
Activity 3	9	09:40:00	00:09:00	—	Hurling 2
Changeover (no station move)	1	09:41:00	00:01:00	—	
Match	14	09:55:00	00:14:00	—	Hurling Match
Break	5	09:55:00	00:05:00	—	Break
Restart		10:00:00	00:05:00	—	
Changeover (no station move)	1	10:01:00	00:01:00	—	
Hurling Activity 1	9	10:10:00	00:09:00	—	Football - Athletic Development
Changeover (move station)	1	10:11:00	00:01:00	—	
Hurling Activity 2	9	10:20:00	00:09:00	—	Football Activity 1
Changeover (move station)	1	10:21:00	00:01:00	—	
Activity 8	9	10:30:00	00:09:00	—	Football Activity 2
Changeover (no station move)	1	10:31:00	00:01:00	—	
Match	14	10:45:00	00:14:00	—	Football Match
Total	105		01:45:00		

Figure 2. Typical pitch layout for part 1 (9.10-9.55 am) of dual code nursery session with 4 duplicated zones and 3 drills per zone. For part 2, code changes to football



By the following October the boys will be over 12 months in the nursery, their skill levels will have increased and the space available in 'The Paddock' (99 × 57 m) begins to feel very cramped. At that point they boys move to a larger venue to provide more space for training and to make way for the next batch of newly recruited players, they move to a larger astro turf venue (e.g. St. Benildas (156 × 100 m) or UCD (132 × 80 m)). At those venues the pitch is typically divided into 4 zones and players are assigned to one of these zones for the duration of the session. Hurling and football alternate, as to which code goes first. For example, for the first 10 weeks, hurling goes first and for the next 10 weeks football goes first. Essentially the boys do 3 hurling specific drills and a short hurling match and 3 football specific drills and a short football match. Given the numbers of boys involved, these sessions need to be highly organised and a sample of a training session and pitch layout is provided in Table 2 and Figure 2 respectively.

in the nursery. They will also be preparing to begin GAA Go-Games the following February. With that in mind, dual code training sessions on Saturday mornings are stopped and training moves mid-week training (e.g. St Killians 6-7 pm) on Wednesday and Monday for hurling and football respectively. This transition is a big change for coaches and players. However, it is important to implement this change at that stage to allow time for hurling and football coaches to organise independent coaching regimes and structures in advance of go-games starting the following February. It is interesting to note that the positive bond that has formed between hurling and football mentors in the nursery means that mentors are frequently not happy with this perceived imposed split. However, the reality is that the strong bonds formed between coaches in the nursery continue to have a positive influence on relationships between codes in the juvenile section.

Training on Saturday mornings at 9 am continues until the following October. By this point, the boys will be over 24 months in the club and will be coming to the end of their time

Seven years on from its initial introduction, all age groups in the juvenile hurling section (U12-U6) are now products of this dual code nursery format. What have been the implications of this change?





### Impact on numbers playing juvenile hurling?

Overall, the introduction of the dual code nursery has been very significant in terms of the number of juvenile hurlers in Kilmacud Crokes. In 2013, prior to the introduction of the dual code nursery, there were approximately 442 hurlers in the U6-U12 age groups. 7 years on we now have ‘supersize’ groups at every age group with 813 hurlers. This is clearly illustrated in Figure 3 (draft) which shows the breakdown of hurlers by age group. Of the total 939 players in Coiste, 813 play hurling (i.e. 87% of total). Indeed such has been the success that a decision was made to deliberately cease advertising the nursery in schools over the past 4 years, which has helped to keep the numbers recruited to a more manageable level.

**Figure 3. A comparison of Hurling numbers per juvenile (U6-U12) age group in 2013 (prior to the introduction of the dual code nursery) vs. 2020 (7 years on from the dual code nursery)**

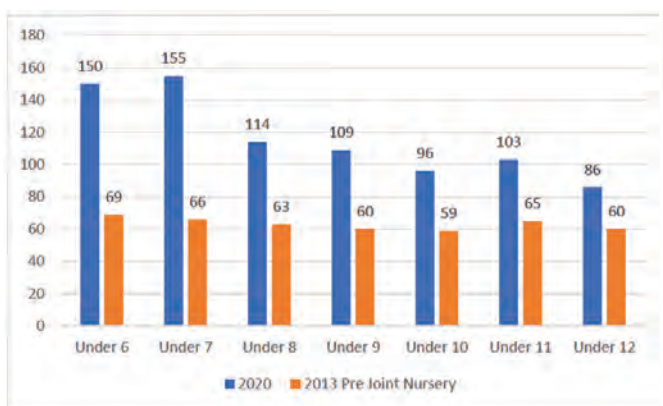


Table 3 presents this information in a different format and shows the change in the number of hurlers as players progress through the age groups. In the nursery years we have nearly 100% of players hurling while by U12 this % has gone down to some extent but still remains quite high at 71%.

**Table 3 – A breakdown of player numbers<sup>1</sup> in the Juvenile Section of Kilmacud Crokes in 2020**

DOB	2008	2009	2010	2011	2012	2013	2014	Total/Avg
Age group	U12	U11	U10	U9	U8	U7	U6	
Hurling	86	103	96	109	114	155	150	813
Total	121	145	122	121	118	157	155	939
% Hurling	71%	71%	79%	90%	97%	99%	97%	86%

<sup>1</sup>Figures as per Sean Kinsellas registrars report as presented at the Coiste na NOG AGM 02/12/2020

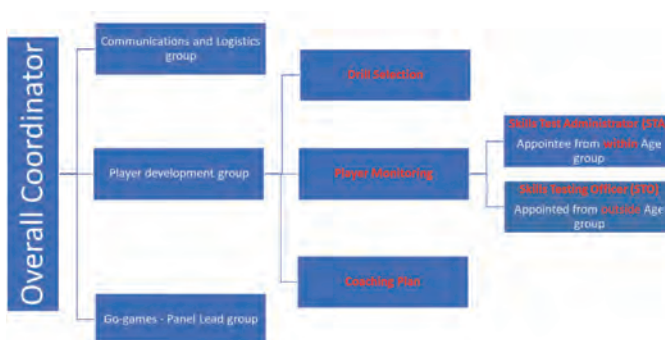
### Opportunities and challenges posed by increasing player numbers

This increase in juvenile player numbers represents a great opportunity for hurling in the club. We are fortunate to have a group of dedicated coaches within the age groups and these coaches have responded well to the challenges posed by this increase in numbers.

Many new initiatives have been undertaken in areas such as Communications and Logistics (i.e. parent communication (via teamer), games/event planning and management, outreach/away games) and Go-games/panel leadership (i.e. panel communications (via teamer), team selection/management, pitch setup) (see Figure 4).

In terms of Player development, we have player progression pathways and a compiled our drills which have been shared through a OneNote resource. A new skill testing system has been developed with UCD with external skills testing officers appointed from within the club but outside the age group and data collected from the skills tests analysed by Dr. James Matthews UCD (see separate article on same in this yearbook). We also have good exchange of information in the juvenile hurling section via monthly meetings and handover nights.

**Figure 4. Suggested Age Group Management Structure “Supersize groups”**





The challenges we currently face are as follows.

### **Maintaining a high standard of coaching/access to additional experienced coaches**

High quality coaching of our players is essential, and we would also like to acknowledge the proactive role played by Niall Corcoran in this regard and for his great advice on drills and his training of mentors. However, we can never have enough good coaches so we would welcome/encourage/implore coaches who might be able to help us on coaching (even in an intermittent basis).



### **Access to resources**

In the past 12 months we got access to an Astro pitch in UCD (Sat 9-11). The recent completion of the new Astro in Coláiste Eoin will also help as we will get access to an additional venue and training slots. However, pitch resources continue to be a challenge with greater numbers coming through the system. Also the impending temporary closure Páirc de Burcha for refurbishment will impact on training resources across the club as a whole. We are also very grateful to Dominic O'Keeffe and UCD for providing us with access to UCD pitches and the UCD student centre for our Autumn Hurling Festivals.

### **Role and contribution of Mentors, Coaches, Parents and Coiste**

The Juvenile Hurling Committee (JHC) would like to acknowledge the significant roles played by the many mentors, coaches and parents who have managed and assisted in the running of training sessions and go-games throughout this time. We also recognise the significant contributions of Mark Lohan (former JHC Chair) and Francis Herlihy (former JHC secretary) and Peter Walsh (Senior Hurling Chair) under whose tenure, the dual code nursery format was introduced. We also acknowledge the significant contributions of Eamon O'Flynn, Vincent Peters and Paul Quinn who were Coiste Chairpersons during the 7-year period over which the dual format nursery was introduced and the subsequent growth in juvenile section numbers occurred. We also would like to thank the many members of the Juvenile Hurling, Coiste, Club Executive and Senior Hurling Committees who served during this time of change in the club

### **Overall conclusion**

The introduction of a dual code nursery has been an extremely positive development in terms of growing the numbers participating in hurling within the club. Furthermore, it also has had a positive impact on relationships between mentors from hurling and football and has developed a strong team spirit within age groups which can only have longer term positive implications. Certainly, there have been challenges imposed by the increase in numbers, though from a coaching perspective, juvenile hurling is in a good place and the increase in access to new training venues is very welcome.

The Nursery plays a very important role in helping to build a connection with new players and their parents to Kilmacud Crokes. The whole ethos of the dual code nursery was to ensure the child became the centre of the conversation when it came to player development. By taking a player centred approach we have successfully allowed children the opportunity try both codes, develop their fundamental movement skills, and build that initial connection to the club that is so important if we want them to remain playing gaelic games in the future.

When asked for his opinion on the dual code nursery, Liam Roche (coordinator of the 2008 hurlers who were the first dual code nursery group) stated "Kilmacud Crokes decision in 2013 to establish a combined hurling and football nursery was a significant and positive development for the club. Removing the choice of playing one code or the other means Kilmacud Crokes embodies the key principles of the GAA - promoting Gaelic Games, culture and lifelong participation for parents and children alike"







# SYSCO SUPPORTS LOCAL

We are proud to work alongside so many of Ireland's fantastic growers, suppliers and producers, and to serve our local communities.

Sysco supports Kilmacud Crokes GAA Club – because keeping it local matters.





**KILMACUD CROKES  
TEAM PHOTOGRAPH  
MONTAGES**



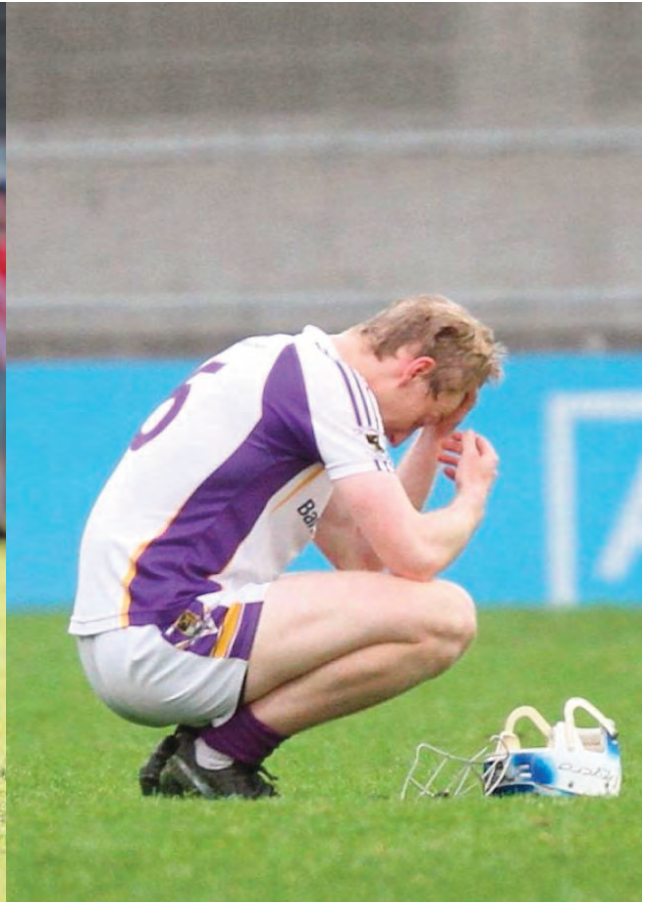


# SENIOR A





# SENIOR B





# INTERMEDIATE





# JUNIOR B





# JUNIOR F



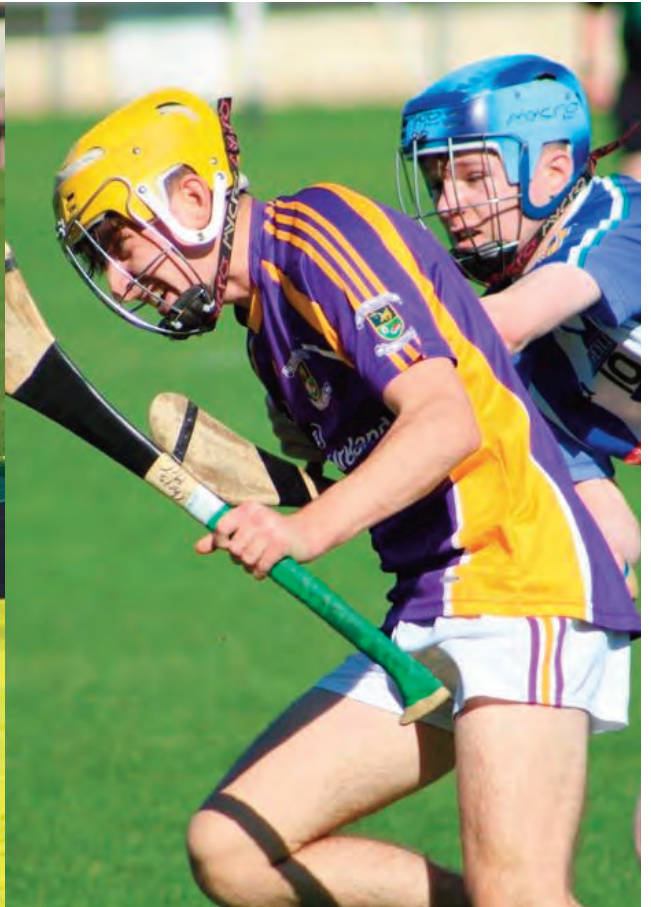


# MINOR A





# MINOR B





# UNDER 16 (2004)





# UNDER 16 (2004)

