

Mayo Senior Development Academy



Welcome

'Good Coaching is about creating an environment to unlock players potential in order to maximise their own performance, helping them to learn'

Clar



- *Chairman's Address*
- *Official Launch*

Mr James Horan Senior Team Manager

- *Academy Presentation*
- *Guest Speaker*
- *Close*
- *Light Refreshments*



Background



- *Strategic Review February 2011*
- *Strategic Vision & Action Plan 2012-2017*
- *Progression Path*
 - *From Schools of Excellence – Senior Team*
- *Co-ordination team Members*
- *Extensive research of best practice*
- *Cooperation from*
 - *Mayo County Board, Connacht Council, Players (past and present) and Management Teams (past and present)*





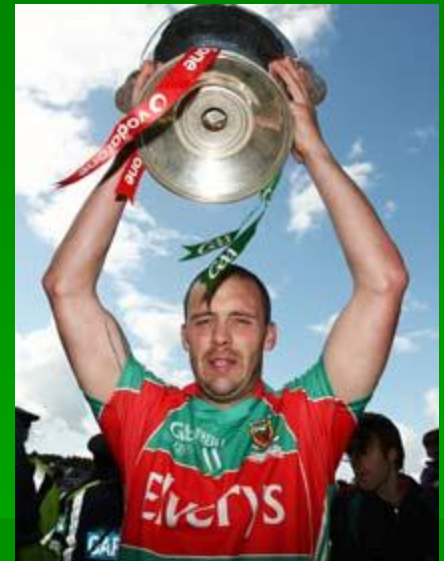
Stakeholders



Vision



Create a pathway enabling our high potential players to fulfil their ability through a structured coaching, educational and support programme



Create a High Performance Culture



Eligibility Criteria

- *Year 1 U-19 on of after 01/01/2013*
- *Ability*
- *Attitude*



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Structure



Holistic Approach

- *Football*
 - *Specialised Coaching*
- *Strength & conditioning*
 - *Independent advice*
 - *Individual Programmes*
- *Nutrition*
- *Educational*
 - *Careers advice for Second level and College students*
 - *Educational support*
- *Psychological*
- *Network support*



October - December



- *Skills assessment*
- *Medical & Physical assessment*
- *Individual Program's assigned*
- *Monthly/ bi - monthly follow up with mentors*
- *Touch-point informal follow up (every other month)*





January - April

- *Skills Assessment*
- *Individual Program's assessed*
- *Pitch Coaching*
- *Workshop Days (Once every six weeks)*
- *Guest Speakers*



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Year 2 Progression

- *Continual assessment*
 - *(Skills & individual programs)*
- *Your application to the program*
- *Your attitude to the program*