

## **Skerries Harps Academy**

The main aim of “Skerries Harps” Academy (Nursery) is to create a pathway for beginners who we hope over the years will become full adult members of Skerries Harps.

By having specific targets for 4, 5 and 6 year olds we hope to help develop their interest in Gaelic Sport and their involvement in the Club.

The most important aspect of the Academy is **FUN**. The simple philosophy is that if the children enjoy themselves then they will learn and continue to be part of the Academy.

When children come into the Academy they are taught the basic **FUNdamentals** – ie

**ABC** (Agility, Balance, Co-Ordination)

and

**RJT** (Running, Jumping, Throwing)

### **For 4-5 year olds the Academy is about fun games that work on the ABCs & RJTs.**

When the child has mastered these elements and is competent at the primary movements then we will move on to the more common GAA skills.

By the time the children leave the Academy they should have a basic understanding of how to do the following skills i.e. Pick Up, Hand Passing, Kicking, Catching, and Soloing.

### **For 6/7 year olds we start concentrating on improving their skills.**

When children reach Under 7 the aim is to separate them from the Academy and keep them training separately. At Under 7 we arrange matches against local clubs. This helps them to get used to playing games and use their newly learned skills in a game situation.

From past experience we find children are very excited in putting on a jersey and playing for the club. These games are very important in preparing the children for the Dublin **Go Games** fixtures which begin in March 2015.

If you have any queries please do not hesitate to contact:

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