

## **Under 9's End of Season Report**

The U9 season was supposed to begin back in February with preseason fundamentals/ABC weekly training sessions being held at St Marks. Due to Covid lockdown being in place, the training did not get started until July.

With safety being paramount, the early outdoor sessions focused a lot on warmups, basic drills and trying to make up for the time that was lost with fundamental recap sessions.

We had approx. 15 Gaels and 11 Ogs in attendance at each session, initially splitting them into two groups on a first to arrive basis. This allowed us to focus more on areas that needed to work on the most and to help the players to develop at a level that was best for them but also keep them together to ensure Covid guidelines were adhered to.

As with previous years, the focus was on ball orientated drills and training matches to get the best out of each player so they continue to learn the fundamentals, as well as introducing new drills to help develop a wider range of skills that is suitable for this age group.

This year we also followed the skills pathway, implemented and provided by Stephen Robinson with some early assessments for each player and were able to highlight areas that we can improve upon.

### **Organised matches**

There were several organised friendlies and competitive matches that included Saval, Shamrocks and An Ríocht. Within each match, we had a selection of both mixed teams and Gaels/Ogs team, with nothing but positives throughout. All adhering to the GAA Go Games format.

### **Summary**

It has been a strange and frustrating year. In the limited window that we were able to coach and guide the U9's, we have done our best to help provide the right level of development for each of the players. The players have significantly improved which was showcased with four of our u9s moving up into the u11's section to play in organised competitive games.

In truth, the kids have been a joy to coach and mentor within this short period and we are proud of them all, in what is a testing year for the kids also.

I would like to thank Damian Ryan, Nigel O'Rourke, Christy McShane, Alan Binks, Sean Doherty, Colm Rice and Gerard Leddy for their help, support and dedication. They have been great coaches, mentors and friends throughout the year, a pleasure to work with and a credit to CPN.

Dermot Mathers

Under 9 Manager