



# Ulster Hurling Roadshow, Dunloy

## Saturday 26<sup>th</sup> February 2011

Time	Session 1	Session 2
9.30am	Registration	
10.00am	Wall Ball & Catching <b>Kieran Megraw &amp; Dominic McKinley</b>	Nutrition & Hydration <b>Gavan Duffy</b>
11.30am	Using Games to increase Intensity & promote decision-making <b>Ronan McWilliams</b>	Specialised Skills Goalkeeping/ Free taking/ Sidelines <b>Shane Elliott, John McIntosh &amp; Brian McFall</b>
1.00pm LUNCH		
1.45pm	Using Power bags & Tackle bags to facilitate functional strength in Hurling <b>Michael McCullough</b>	
2.30pm	Promoting individuality, freedom of expression & risk taking into the session <b>Eamon O Shea &amp; Eoin Kelly (Tipperary)</b>	

The cost is **£10.00 per coach** attending.

If a club wishes to send **6 coaches** the cost will be **£50.00**. Lunch will also be provided.

Places can only be reserved through advanced payment. In order to book your place, please contact Kevin Kelly or Jimmy Darragh on (+4428) 3751 7180.

**Or**

Complete the Form Below and along with payment return to

Dunloy - Ulster Hurling Roadshow  
Ulster GAA Offices  
8-10 Market St  
Armagh  
BT61 7BX

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Club Name	_____	No of Delegates:	<input type="text"/>
Club Contact	_____	6 for 5 Offer	Y <input type="checkbox"/> N <input type="checkbox"/>
Address 1	_____	<b>Name(s) of Delegates attending</b>	
Address 2	_____	Name	_____
Address 3	_____	Name	_____
County	_____	Name	_____
Post Code	_____	Name	_____
Contact No	_____	Name	_____
Email	_____	Name	_____