

28/09/2019	High Performance Development Coaching Conference		
9.30-10am	Lecture Theatre Registration and introduction		
10.00-10.30	<ul style="list-style-type: none">• Paddy Fay• Coaching for high performance, lessons learnt in a 40-year coaching career		
10.45-11.45	<p>Phil Kearney – Applying core principles of skill acquisition to enhance movement skill training.</p> <p>Through a range of practical activities, this session will empower coaches to apply core principles of skill acquisition in their practice to facilitate athletes’ learning and retention in sport.</p>	<p>Paul Oppermann</p> <p>Lessons learnt from an athletics career and working in Dublin City Sports clinic.</p> <p>Strength and conditioning, applicable to all developing athletes.</p> <p>Injury prevention work.</p>	
11.50-12.50	<p>Phil Kearney Group rotates</p>	<p>Paul Oppermann Group rotates</p>	
12.50 – 1.50	LUNCH		
1.50-2.20	<p>Indoor Track</p> <p>Deirdre and Molly Scott – Development of Molly through the age groups to senior level, including World Under 4x100m Silver medal</p> <p>Mistakes made, Lessons learnt, high lows,</p> <p>Theory and practical session A typical sprint & hurdles session adaptable across the age groups.</p>		
3.30pm – 5pm	<p>Paddy Fay</p> <p>Development of Joanne Cuddihy – European Junior Medallist to Senior Final</p> <ul style="list-style-type: none">• Training year on year• Actual sessions• Technical fine tuning for competition	<p>Rosie Daniel</p> <ul style="list-style-type: none">• Basics – Run up etc.• Conditioning• plyo’s,• Drills	<p>Eamon Fahey</p> <p>Long jump</p> <ul style="list-style-type: none">• Warm up• Technical Model• Fault identification and correction• Plyo’s
	Safe Journey Home		