



Duhallow Clubs



Newsletter OCTOBER 2026

Thanks to all who attended tonight's meeting. Thanks to Boherbue, Kiskeam, Newmarket, Millstreet, Cullen, Banteer/Lyre. Apologies from Meelin.

Please note the following for your attention.

Courses



Please review the needs of courses for coaches, club officers, etc.

ICGG & Child Safe-guarding

Please have a look at your Club Records and see how many will need upskilling. We will plan courses over the coming months.

YOU MUST HAVE FOIREANN AND TOBAR SET UP & LINKED BEFORE ATTENDING COURSES.



If any club wishes to run a safeguarding course in-house.
Please email Des Cullinane at des.cullinane.ncsc@gaa.ie



Virtual Safe-guarding Courses took place on the 17th & 29th September.

Nursery Course

Designed for Nursery Coaches who are new to the club and lack certification.

- Duration: The course lasts for a total of 1.5 hours, followed by an additional 15 minutes to complete at your convenience.
- Outcome: Upon completion, participants will receive an official coaching badge on their Tobar Account to coach U4 to U6. ICGG course required for Over 6 years.

If a club wishes to run a course please contact Pat.

National Schools

Email has been sent to Clubs looking to see if clubs are continuing with school coaching even though the program has been concluded by Cork. Please ensure all clubs have filled in the google form below to help me plan any assistance I can provide clubs.

Thank you to all 14 Clubs who have responded including; Rockchapel GAA, Dromtariffe, Ballydesmond, Boherbue Juv GAA, Kanturk, Freemount, Millstreet, Banteer-Lyre, Newmarket, Knocknagree GAA, Cullen Gaa, Millstreet, Castlemagner GAA Club, Kiskeam Juvenile GAA.

Can any clubs who have yet to complete the form whether or not they are continuing with the school coaching please do so ASAP. Thank you.

[School Coaching Google form](#)

School Blitz

- October 8th 3rd & 4th Class Football in KANTURK
- October 22nd 3rd & 4th Class Hurling in KANTURK

Go Games

- Go Games are now concluded.
- We held great blitzes throughout the summer and September which were well attended.
- Thank you to all clubs and coaches for your participation and commitment to ensure great football and hurling experiences for all young players.
- Thank you also to all host clubs of the blitzes.
- Please note to all your Club Coaches we have active Whats App groups for U6 to U12s. If any coach needs to be added in Duhallow please contact Pat Spratt on 086 8922800.

The Duhallow GAA coaching website is available to all coaches.

www.duhallowgaacoaching.ie

Youth Resistance Training

Below are links for Youth resistance training, strenght & Conditioning.

This Circuit training program was developed by Aidan O Connell,
High Performance manager, Cork GAA

[Cork GAA Circuit training 6 week plan](#)

Below is a printable PDF of resistance training for Over 13s

[Resistance Training for Youth Players](#)



Cork GAA Coaching & Games Development Coach Education Calendar 2026-2027

Coach Education Awards

November '26–February '27

Award 2 Hurling

@ SuperValu Páirc Uí Chaoimh

November '27–February '28

Award 2 Football

@ SuperValu Páirc Uí Chaoimh

February–April 2027

Award 1 Youth Dual

@ Cork Mallow Clonakilty

February–April 2027

ICGG

Introduction to Gaelic Games

@ 28 Venues Countywide

January–February 2027

Nursery Courses

@ 40 Venues Countywide

Coach Education Events

January 23rd 2027

**Adult Coaching
Conference**

@ SuperValu Páirc Uí Chaoimh

February 13th 2027

**Youth Football
Coaching Workshop**

@ SuperValu Páirc Uí Chaoimh

February 20th 2027

**Youth Hurling
Coaching Workshop**

@ SuperValu Páirc Uí Chaoimh

January 27th 2027

**Football Goalkeeping
Workshop**

@ SuperValu Páirc Uí Chaoimh

February 3rd 2027

**Hurling Goalkeeping
Workshop**

@ SuperValu Páirc Uí Chaoimh

Athletic Development

November 28th 2026

**Athletic Development
Conference**

@ SuperValu Páirc Uí Chaoimh

November 7th 2026

**F3 Youth Athletic
Development Course**

@ SuperValu Páirc Uí Chaoimh

January 20th 2027

**Youth "Resistance
Training" Workshop**

@ SuperValu Páirc Uí Chaoimh

January 30th 2027

**F3 Youth Athletic
Development Course**

@ SuperValu Páirc Uí Chaoimh

March 3rd 2027

**Speed Workshop for
Youth Club Coaches**

@ SuperValu Páirc Uí Chaoimh

Medical & Performance Nutrition

January 11th 2027

**Performance Nutrition
Workshop for the Adult
Coach and Player**

@ SuperValu Páirc Uí Chaoimh

February 22nd 2027

**Performance Nutrition
Workshop for the Youth
Player/Parent/Coach**

@ Online Webinar

March 8th 2027

**Hamstring Health
"Return to Perform"
for Players / Coaches /
Practitioners**

@ SuperValu Páirc Uí Chaoimh

March 22nd 2027

**Performance Nutrition
Workshop for the Female
Player/Parent/Coach**

@ SuperValu Páirc Uí Chaoimh

Leadership & Mindset

November 14th 2026

**Creating High-Performing
Management Teams**

@ Online Webinar

February 6th & 13th 2027

**Creating High-Performing
Management Teams
Two Day Course**

@ SuperValu Páirc Uí Chaoimh

March 1st 2027

**Performance Psychology
Workshop for
Players/Coaches**

@ SuperValu Páirc Uí Chaoimh

Performance Analysis

February 8th 2027

**GPS and Performance
Analysis Workshop for
Club Coaches**

@ SuperValu Páirc Uí Chaoimh

March 13th 2027

**GAA Introduction to
Performance Analysis Course**

@ SuperValu Páirc Uí Chaoimh

Contact

Further details, including booking information, will be available at www.gaacork.ie.

For coach education award events and coach education events, contact
Niall.Twomey.chg.cork@gaa.ie.

For all other events, contact
aidan.oconnell.cork@gaa.ie.

In the weeks leading up to each event, Cork GAA High Performance and Cork GAA Coaching and Games will provide updates and final information through official social media channels and directly to your club coaching officer.

Please note that event details may be subject to change.



MUNSTER GAA SUPER 10s

U14 FOOTBALL & HURLING COMPETITION FOR CLUB TEAMS



KEY DATES

SATURDAY 17TH OCTOBER REGIONAL FINALS DAY



Venue to be confirmed once all entries have been received.

Should entry numbers be low, all teams will progress to the competition day on Sat 24th October.



SATURDAY 24TH OCTOBER COUNTY FINALS DAY



Venue to be confirmed following receipt of all entries.



SATURDAY 31ST OCTOBER MUNSTER PROVINCIAL FINALS DAY



Venues to be confirmed.



Both the Football and Hurling competitions will be played on the same day at each stage. Clubs wishing to enter teams in both codes should note that players may only participate in one code and cannot play in both Football and Hurling on the same day.



DEADLINE FOR ENTRIES: TUESDAY 13TH OCTOBER

NO ENTRIES CAN BE ACCEPTED AFTER THIS POINT.

WHAT IS IT?

The Munster Super 10's is a competition run by Munster Coaching & Games for clubs throughout the province. It is played at 10 a side with a panel of 12 players and is open to all clubs with a choice to play football or hurling.

The games are fast, action packed and competitive. The novelty of playing 10 a side has proven a big hit with the players as it is a refreshing change to the 15 a side game.

VIDEO

To get a flavour of the action, please see the video:

Play

<https://www.youtube.com/watch?v=YAK15cxyOBs>



FORMAT



Each club plays 3 games on the day and the group winners will advance to the County finals.



County winners progress to Munster Final (venues TBC) on 31st October.



Played 10 a side – 21 to 21 using u12 size portable goal posts.



Games are approx. 12 minutes per half.



Clubs must guarantee all players a minimum of 30 minutes playing time.



PRIZES



All group winners will receive a specially commissioned training top.



Outright winning teams in both codes will receive gear bags for all 12 squad members and a set of goal posts for their club.



HOW TO ENTER



1 Check all players will be available on the day and that you are prepared to travel.



2 Complete the entry form using the link or QR code.



3 Contact your local GDC if you have any questions.

SCAN HERE TO ENTER



IMPORTANT

Before entering, please ensure all players will be available and that you are prepared to travel. In previous years, clubs pulled out at the last minute which is very unfair on the host clubs and other teams in the group. It is important to have your homework done before completing this form.



Paudie Crowley
Games Development Lead
Cork GAA



086 1682410



paudie.crowley.gdc.corkgaa.ie

ENTER HERE



MUNSTER SUPER 10s

Emails below from Cork GAA re; Super 10s

A Chara,

Please see below information regarding clubs entering teams in the upcoming Munster GAA Super 10s Football and Hurling Competitions.

Key Dates

Saturday, 17th October: Regional Finals Day

The venue will be confirmed once all entries have been received. Should entry numbers be low, all teams will progress to the competition day on Saturday, 24th October.

Saturday, 24th October: County Finals Day

Venue to be confirmed following receipt of all entries.

Saturday, 31st October: Munster Provincial Finals Day

Venues to be confirmed.

Please note that both the Football and Hurling competitions will be played on the same day at each stage of the competition. Clubs wishing to enter teams in both codes should note that players may only participate in one code and cannot play in both Football and Hurling on the same day.

THE DEADLINE FOR ENTRIES IS TUESDAY 13th October. No entries can be accepted after this point.

If you wish to enter, please use the link below -

[Munster Gaa - Super 10's U14 Football and Hurling Competition – Fill in form](#)

MUNSTER SUPER 10'S FÉ 14 COMPETITION FOR CLUB TEAMS

WHAT IS HAPPENING?

The Munster Super 10's is a competition run by Munster Coaching & Games for clubs throughout the province. It is played at 10 a side with a panel of 12 players and is open to all clubs with a choice to play football or hurling.

The games are fast, action packed and competitive. The novelty of playing 10 a side has proven a big hit with the players as it is a refreshing change to the 15 a side game.

To get a flavour of the action, please see the attached video

https://www.youtube.com/watch?time_continue=4&v=YAK15cxyOBs

WHEN IS IT HAPPENING?

The competition starts with a blitz day on the 17th October involving teams at regional venue. Clubs must be open to travel, but the venues and groups will be devised to limit travel where possible while giving clubs the opportunity to play against unfamiliar opposition. Saturday 24th October, Should entry numbers be low on Saturday, 17th October, all teams entered will automatically progress to the County Finals Day on Saturday, 24th October.

WHAT FORMAT IS USED?

Each club plays 3 games on the day and the group winners will advance to the County finals and then the County winners progress to Munster Final Venues TBC on 31st October for provincial finals.

Games are played at 10 a side and the games are played 21 to 21 using u12 size portable goal posts.

The games are approximately 12 minutes per half but after playing 3 games this is more than adequate. Clubs are asked to guarantee all players a minimum of 30 minutes playing time.

All group winners will receive a specially commissioned training top while the outright winning teams in both codes will receive gear bags for all 12 squad members and a set of goal posts for their club.

HOW TO ENTER?

Clubs should contact their local GDC if they have any questions on this event.

If happy to enter, then just complete the form below.!

However, before you enter, please check that all your players will be available on the day and that you are prepared to travel.

In previous years, clubs pulled out at the last minute which is very unfair on the host clubs and other teams in the group. Therefore, it is important to have your homework done before completing this form.

Many thanks

Paudie Crowley

Games Development Lead

Cork Gaa

Tel: 0861682410

Email: paudie.crowley.gdc.corkgaa.ie

Development Squads

The Duhallow U15 Hurlers playing U15 Premier 1 have been entered into the Championship draw.
25th September Duhallow V Midleton 18-17. Well Done going forward to the Premier 1 League Final

Further fixtures to follow.

The Duhallow U14 Hurlers have been entered into the **Dick Barrett Shield**. Details to follow.

Duhallow Hurling Academy

- Banteer Astro sessions started back on Wednesday 16th September.
- **Every Wednesday**
- **3pm- 4pm 1st year to 3rd year**
- **4pm-5pm 5th and 6th class**
- This will continue until the school holidays.
- Full Attendance expected.
- All communications done through the Spond App; details below.
- 140 players registered throughout the age groups.

U19 Divisional Football Tournament

A Chara,

Cork GAA U19 Football Tournament - November Series 2026

The Cork GAA Coaching and Games Development Team will be running an U19 Divisional Football Tournament in November 2026.

The aim of this initiative is to provide additional quality games for club players in each region, and a **pathway towards representation with the Cork U20 Football Development Group for 2027.**

There will also be 2 Cork Teams participating in a Munster GAA U19 Football Tournament in February 2027.

The dates for this Cork tournament will be **November 8th, 15th and 22nd**, with **trials and training on the weekends of October 24th and 31st.**

The following 8 teams will participate:

- **Avondhu**
- **Carbery West & Beara**
- **Carbery East**
- **Carrigdhoun**
- **Duhallow**
- **Imokilly**
- **Muskerry**
- **Seandun**

An open draw will take place on November 1st for the first round games on November 8th.

The 4 winners from this round will then go forward to the Cup semi-finals, and the 4 losers into the Shield semi-finals for the second round of games on November 15th.

There will then be 4 finals played on November 22nd to determine winners in the Cup and Shield competitions.

All games will be included on the official Cork GAA fixtures programme and website.

Regional GDCs will make direct contact with the selected players identified from performances in club games and the Summer U18 Tournament to confirm dates and locations for trial games ahead of the dates listed above.

Le meas,

Niall Twomey

Post Primary

Back in 3 Duhallow Post Primary Schools since 1st week in September, Coaching both Football & Hurling, and beginning in now started in Millstreet CS.

Scoile Mhuire Kanturk - Hurling and Football

Colaiste Treasa Kanturk - Hurling and Football

Boherbue Comprehensive School - Hurling and Football

Millstreet School- Hurling and Football

PPS Football Blitz

- September 15th 1st year football blitz took place with 3 Duhallow Schools taking part.

Workshops

U8s Football Coaching Workshop took place in knocknagree on Monday 21st which was well attended.

Thank you to Knocknagree GAA for hosting, Knocknagree U8s, who participated and were brilliant and to all Coaches in attendance.

If any Duhallow Clubs would like to run a Coaching Workshop in either Football or Hurling for any age group, please contact Pat Spratt to plan



Club Meetings

I am currently reaching out to Duhallow Clubs to meet and chat about the Club & Needs.

Proposed Dates to meet with Club Adult & Juvenile Chairperson, Secretarys & Coaching Officer

- | | | |
|---------------------------------------|------------------|------------------|
| • 12 th October Mon 7.30pm | Boherbue GAA | Confirmed |
| • 14 th October Wed 7.30pm | Meelin GAA | Confirmed |
| • 19 th October Mon 7.30pm | Dromtarriffe GAA | |
| • 21 st October Wed 7.30pm | Kilbrin GAA | Confirmed |
| • 26 th October Mon 7.30pm | Banteer GAA | Confirmed |
| • 28 th October Wed 7.30pm | Kanturk GAA | |

Duhallow Coaching Resource

www.duhallowgaacoaching.ie

- The Coaching Resource www.duhallowgaacoaching.ie is continuing to evolve.
- Delighted that the **13-15 age category in both Hurling and Football** skills activities including **Game based training** is complete and receiving traction.
- 16-18 yrs will be completed over the Autumn/winter focused on Game based training.
- Our Resource is out performing 73% of similar coaching websites in Visits & session duration (average 5mins 20secs) Sessions lasting 3mins is considered good performance. This highlights that the content of the resource is seen as valuable to visitors. Without a marketing budget we are encouraged by the organic performance of the resource.
- The Duhallow GAA Coaching Facebook & Instagram are also live so please share with your club coaches, officers, members & Officers.
@duhallowgaacoaching
- Duhallow Division has been assigned its own tab, under which you will have access to videos & photos that have been sent to us for sharing. If any club wishes to submit photos to the gallery please send them on.
- Under the Coach tab you will find access to coaching videos which have been shared over social media, however we are aware not all coaches would be on social media so these videos are being shared on the “Coach” page.
- You will find under courses, any up coming and planned workshops, please keep an eye on these pages.



**HURLING
DEVELOPMENT
COMMITTEE (HDC)**

STARTER PACK

**SUPPORTING CLUBS TO INTRODUCE, RESTART
OR DEVELOP HURLING IN THEIR COMMUNITIES**

Who is Eligible

Apply Here

PACK CONTENTS



HURLEYS

Ash/composite sticks



HELMETS

Protective headgear



SLIOTARS

Hurling balls



ADDITIONAL TRAINING EQUIPMENT

To assist coaches and new players on the pitch

PURPOSE OF THE INITIATIVE



Sponsored by sports lighting specialists Musco.



Aims to remove practical equipment and structural barriers for clubs wanting to offer hurling.



Supports the HDC's target to assist dozens of clubs across Ireland in establishing or growing the game, particularly in non-traditional areas.

**HURLING
KNOWS NO
BORDERS**

