



2011 Tyrone Football Development Camps

Camp Format

The camps will run along the lines of the current development squad structures. All children in attendance will be provided with quality coaching which will also be complemented with a number of educational workshops. The following is an example of the coaching sessions and workshops that will be delivered during the three day camp:

- Coaching the tackle
- Attacking Play
- Ball Retention
- Kicking for possession and scores
- Core Stability
- Conditioned games
- Flexibility, rest and recovery (Educational workshop)
- Nutrition, Hydration, Lifestyle (Educational Workshop)

What to Bring

- Packed lunch
- Suitable playing gear
- Change of gear and towel on wet days
- Water bottle

Dates / Venues

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|-------------------------------------|---|
| Venue: Ardboe | Dates: 12 th – 14 th July |
| Venue: Clogher | Dates: 12 th – 14 th July |
| Venue: O'Neill Park, Dungannon | Dates: 12 th – 14 th July |
| Venue: Healy Park, Omagh | Dates: 19 th – 21 st July |
| Venue: Holy Cross College, Strabane | Dates: 19 th – 21 st July |



**** All camps are open to players from the surrounding areas**

The camps are open to children in the 12-15 age bracket (boys and girls). Each camp will run from 2-6pm over three days, (Tues-Thurs). Camp fee is £15 per child (*cheques to be made payable to Tyrone County Board*)
Completed registration forms to be returned to: Tyrone County Offices, 1a James Street, Omagh, BT78 1DH

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|---|------|
| Name: | Age: |
| Home Address: | |
| Club: | |
| Name of Parent/Guardian: | |
| Contact No. of Parent/Guardian: | |
| Chosen Camp Venue: | |
| Please state any medical problems we should be made aware of. | |

Places will be allocated on a first come first served basis. All camps are limited in numbers to a maximum of 70 places.

target.
express

Please select gear size required:

13-14 yrs Small Medium