

Dear LGFA Development Team,



**We set up a ladies gaelic football section in our club this year and we now have under 11 and under 13 teams. We have attracted new players into the club but my fear is that we will lose these when training ends now for the winter. Have you any suggestions on activities we could use to keep these interested?**

**(Anne, Leitrim)**

Hi Anne

Firstly it is great to hear that we have yet another new club set up and we are delighted that you enjoyed your first year involved. I fully agree that it is important to keep the interest of the girls now that they are involved in the club as there are many other activities that they may join in the coming months however it is also important that you do not overload the girls with training as the break can keep them more enthused for the coming season. The break will also assist you as a coach to keep your enthusiasm and motivation so it is key to have the right balance with regards to rest and participation.

Many clubs use the winter period to have social activities for their team for example bringing them bowling or to a pantomime etc. These activities will assist to build team spirit and they will be looking forward to getting back out on the pitch again together in the New Year. If you would rather continue with football activities then it may be an idea to source a suitable indoor venue for your training as the cold weather may put these girls off the sport. You can then conduct your sessions indoor and develop the girls skills throughout the winter. In our coaching cards in this edition we have examples of some games that can be adapted to an indoor session so feel free to use these and also adapt some of your own games to the facilities you have available.

If you feel that your indoor facility is too small for a full football session then why not try out some circuit training with your team. These can be fun circuits with a number of stations set around the area and a different activity at each station. The exercises can vary from using the ball for hand passing to skipping to fun games etc. There are a huge variety of activities to choose from. This will allow you to get all your players active at the same time while utilising a small space.

The key thing to remember with any of your choices through the winter is to keep it fun. Remember that you want these girls wanting to come back for more and looking forward to the new season with their team mates.

I hope you find this useful and best of luck in the coming year.

LGFA Development Team