



**CORK GAA**  
CUMANN LUTHCHLEAS GAEL CHORCAÍ



## Rebel Óg Coaching Monster Blitz Programme 2017

Date	U7 Blitz	U8 Blitz	Venues
Sat, March 25 <sup>th</sup>		Hurling 1	St Vincents SC, Cloughduv CC, Mallow PS, Clonakilty JMC, Killeagh SS
Sat, April 1 <sup>st</sup>		Football 1	Nemo Rangers POB, Millstreet PS, Ballyhooly NC, Clonakilty JMC, Aghada SC
Sat, April 8 <sup>th</sup>		Hurling 2	Whitechurch SC, Ballygarvan POB, Banteer PS, Fermoy NC, Enniskeane JMC, Carrigtwohill SS
Sat, April 15	Easter Break		
Sat, April 22 <sup>nd</sup>		Football 2	Glanmire SC, Carrigaline POB, Knocknagree PS, Doneraile NC, Castlehaven JMC, Clonakilty CC
Sat April 29 <sup>th</sup>	May Bank Holiday Break		
Sat, May 6 <sup>th</sup>		Hurling 3	Bishopstown POB, Na Piarasigh SC, Ballyhea NC, Dromtariff PS, Kilmeen CC, Castlemartyr SS
Sat, May 13 <sup>th</sup>		Football 3	Mallow PS, Aghada SS, Inniscarra SC, Passage POB, Bandon CC, St Colums JMC
Sat, May 20 <sup>th</sup>		Hurling 4	St Finbarrs POB, Banteer PS, Shanballymore NC, Inniscarra KOC, Enniskeane JMC, Killeagh SS
Sat, May 27 <sup>th</sup>	Football 1	Football 4	Minane Bridge POB, Glen Rovers SC, Ardfield JMC, Mallow PS, Carrigtwohill SS
Sat, June 3	June Bank Holiday Break		
Sat, June 10 <sup>th</sup>		Hurling 5	Meelin PS, Fermoy NC, Carrigtwohill SS, Ovens CC, Enniskeane JMC, Blackrock POB.
Sat, June 17 <sup>th</sup>		Football 5	Bantry JMC, Bandon CC, Ballygarvan POB, Nemo Rangers SC, Knocknagree KOC, Fermoy SS,
Sat, June 24 <sup>th</sup>	Hurling 1		St Michael's POB, Clonakilty CC, Mallow NC, Killeagh SC
Sat, July 1 <sup>st</sup>		Hurling 6	Newtownshandrum NC, Killeagh SC, Kinsale POB, Na Piarasigh SS, Ballinascarthy JMC, Cloughduv CC
Sat, July 8 <sup>th</sup>		Football 6	Mallow NC, Eire og POB, Carrigtwohill SC, Clonakilty CC
Sat, August 12 <sup>th</sup>		Football 7	Whitechurch SC, Eire og POB, Newmarket PS, Shanballymore NC, Dunmanway JMC, Aghada SS
Sat, August 19 <sup>th</sup>		Hurling 7	St Finbarr's POB, Cloughduv CC, Ballyhea PS, Kilmeen JMC, Carrigtwohill SS
Sat, August 26 <sup>th</sup>	Football 2		St Vincents KOC, Mourneabbey PS, Clonakilty JMC, Killeagh SS
Sat, Sept 2 <sup>nd</sup>		Football 8	Kilmichael CC, Millstreet PS, Kildorrery NC, Ardfield JMC, Aghada SC, Bishopstown POB
Sat, Sept 9 <sup>th</sup>		Hurling 8	Na Piarasigh SC, Ballinhassig CC, Banteer PS, Fermoy NC, Enniskeane JMC, Killeagh SS
Sat, Sept 16 <sup>th</sup>		Football 9	Nemo Rangers POB, Kilmurry KOC, Charleville PS, Castlehaven JMC, Innishannon CC, Killeagh SS
Sat, Sept 23 <sup>rd</sup>		Hurling 9	Glen Rovers SC, Minane Bridge POB, Cloughduv CC, Ballyhea PS, Kilmeen JMC, Carrigtwohill SS
Sat, Sept 30 <sup>th</sup>	Hurling 2		Blackrock SS, Innishannon CC, Cloughduv POB, Meelin PS, Kilmeen JMC, Castlemartyr SC.
Sat, Oct 7 <sup>th</sup>	Football Final	Football Final	Clonakilty JMC, Nemo Rangers POB, Mallow PS, Aghada SS, Glanmire SC.
Sat, Oct 14 <sup>th</sup>	Hurling Final	Hurling Final	Bishopstown POB, Killeagh SS, Mallow PS, Na Piarasigh SC, Eire og CC, Carrigtwohill NC.

Rebel Óg Coaching are delighted to launch our Annual Monster Blitz Program for 2017.

Each club is invited to attend blitzes at U7 and U8 level.

Each team has the option of ten blitzes in each code and we will be hosting almost 200 blitzes in venues all over the county between March and October.

Blitzes can have anything from 100 to 400 children participating on a weekly basis, with up to 300 teams representing clubs every week.

There will be 5-7 venues hosting a blitz every week.

Up to 10,000 children participate in the Blitzes on a monthly basis.

<https://twitter.com/CorkGAACoaching>



### Monster Blitz Finales

Medals presented by Cork Players

- Saturday, October 7<sup>th</sup> U7 & U8 Football
- Saturday, October 14<sup>th</sup> U7 & U8 Hurling

### GDA CONTACTS

CODE	CONTACT	PH	EMAIL
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**ENTRIES BEFORE 6PM WEDNESDAY ONLINE**

**"Give Respect, Get Respect"**

#### Football Rules

##### U8/U7

- First Touch Football only
- 7 a side
- One hop, one solo.
- Keeper takes Kick Out
- Player fouled takes free
- Player closest to sideline to take
- In the case of a one sided match, coaches to take action to balance teams and make changes e.g. after a score, restart with a throw in in mid field.

#### Hurling Rules

- Quick Touch Sliotar only
- 7 a side
- Ground Hurling only
- Keeper can take puck out from hand, may not lift in open play.
- Keeper may not score from a puck out/deflection
- 45/Frees struck on ground only
- Player fouled to take free
- In the case of a one sided match, coaches to take action to balance teams and make changes e.g. after a score, restart with a throw in in mid field.

1. Registration on [www.rebelogcoaching.com](http://www.rebelogcoaching.com) will open at 1pm each Monday before respective Blitz and close at 6pm.
2. If a venue is not listed online, then the venue is either full or unavailable.
3. Venues will fill up on a first come, first served basis, so please be conscious of this when applying.
4. You will receive a confirmation email Wednesday night to confirm your venue.
5. If, for whatever reason, your status changes (e.g. having to withdraw, change number of teams entered, etc) please inform the GDA at your confirmed venue via text asap.
6. Each club is requested to supply a young referee for their teams. If you have 1 team, 1 ref needed, if you have 3 teams, 2 refs needed etc.
7. Each club to have their own supply of Balls for matches, as listed across and clearly mark equipment.