



Monaghan GAA Coaching Conference



Ciaran McBride -
Monaghan Minor Football Team Coach

Workshop Title:

Managing the 3 S's
School Sport Social

What Path will they choose?





CASE STUDY



Mervyn Browne

← SCHOOL

- Emyvale GAA

- Royal School
Armagh

← SPORT

- Ulster Rugby
Development
Squad

← SOCIAL



'Youth is such a wonderful thing. What a crime to waste it on children.'

GEORGE BERNARD SHAW



SCHOOL - ISSUES

- Time - 7hrs per day
- Study - evenings/weekends
- Stress - exams/assignments
- Travel - early starts/late finish
- Training - 2/3 days per week
- Nutrition/Hydration - break/lunch
- Concentration - 40mins lessons
- Relationships - other pupils/staff

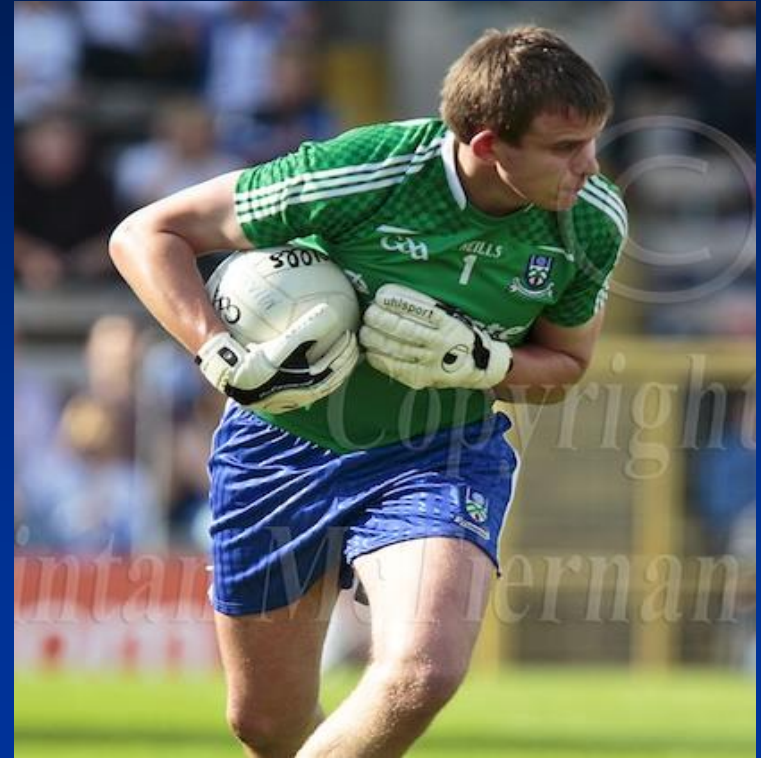


SCHOOL - SOLUTIONS

- Time - what to do during free time?
- Study - personal timetable for rest
- Stress - management techniques
- Travel - limit waiting time/correct kit
- Training - training diary avoid burnout
- Nutrition/Hydration - personalised diet
- Concentration - 8/9hrs sleep per night
- Relationships - avoid confrontation



SCHOOL - CASE STUDY



EMYVALE
St. Ciarans Ballygawley

KILLANNY
Carrickmacross

'There are two
kinds of teenagers,
difficult and *impossible* !'

(Bill Cosby)



SPORT - ISSUES

- Conflict - training for different teams
- Injuries - recurring
- Travel - time wasted
- Training - how many sessions per week
- Nutrition/Hydration - low energy
- Concentration - simple mistakes
- Relationships - players/managers
- Social media - inappropriate images/info



SPORT - SOLUTIONS

- Conflict - communication between managers
- Injuries - screening/individual programme
- Travel - changing training venue
- Training - record in personal diary
- Nutrition/Hydration - monitor with food diary
- Concentration - sleep patterns
- Relationships - monthly personal meetings
- Social media - awareness outside expertise



Case Study - Donal Megan



1. Club minor football
2. Club minor hurling
3. County minor football
4. County minor hurling
5. Senior club hurling
6. Senior club football
7. Schools football

Inniskeen
Patrician High

SOCIAL - ISSUES

- Social Media - cyber bullying
- Alcohol - binge drinking, injuries, illness
- Drugs - legal highs/banned substances
- Gambling - online/phone
- Internet - dependence on computer
- Family - non football parents, social deprivation, non-nationals



SOCIAL - SOLUTIONS

- Social Media - outside agencies
- Alcohol/Drugs/Gambling - education players/parents, sporting examples, guest speakers, Croke Park support
- Internet - parents limit time & install filters for safeguarding
- Family - utilizing resources within club, welcome atmosphere, social inclusion programmes



SOCIAL ISSUES - CASE STUDY

Oisín Mc Conville



Niall Mc Namee



TEONA

Latin word from which
the word teenager originates

It means '*grief, strife and
misery*'



Enable Effective Participation in our Youth

- Open communication - school, club, family, player
- Develop awareness - social, political, economic, cultural and personal aspects of the issues affecting them
- Relationships - build active and supportive working relationships between youth - adult members of clubs
- Opportunities - provide for training/skill development
- Youth forum - encourage opportunities for youth to meet & reflect/analyse their experiences
- In every way possible, amplify this message to young people: "*We need you! Our club/school cannot be strong and complete without you*".



TO DO LIST - EFFECTIVE PARTICIPATION

- Enable fun, challenge and excitement
- Avoid pigeonholing of youth generalising about their behaviour, opinions or ideas
- Maximise the opportunity of success through adequate provision of information, training, support, resources, time and space
- Address opportunities, needs and issues that are valued and respected by young people, their peers and the community
- Start with the talents, capacities, assets and skills of young people, rather than their problems and deficiencies



'Youth are
resources
to be developed
not problems to
be fixed'

SEVEN PATHWAY PROMISE

1. Healthy start - individual nutrition/hydration programmes linked to age/ability - progressive
2. Role modelling/mentor - appointed adult provide guidance/support & act on their behalf - communication
3. Feel safe - welcome place to learn/develop skills
4. Provide the tools - club/school resource library with info on speed, agility, strength, skills, tactical awareness, flexibility, core, rehab, coordination, psychology, fitness testing, video analysis
5. Employment - careers guidance or job opportunities
6. Give back programme - encourage youth to make a positive difference to club/school - give not take
7. Achievement - praise & recognise achievement & retribution regardless of trophies/cups

*'Tell me, I forget.
Show me, and I
remember.
Involve me, and I
understand'.*



BUILD ON SUCCESS



'The youth of the present day are quite monstrous. They have absolutely no respect of dyed hair.'

OSCAR WILDE



SUMMARY

MANAGING THE 3 S's

- Open lines of communication
- Youth forum - shared goals/direction
- Individual player diary - monitor/evaluate
- Appoint mentors - role model/guidance
- Outside agencies - prevention not cure
- Resource library - current info/records
- Reward achievement - focus on strengths not identifying weaknesses

CHANGE THE MINDSET

"MADNESS"

DOING THE SAME THING OVER AND
OVER BUT EXPECTING A DIFFERENT
RESULTS

HAVE A PLAN

KEEP EVERYTHING SIMPLE & CONCISE
LEAD & THE PLAYERS WILL FOLLOW



WEBSITES

- <http://www.topendsports.com/testing/>
- http://kidshealth.org/teen/food_fitness/sports/eatnrun.html
- <http://www.pponline.co.uk/encyc/sports-psychology-and-mental-toughness-14>
- <http://www.bbc.co.uk/science/humanbody/mind/articles/emotions/teenagers/sleep.shtml>
- <http://sini.co.uk/what-we-offer/performance-science/performance-analysis/>
- <http://ulster.gaa.ie/coaching/>
- <http://www.gaa.ie/coaching-and-games-development/>

