



Club Coaching Officer Review Meeting

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(Provincial Club Coaching and Games
Development Officer)

Outcomes

- Review previous presentation on “Role of a Club Coaching Officer”
- Action points and progress – issues
 - Setting up coaching committee
 - Appoint coaching teams for 2014
- Planning for 2014 – next steps (SWOT analysis and club plan)
- Specific areas to consider
 - Coach education
 - Age Appropriate coaching and Long term Player Pathway
 - Club/School Links
 - Schedule of meetings – monitoring club plan



Club Coaching Structures

- Q. What do we mean when we talk about effective club coaching structures?



Role of a Club Coaching Officer

- Establish Coaching Committee
- Appoint coaching teams
- Devise, Implement and Monitor club coaching plan
- Implement best practice with regard to coach education
- Manage and distribute coaching resources
- Club School Links
- Provision of facilities, equipment



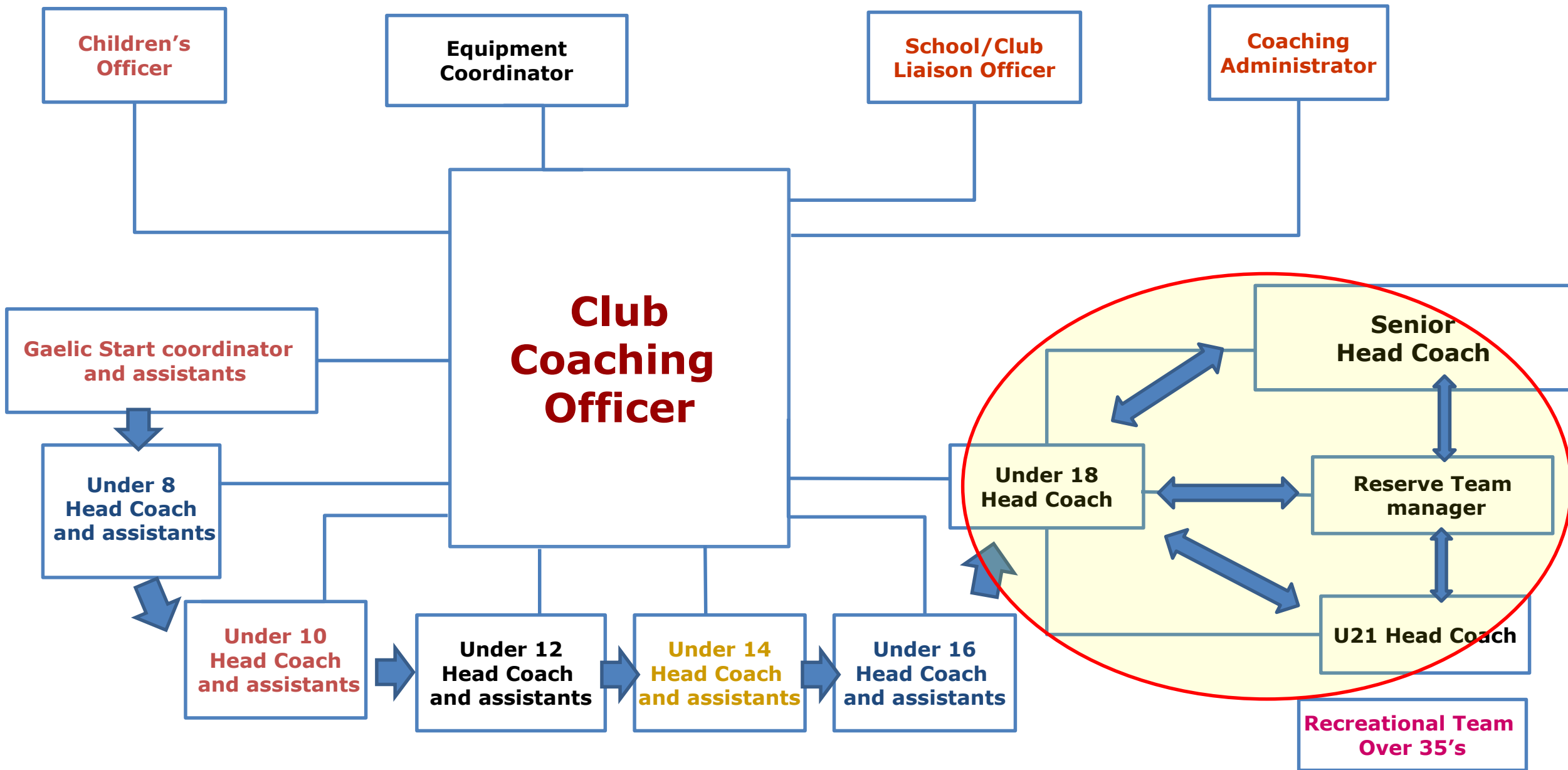
Club Coaching Officer



Qualities and skills of a Club Coaching Officer



Typical Club Coaching & Games Structure



Action Points and Progress

- Establish Coaching Committee
 - How many clubs?
 - Process – Any issues?

- Appoint Underage Coaches
 - How many clubs?
 - Process – Any issues?

Next Steps

- Planning for the year
 - SWOT Analysis
 - Overall long-term goal e.g. 3 players every year progressing from minors to senior squad
 - Set targets e.g. U14 team should play min of 18 games per season
- Sample Plans
 - Discuss content and other targets to be included

What you are doing well in your club with regard to Club Coaching and Games that you need to keep doing

- .Good numbers of coaches in place
- .Coach education good – all coaches have Foundation award (min)
- .Awareness of child protection is good
- .Always transport available for games
- .Club always fulfils fixtures
- .Club organises internal blitzes for u8, u10 and u12 age groups

What your club does occasionally with regard to Coaching and Games that you need to do consistently

- .Coaching committee meetings
- .Away days/trips for kids
- .Youth – fitness testing
- .Skills testing and benchmarking
- .PR of all activity that is going on
- .Recruitment of players – nursery programme
- .Communication between coaching teams
- .Internal coach education workshops
- .Skill specific workshops – goalkeeping, free taking

What are the bad things that your club does with regard to coaching that you must stop doing

- .Coaching “Off the cuff”
- .Abuse of referees by coaches and players
- .Training sessions are regular
- .Work that coaches do is not always acknowledged by club
- .Poor communication from our coaches
- .Lose children from u14 upwards

What your club currently doesn't do, with regard to coaching and games, that you must start doing

- .Plan for coaching sessions
- .Age appropriate coaching
- .No plan for games programme
- .No winter programme
- .No sense of club identity – need to start creating this
- .Recruitment of more volunteers
- .Senior players assisting with coaching teams
- .No proper established club/school link (primary or secondary)

Coach Education

- Foundation Awards (min requirement)
- Child Protection awareness
- Award 1 and Award 2 coaching qualifications
- First Aid
- County CPDs for each age group
 - See hand out for Donegal courses



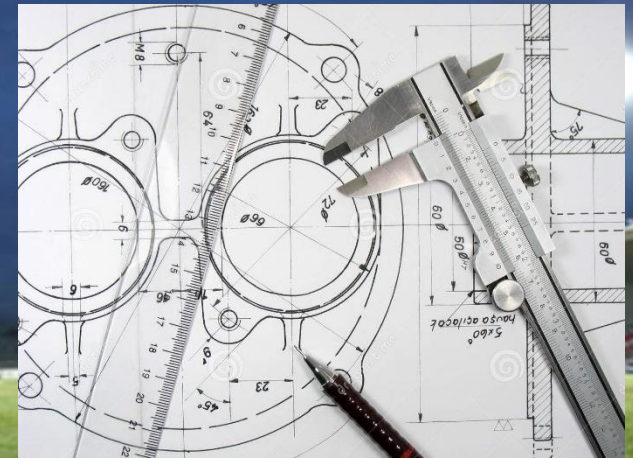
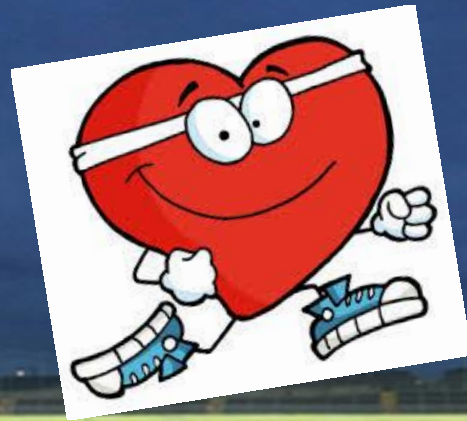
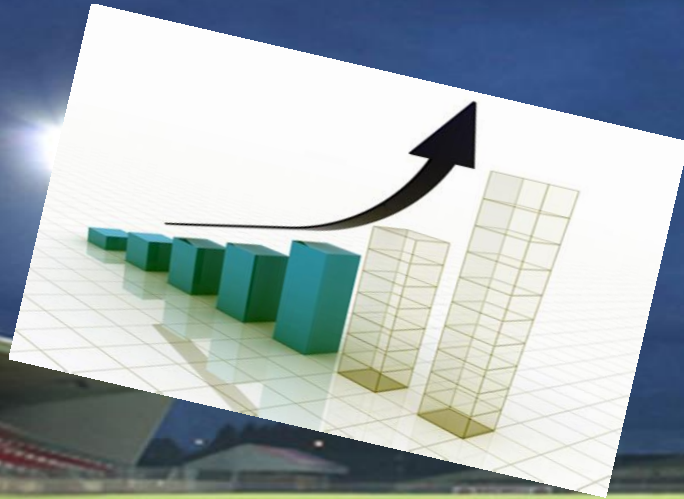
Date	Age Group	Tutors	Venues
Mon 20/01/14	U6 / U8	Donegal tutors	Buncrana Glenswilly St. Michaels Ardara Four Masters
Mon 27/01/14	U6 / U8	Donegal tutors	Buncrana Glenswilly St. Michaels Ardara Four Masters
Mon 3 rd Feb	U10 / U12	Donegal tutors	Buncrana Glenswilly St. Michaels Ardara Four Masters
Mon 10 th Feb	U10 / U12	Donegal tutors	Buncrana Glenswilly St. Michaels Ardara Four Masters

Age Appropriate Coaching

- Coaching Resources
 - Long Term Player Pathway Poster
 - Coaching manuals
 - Online

- Session Plans
 - 8-12 week plans for each group?
 - Blank session plans
 - Monitoring

What do we coach at each of the stages of the Long Term Player Pathway?



LONG TERM PLAYER DEVELOPMENT PATHWAY (LTPDP)



Retention & Retainment

Training for Excellence

**INTER PROVINCIAL
SENIOR COUNTY AND CLUB
Sports Institute NI**

Training to Win

**18/19 +
COUNTY and U21 Squads, F.E. &
H.E.**

Training To Compete

15/16 To 21/23

Training To Train

**Secondary Education /
U.12- 16**

Learning to Train

**8-12 yrs. Primary School P. 6-7
Sec. Sch. Yr.8
Club U.10/12's**

Fundamentals

**6-9 yrs. Primary Schools P 3-5; First and Second Class
& Club U.8's**

Active Start

**0-6 yrs. Pre School P.1/2
Infants and Higher Infants**





ULSTER GAA PATWAY



CHILD YOUTH ADULT

CHILD YOUTH ADULT



AGE GROUP	GAELICSPORT	FUNDAMENTALS	LEARN TO TRAIN	TRAIN TO TRAIN	TRAIN TO COMPETE	TRAIN TO WIN
GAMES	UNDERS 4s LIMITED PLAY OPPORTUNITIES Children are introduced to the game through fun, simple and varied activities	UNDERS 6s Children play pass or possession introduction to the game and simple rules - (ground play)	UNDERS 10/12 PLAYING THE GAME Introduction to the game "pass" and "ground play" - (ground play)	UNDERS 14/16 PLAYING THE GAME Introduction to the game "pass" and "ground play" - (ground play)	UNDERS 18 PLAYING THE GAME Introduction to the game "pass" and "ground play" - (ground play)	18+ YEARS PLAYING THE GAME Introduction to the game "pass" and "ground play" - (ground play)
PHYSICAL DEVELOPMENT	Develop body in development of core skills by ball handling in a realistic game and moving on to ball handling in a game e.g. handball and football - the hand and foot are used to move	Develop body in game skills through simple ground ball handling	Develop body in game skills through simple ground ball handling	Develop body in game skills through simple ground ball handling	Develop body in game skills through simple ground ball handling	Develop body in game skills through simple ground ball handling
TECHNICAL	UNDERS 4s Rolling, Slapping/Slating Bounce - Tag games	UNDERS 6s Introduction to basic skills and simple ground ball handling	UNDERS 10/12 Introduction of basic skills and simple ground ball handling	UNDERS 14/16 Introduction of basic skills and simple ground ball handling	UNDERS 18 Introduction of basic skills and simple ground ball handling	18+ YEARS Introduction of basic skills and simple ground ball handling
TACTICAL	Spatial awareness and use of space Stage 1 of passing - Pass & Move	Stage 2 & 3 of Passing Move and Pass Pass to a moving receiver Support player on the ball - provide options	INTRODUCTION TO PRINCIPLES OF PLAY Ball retention / Avoiding traffic Keeping possession Use of kick out / pick out Movement of the ball	DEVELOPMENT OF PRINCIPLES OF PLAY Changing play and understanding role of defending and attacking Creating Width, Depth and Penetration	UNDERSTANDING OF PRINCIPLES OF PLAY Creating Space / Use of set piece Kick Out / Pick Out Age and age Set on Kick and Cuts	Refinement of position specific roles Systems of Play
HEALTH AND PERFORMANCE	Each child to have their own water bottle Compulsory Mouth Guards for Footballers Compulsory Mouthguards for handball	Individual water bottles at all times Provide "3 a day" Being Smart for Football Safety awareness - rules Mouth Guards and Helmets PE INCLUSIVE RESPECT	Hydrate before, during and after Stretching/Games Provide 3 a day Reduce consumption of sweets, cakes and chips PE INCLUSIVE RESPECT	HYDRATION TEST THE COLOUR OF URINE - CLEAR IS GOOD HYDRATE WITH WATER BOTTLES - NOT WITH BEVERAGES HYDRATE WITH WATER BOTTLES - NOT WITH BEVERAGES	FUELING THE BODY Hydrate - Drink the water - when you play - when you rest - when you are at school - when you are at home Supplements - provide the best of the best Supplements - provide the best of the best	WARMING UP YOUR BODY WARMING UP YOUR BODY WARMING UP YOUR BODY WARMING UP YOUR BODY

LEARN MORE, TALK TO YOUR COACHING OFFICER

[Redacted contact information]

A mistake on the pitch might cost you the game. A mistake on the road can cost you your life.

LIVE TO PLAY
Road Safety Awareness

Session Planning

Components of a typical session	Example	Duration
Warm Up – including physical capacities	Pulse Raiser, Mobilise joints, simple dynamic stretches – include game “ Toilet Tag ” – develops evasion skills	10 – 12 mins
Game		10 mins
Game with a condition		
Skill Development		15 mins
Game focussing on the skill		10 mins
Full Game	Go Games – small sided games with players in variety of positions	10 mins
Cool Down	Low intensity activities to lower heart rate and calm players down– gentle mobility exercises	5 mins

Schedule of coaching committee meetings



action plan

Coaching Officer

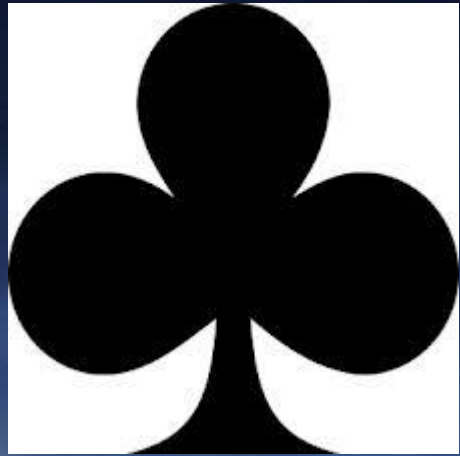
Implementation



Review / Discussion Opportunity with head coaches

Implementation

- What is implementation?
 - the process of putting a decision or plan into effect; execution
 - Work off the plan
 - Delegate
 - Ask for individual session plans (6-10 week blocks)
 - Provide guidance on session plans
 - Monitor – coaching committee to monitor
 - Measure – Number of players, coaches, sessions planned, CPDs
 - Adapt – Willing to change
 - Dealing with conflict?
 - Leadership



Club School Links

- Why have a club school link?
 - “Every child goes to school. The players the GAA will rely on over the next 20 years are all now at school. It’s therefore absolutely vital that the GAA gets these children “on board” as soon as possible.....and as effectively as possible”
 - Schools to know that GAA club is open and welcoming
 - Children more likely to get involved if they are familiar with the club and club coaches
 - Schools and clubs can work together to promote opportunities for participating in Gaelic Games much more effectively

Club School Links

- Benefits to the CLUB
 - More young people involved in the club
 - Increased participation levels in the club
 - Opportunity to identify talent of the future
 - Potential access to school facilities and equipment
 - Raised profile of Gaelic Games in the community
 - Opening up club access to wider community
 - Increase potential to recruit new volunteers for coaching (parents)
 - Pool of young leaders, coaches and officials of the future
 - A familiar, safe, environment for the children

Club School Links

- Benefits to the SCHOOL
 - More active and ultimately healthier pupils
 - Raised profile within the community
 - Increased funding opportunities
 - Community links: social benefits
 - Pathways for sport: easy exit routes for children
 - Higher standard in school teams due to better coaching
 - Recognition as an institution that supports development beyond school environment
 - Support and assistance with extra curricular teams / activities
 - Access to GAA facilities and resources

Club School Links

- Benefits to the YOUNG PEOPLE
 - Improved opps to access Gaelic Games in their local communities
 - Opportunity for their talent to be identified and nurtured
 - Move confidently between school and club opportunities to develop coaching and leadership skills (sec school pupils)
 - Understand how experiences in school and at the club complement each other
 - Recognise how the GAA prepares them for their involvement in clubs at junior age and beyond
 - Introduction to a healthy living agenda
 - Choose a gaelic sport that is suited to them

Club School Links

- Who should be involved?
 - Children
 - Parents
 - School Staff
 - PE coordinators
 - Club coaches
 - Club School liaison officer
 - Club coaching officer
 - County and Provincial coaches



Club School Links

- How to set up club school link?
 - Appoint club school liaison officer – regular communication
 - Set up meeting with school representatives
 - School to appoint club liaison officer
 - Offer use of club facilities and club coaches for after school / curriculum coaching
 - Agree plan for year and implement it
 - Club noticeboard in school
 - Distribution of club promotional material
 - Teacher training – coaching awards
 - BARRIERS ! ! !

Action Points and Progress

- Other responsibilities
 - Provision of facilities
 - Provision of equipment
 - REGISTRATION NIGHT

- ACTIONS FOR NEXT 3 MONTHS



Outcomes

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Questions?

