



Role of the Club Coaching Officer

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Development Officer)

Outcomes

- Understand effective Club Coaching Structures
- Identify what the role of a Club Coaching Officer entails
- Other roles associated with an effective club coaching structure
- How to implement effective club coaching structure
- Club – School Links
- Recruitment of Volunteers / Coaches
- Long Term Player Pathway – Benefits for club and county!



Club Coaching Structures

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



Role of a Club Coaching Officer



Club Coaching Officer

Role of a Club Coaching Officer

Establish coaching committee in club



What, When, How?

Who should sit on this committee?

Club Coaching Officer

Role of a Club Coaching Officer

Establish coaching committee in club



What, When, How?


- Identify and appoint the best people in the club to these posts
- Each will have their own individual roles and responsibilities

Who should sit on this committee?

- Club Coaching Officer
- Coaching Administrator
- Children's Officer
- Club/School Liaison Officer
- Equipment Coordinator
- Representative from each age group and code

Club Coaching Officer

Role of a Club Coaching Officer

	When, How?	Who should be involved in this process?
<p data-bbox="318 592 879 1035">Oversee appointment of Head Coaches and Assistant Coaches for the year</p> 		<p data-bbox="1796 1328 2229 1378">Club Coaching Officer</p>

Role of a Club Coaching Officer

**Oversee
appointment of
Head Coaches and
Assistant Coaches
for the year**



When, How?


- Ideally in autumn time in preparation for incoming year
- Retain existing head coaches, promote assistant coaches, headhunt suitable people from within the club e.g. previous coaches, current players, past players, parents

Who should be involved in this process?

- Club Coaching Officer
- Other members of the coaching committee
- Main club committee

Club Coaching Officer

Role of a Club Coaching Officer

	How to do this and who should be involved?	Typical milestones
<p data-bbox="310 654 952 911">Devise Club Coaching Plan (Short term / long term)</p> 		

Role of a Club Coaching Officer

Devise Club Coaching Plan (short term / long term)




How to do this and who should be involved?

- Club coaching officer and members of coaching committee
- Members of executive committee
- Other interested / invited club members (players and coaches)
- Audit of where club currently sits (brainstorm), what its long and short term goals are and how best to achieve these
- Launch and Implement

Typical milestones

- Arrange meeting for all concerned parties
- Perform SWOT analysis / brainstorm
- Use information from SWOT analysis to devise short and/or long term action plan for coaching
- Draft it up properly and distribute to interested parties

Role of a Club Coaching Officer

	How to do this?	Typical milestones
<p data-bbox="310 654 853 1002">Implement and monitor the Club Coaching Plan for the year</p> 		<p data-bbox="1803 1330 2229 1373">Club Coaching Officer</p>

Role of a Club Coaching Officer

Implement and monitor the Club Coaching Plan for the year



How to do this?

- Draft new or use existing club coaching plan
- Identify key milestones, targets and who is responsible for delivery
- Monitor at regular coaching committee meetings
- Ensure that age appropriate coaching is taking place

Typical milestones

- Appointment of coaches
- Schedule of Coaching committee meetings
- Key Coach Education opportunities
- Registration night
- Club Coaching sessions schedule
- After school coaching schedule
- Equipment ordered
- Schedule of fixtures, games and blitzes in place
- Presentation night

Role of a Club Coaching Officer

	Best Practice	What is available?
<p data-bbox="318 654 937 1002">Implement best practice with regard to Coach Education and qualifications</p> 		<p data-bbox="1803 1330 2229 1373">Club Coaching Officer</p>

Role of a Club Coaching Officer

Implement best practice with regard to Coach Education and qualifications



Best Practice


- All coaches, assistants and parent helpers to have minimum of Foundation Coaching Award and Safeguarding Children Awareness course
- Head coaches to have Level 1 Award (Children, Youth or Adult)
- One coach per age group to be First Aid qualified
- Club coaches to attend and implement knowledge gained from courses and CPDs

What is available?

- National GAA Coaching Awards
- Child protection Awareness
- First Aid courses
- CPDs (county and provincial)
- Provincial and National Coaching Conferences

Club Coaching Officer

Role of a Club Coaching Officer

	What to do?	Examples of coaching resources
<p data-bbox="318 642 917 899">Manage and distribute coaching resources</p> 		<p data-bbox="1796 1328 2229 1378">Club Coaching Officer</p>

Role of a Club Coaching Officer

Manage and distribute coaching resources



What to do?


- Club to purchase relevant coaching resources and coaching officer to manage
- Make Head coaches aware of these resources and provide regular access
- Encourage head coaches to use resources to build their coaching sessions

Examples of coaching resources


- Gaelic Start
- Learn to Train
- Fun Do
- Give us a Game

Club Coaching Officer


Role of a Club Coaching Officer

	How to do this?	What are the advantages of a club/school link?
<p data-bbox="326 648 958 808">Implement effective Club/School Link</p> 		<p data-bbox="1803 1329 2232 1375">Club Coaching Officer</p>

Role of a Club Coaching Officer

	How to do this?	What are the advantages of a club/school link?
<p data-bbox="333 618 963 776">Implement effective Club/School Link</p> 	<ul data-bbox="988 618 1620 1319" style="list-style-type: none">• Club/school liaison officer appointed• Meet Principal and teacher responsible for sport/GAA• Club noticeboard on school premises• Club coaches to offer curriculum time and after school coaching	<ul data-bbox="1646 589 2275 1219" style="list-style-type: none">• Increased participation levels in the club• Potential to attract new players and new volunteers/parents• “Off season” coaching for children through after school programme• Sharing of facilities <p data-bbox="1803 1332 2232 1376">Club Coaching Officer</p>

Role of a Club Coaching Officer

	What to provide?	Key issues
<p data-bbox="308 654 937 815">Provision of training / playing facilities</p> 		<p data-bbox="1803 1329 2232 1372">Club Coaching Officer</p>

Role of a Club Coaching Officer

Provision of training / playing facilities



What to provide?

- Indoor hall for underage games/activities in winter
- Outdoor grass training area for each teams coaching sessions
- Pitch available for all fixtures and blitzes

Key issues

- Cost implications
- Scheduling all teams and codes
- Dealing with clashes and changes at short notice
- Visible club noticeboard and schedule



Qualities and skills of a Club Coaching Officer





Club Coaching Officer

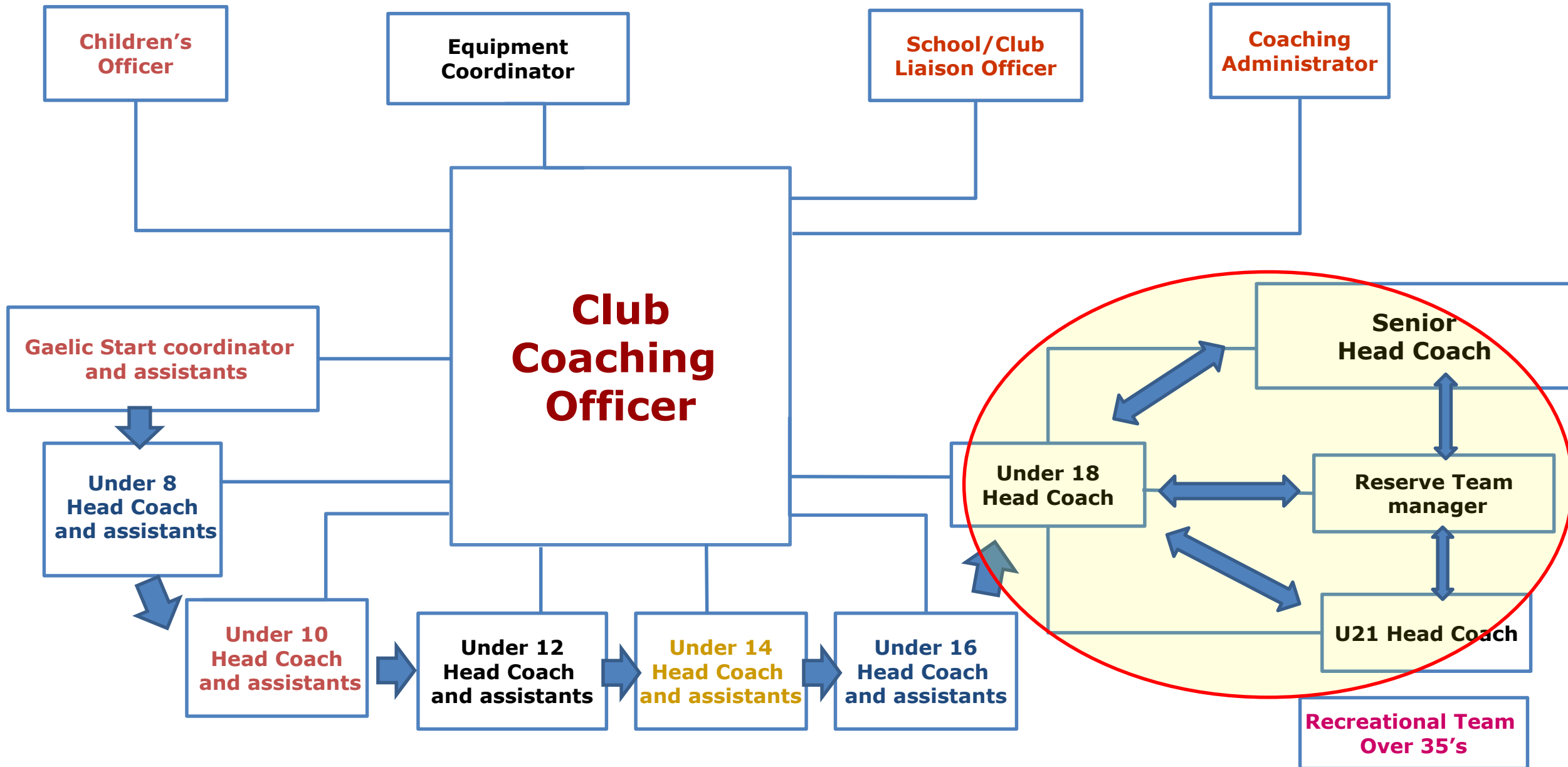
Key Club Coaching and Games personnel

- Coaching Administrator
- Children's Officer
- Club / School Liaison Officer
- Equipment Coordinator
- Head coaches
- Assistant coaches
- Parent Helpers



Club Coaching Officer

Typical Club Coaching & Games Structure



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)

A hand-drawn action plan table on a clipboard. The table has a yellow border and is divided into four columns by blue lines. The columns are labeled 'what', 'how', 'who', and 'when' in red text. The table is currently empty.

what	how	who	when

action
plan

Implementation



Club Coaching Officer

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

- 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

- Benefits
 - More young people involved in club – increased participation
 - Access to school facilities
 - Raise profile of Gaelic Games and the club in the community
 - Potential for new volunteers and coaches e.g. parents
 - More active healthier pupils
 - Increased status of school in community
 - Support and assistance with after school activities
 - Access to club facilities

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 ! ! !

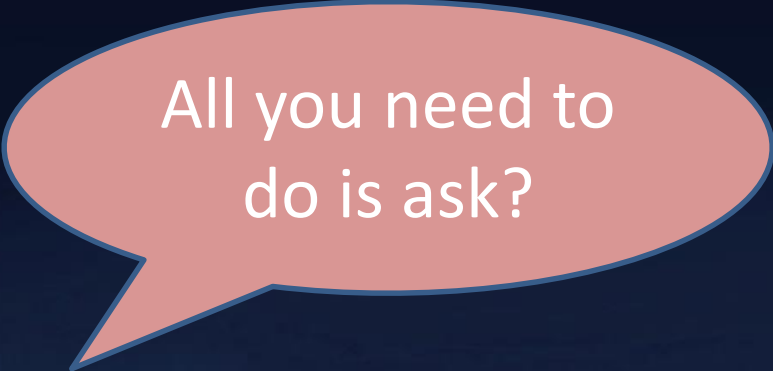
Recruitment of coaches

- Who do we recruit?
 - Parents of underage players
 - Current Senior Players
 - Ex Players
 - Past coaches
 - Retired personnel e.g. Teachers
 - Unemployed
 - Members on long term sick (still able to help out)
 - Other club members
 - Students at 3rd level institutions



Recruitment of coaches

- How do we recruit?



All you need to do is ask?

- Personal approach
- If we are asking people to help then we must have specific roles for them
- Advertise – website, local press, social media, club notes
- Value volunteers – coach / volunteer appreciation gestures

Recruitment of coaches

- How do we deal with newly recruited coaches / volunteers?
 - If we are asking people to help then we must have specific roles for them
 - Welcome pack – club newsletter, policy documents, contact details
 - Value volunteers – coach / volunteer appreciation gestures
 - Acknowledge them for their efforts
 - Provide them with necessary training – coaching awards, first aid

Recruitment of coaches

- Benefits of getting involved in coaching / volunteering
 - To learn new skills
 - To give something back to club and community
 - To feel needed and be part of something worthwhile
 - To add to CV
 - To help others
 - To share talents, abilities and experiences
 - Satisfaction of involvement
 - Friendships
 - Social outlet

Recruitment of coaches

- Reasons for not becoming involved
 - Work commitments
 - Don't have the time
 - Never thought about it
 - Risks and liable if anything goes wrong – child protection
 - Don't have the necessary skills or training
 - Was never asked
 - Might be out of pocket
 - Has particular grievance with club/club members



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	UNDER 8	UNDER 8 Simple free play with a ball, using feet and hands, using a hoop through cones and around the field.	UNDER 8 Simple free play with a ball, using feet and hands, using a hoop through cones and around the field.	UNDER 8/10 Simple free play with a ball, using feet and hands, using a hoop through cones and around the field.	UNDER 10/12 Simple free play with a ball, using feet and hands, using a hoop through cones and around the field.	UNDER 14 Simple free play with a ball, using feet and hands, using a hoop through cones and around the field.	14+ YEARS Simple free play with a ball, using feet and hands, using a hoop through cones and around the field.
	PHYSICAL DEVELOPMENT	UNDER 8 Use the body to develop a sense of balance and control, using a ball to develop a sense of balance and control.	UNDER 8 Use the body to develop a sense of balance and control, using a ball to develop a sense of balance and control.	UNDER 8/10 Use the body to develop a sense of balance and control, using a ball to develop a sense of balance and control.	UNDER 10/12 Use the body to develop a sense of balance and control, using a ball to develop a sense of balance and control.	UNDER 14 Use the body to develop a sense of balance and control, using a ball to develop a sense of balance and control.	14+ YEARS Use the body to develop a sense of balance and control, using a ball to develop a sense of balance and control.
TECHNICAL	UNDER 8	UNDER 8 Basic skills: Running, Stopping, Starting, Kicking, Throwing, Tag games.	UNDER 8 Basic skills: Running, Stopping, Starting, Kicking, Throwing, Tag games.	UNDER 8/10 Basic skills: Running, Stopping, Starting, Kicking, Throwing, Tag games.	UNDER 10/12 Basic skills: Running, Stopping, Starting, Kicking, Throwing, Tag games.	UNDER 14 Basic skills: Running, Stopping, Starting, Kicking, Throwing, Tag games.	14+ YEARS Basic skills: Running, Stopping, Starting, Kicking, Throwing, Tag games.
	TACTICAL	UNDER 8 Spatial awareness and use of space. Stage 1 of passing – Pass & Move.	UNDER 8 Stage 2 & 3 of Passing Move and Pass. Pass to a moving receiver. Support player on the ball – provide options.	UNDER 8/10 Introduction to Principles of Play. Ball retention / Avoiding traffic. Keeping possession. Use of kick out / pick out. Movement of the ball.	UNDER 10/12 Introduction to Principles of Play. Ball retention / Avoiding traffic. Keeping possession. Use of kick out / pick out. Movement of the ball.	UNDER 14 Development of Principles of Play. Changing play and understanding role of defending and attacking. Creating Width, Depth and Penetration.	14+ YEARS Refinement of position specific roles. Systems of Play.
HEALTH AND PERFORMANCE	UNDER 8	UNDER 8 Each child to have their own water bottle. Compulsory Mouth Guards for Footballers. Compulsory Mouth Guards for hurlers.	UNDER 8 Individual water bottles at all times. Provide "y a day" if they don't have one. Safety awareness – rules. Mouth Guards and Helmets. PE INCLUSIVE RESPECT.	UNDER 8/10 Hydrate before, during and after Sessions/Games. Provide y a day. Reduce consumption of sweets, cakes and chips. PE INCLUSIVE RESPECT.	UNDER 10/12 Hydrate before, during and after Sessions/Games. Provide y a day. Reduce consumption of sweets, cakes and chips. PE INCLUSIVE RESPECT.	UNDER 14 Hydration. TEST THE COLOR OF URINE – CLEAR IS GOOD. HYDRATE BEFORE GAMES – DRINK BEFORE AND AFTER. HYDRATE BEFORE GAMES – DRINK BEFORE AND AFTER.	14+ YEARS Hydration. TEST THE COLOR OF URINE – CLEAR IS GOOD. HYDRATE BEFORE GAMES – DRINK BEFORE AND AFTER. HYDRATE BEFORE GAMES – DRINK BEFORE AND AFTER.

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

Outcomes

- Understand effective Club Coaching Structures
- Identify what the role of a Club Coaching Officer entails
- Other roles associated with an effective club coaching structure
- How to implement effective club coaching structure
- Club – School Links
- Recruitment of Volunteers / Coaches
- Long Term Player Pathway – Benefits for club and county!



Questions?

