ENTRY LEVEL

Club Officer Induction Award 2020

Club Coaching Officer

Garreth Thornton
Provincial Club Coaching & Games Development Officer

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INVESTING IN VOLUNTEERS™

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 devise and implement a Club Coaching Plan
- How to implement effective Club Coaching structures
- Club – School Links
- Recruitment of Volunteers/Coaches
- Long Term Player Pathway – benefits for club
- How we can help your club?

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Club Coaching Structures

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

Club Coaching Structure

An effective club coaching structure is the arrangement of competent and knowledgeable club personnel in such a way that quality coaching can be delivered to develop and progress players.

The structure should be sustainable and involve a coaching committee, coaching officer and coaches working towards an agreed long term coaching plan, whilst delivering set targets and objectives at each level.

Club Coaching Structures

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Role of a Club Coaching Officer

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Role of a Club Coaching Officer

	What, When, How?	Who should sit on this committee?
Establish coaching committee in club		

Role of a Club Coaching Officer

	What, When, How?	Who should sit on this committee?
Establish coaching committee in club	• Identify and appoint the best people in the club to these posts • Each will have their own individual roles and responsibilities • Set up effective line of communication e.g. emails, text system, online access	• Club Coaching Officer • Coaching Administrator • Children's Officer • Club/School Liaison Officer • Equipment Coordinator • Representative from each age group and code

Role of a Club Coaching Officer

	When, How?	Who should be involved in this process?
Oversee appointment of Head Coaches and Assistant Coaches for the year		

Role of a Club Coaching Officer

	When, How?	Who should be involved in this process?
Oversee appointment of Head Coaches and Assistant Coaches for the year	• 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 • Are coaches suited to age group • Do coaches move up or stay with same age group	• Independent person - Club Coaching Officer • Other members of the coaching committee • Main club committee • Head coaches can help with selection of assistant coaches

Role of a Club Coaching Officer

	How to do this and who should be involved?	Typical milestones
Devise Club Coaching Plan (Short term / long term)		

Role of a Club Coaching Officer

	How to do this and who should be involved?	Typical milestones
Devise Club Coaching Plan (short term / long term)	• 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	• 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
Implement and monitor the Club Coaching Plan for the year		

Role of a Club Coaching Officer

	How to do this?	Typical milestones
Implement and monitor the Club Coaching Plan for the year	• Draft new or use existing club coaching plan • Identify key milestones, targets and who is responsible for delivery • Monitor and evaluate at regular coaching committee meetings – records of targets, goals, players and coaches • Ensure that age appropriate coaching is taking place • Deal with problems as they arise	• 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?
Implement best practice with regard to Coach Education and qualifications		

Role of a Club Coaching Officer

	Best Practice	What is available?
Implement best practice with regard to Coach Education and qualifications	• Up to date Database of all qualifications of all coaches • 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 • Foundation done within club environment	• National GAA Coaching Awards • Child protection Awareness • First Aid courses • CPDs (county and provincial) • Provincial and National Coaching Conferences

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Role of a Club Coaching Officer

	How to do this?	What are the advantages of a club/school link?
Implement effective Club/School Link		

Role of a Club Coaching Officer

	How to do this?	What are the advantages of a club/school link?
Implement effective Club/School Link	• 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 • Have Club Days / Jersey Days or In House Blitzes	• 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 • School/Club/Community/Parent Partnerships established

Role of a Club Coaching Officer

Qualities and skills of a Club Coaching Officer

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Role of a Club Coaching Officer

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Coaching Plan

What is a Club Coaching Plan?

- Where do you see your club in 1 year, 5 years, 10 years from now?
- What motivation do you have to help your club get there?
- What needs to be done?
- Where do you even start?

Coaching Plan

Where to start?

- Carry out a SWOT analysis of Coaching & Games in your club
- Set an Action plan: 2 -3 actions maximum
- Execute action plan

Aim: To develop a club coaching plan

SWOT Analysis

What you are doing well in your club with regard to Club Coaching and Games that you need to keep doing	What are the bad things that your club does with regard to coaching that you must stop 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	• .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 does occasionally with regard to Coaching and Games that you need to do consistently	**What your club currently doesn't do, with regard to coaching and games, that you must start doing**
• .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 • .Emphasise the history and tradition of the club	• .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)

Action Plan

Action	Outcome Sought	Timescale (When?)	Milestone (Specific steps to achieve outcome sought)	Responsibility
Establish a Coaching and Games Committee and appoint Club Coaching and Games Development Officer.	To oversee all aspects of games and development in the club and ensure the best possible coaching structures are in place in the club.	January 2017	• Finalise members of the committee • •	Miceal McCartan & Dan Morgan
Club School Link and appoint a School Liaison Officer	To enhance relationship between local school and club. Ensures children will receive coaching all year round Enhances recruitment to club.	Mid December 2016	• Meet with Principal • Set up club noticeboard • Recruit students in club to coach in school	Declan Owens
Coach Education	An environment of best practice in coaching should be fostered with coaches willing to learn and improve. Coaches should take what they have learnt and implement new ideas with their teams.	January/February 2017	• Plan Liatroim CPD Programme – 4/5 sessions • Club Coaches Planning Day • Club Coaching Folder	Miceal, Dan & Declan As above Miceal McCartan

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

Recruitment of Coaches

Who do we recruit?

- Parents of underage players
- Current personnel e.g. Teachers
- Unemployed
- Other club members
- Students at 3rd level institutions
- Current Senior Players
- Ex Players
- Past coaches
- Retired

Recruitment of Coaches

How do we recruit?

- Personal approach
- 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

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 PLAYER PATHWAY

PHASE	GAELIC START	FUNdamentals	LEARN TO TRAIN	TRAIN TO TRAIN	TRAIN TO COMPETE	TRAIN TO WIN
AGE CATEGORY	UNDER 6	UNDER 8	UNDER 10/11	UNDER 13/14	UNDER 16	U18+ YEARS
GAMES						
PHYSICAL DEVELOPMENT – STRENGTH						
PHYSICAL DEVELOPMENT – SPEED	ABC's 123's Running, Stopping/Starting Reaction– Tag games					
PHYSICAL DEVELOPMENT – FLEXIBILITY	Mobilise body parts Introduce mobility tasks As to warm up	Introduce Warm Up and Cool Down concept Develop flexibility tasks	Introduction of dynamic warm ups Encourage static stretching at home	Dynamic warm ups Introduce partner stretching Static stretching at home		
TECHNICAL				Skills under pressure in small sided games Basketball skills (pick up, Dribble, Pass) 1 on 1 match situations HURLING SPECIFIC Short Stick hurling for games Opposed striking Dual hurling/hook Sideslitch (Side) Solo and strike Striking over the shoulder Contested Puck	Further Development and Refinement of Skills of Gaelic Football and Hurling Individual Practice Partner Practice Group Activities Small sided Games Match running drills Conditioned Games Full Games TO INCLUDE ADDITIONAL SPECIFIC SKILLS DEVELOPED THROUGH GAMES	The Improvement and Perfection of skills of both Gaelic Football and Hurling Individual Practice Partner Practice Group Activities Small sided Games Match running drills Conditioned Games Full Games
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 team mate Support player on the ball – provide 3 options	INTRODUCTION TO PRINCIPLES OF PLAY Ball retention / Avoiding traffic Keeping possession Use of kick outs / puck outs 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 plays Kick Outs / Puck Outs 45 and 65 Sideline Kicks 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 Helmets for hurlers	Individual water bottles at all sessions Promote "5 a day" 5 day Snack to tackle Safety awareness – rules Mouth Guards and Helmets PROMOTE RESPECT	Hydrate before, during and after Sessions/Games Promote 5 a day Reduce consumption of sweets, cakes and chips PROMOTE RESPECT	HYDRATION TEST THE COLOUR OF URINE – CLEAR IS GOOD HYGIENE OF WATER BOTTLES – DON'T TOP UP OR GROUND HEALTHY SNACKS WITHIN 30 MINUTES OF SESSION ENDING	FUELLING THE BODY Hydration – drinks that perform minimum Nutrition – what to eat... Supplements – confusion from reliable sources Drugs – in sport and in society Build, Rest, Integrate programme	LOOKING AFTER YOUR BODY RECOVERY STRATEGIES

ULSTER COUNCIL GAA
CUMANN LÚTHCHLEAS GAEL CLG

DCAL

LEARN MORE, TALK TO YOUR COACHING OFFICER

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

How can we help?

How can Ulster GAA help your club?

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Questions?

Email:
garreth.thornton.ulster@gaa.ie

Telephone: 07827973061

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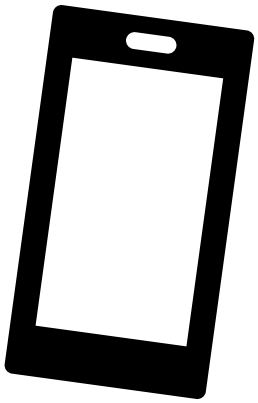
What did you think?

- Please take two minutes to give feedback – learning.gaa.ie/OfficerFeedback
- All respondents will enter a draw for 2 premium tickets to the Football League Finals in 2020



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