



O'Neills® + ULSTER GAA

# COACHING AND GAMES DEVELOPMENT CONFERENCE

Michael Glover & Ruairi Convery

**“More Games, More Success”**



[WWW.ULSTER.GAA.IE](http://WWW.ULSTER.GAA.IE)



Coaches place too much emphasis on learning skills and not enough on learning how to play skilfully - that is, learning how to use those skills in games





# COACHING



**Whose sessions consist mostly of games?**



# O'Neills® + ULSTER GAA COACHING AND GAMES DEVELOPMENT CONFERENCE

2015 All Ireland Hurling Final Kilkenny v Galway

52:55 KIK 1-15 0-16 GAL



Hurling Final Kilkenny v Galway

52:13 KIK 1-15 0-16 GAL



1:20:34 / 2:00:47





# Fundamental Activities

continuum

Ordered	G	R	F H	Chaotic
Predictable	G	R	F H	Unpredictable
Steady	G		R F H	Dynamic
Physically comfortable	G		H F R	Physically stressful
Mentally comfortable			R H F G	Mentally stressful
Controllable	G	R	F H	Uncontrollable
Passive	G		H F R	Aggressive

Adapted from Alfred 2016

From Dr Liam Hennessy, GAA Coaching Conference 2016



# Traditional method

- Coach **NOT** player centred - over reliance on coach
- Drills – linear, unopposed a lot of the time 1 facing 1 – players standing about
- limited or no decision making involved –Low intensity - **BORING**
- teaches skills out of **context** and assumes there is only one right way to perform a skill – observation of elite players suggests differently
- **thinking** and **problem solving** aspects required for successful game performance are not central to the initial learning as the technical requirements are isolated from the game in skill drills

PREDICTABLE COACHING?



# Game Based method of coaching

- players **discover** what to do in the game without you telling them. They experience how **chaotic** the game is within the game
- games help players become **self reliant**
- they provide a **context** to the **skill**
- match related **fitness** and **movements** developed through games
- they creates an environment of **intensity** in play
- they allows for **creative play** within the practice

OUR ARE GAMES UNPREDICTABLE?





**How many coaches ask their players about their sessions??**





# Video clips of player feedback

All players asked 2 questions:

Was the routine/game challenging ?

How many decisions did you have to make ?





# Traditional method of coaching - Drills

“I don't have to think, I just have to pass the ball and move”

“The decisions making is limited as I just have to strike the ball and move from a to b”

“I know it helps us warm up but its boring”

“I make 1 decision – where do I strike the ball to and then move, its not like real pressure in game”

“Its not challenging”

“Its easy. We are just striking and moving under no pressure”





# Games based method of coaching

“Even though its 4v4 or 8v8 you are constantly being challenge d to make good decisions”

“I’m wrecked. As soon as you get possession you are under pressure so you have to think more”

“It is game like. So you are making decisions all the time the same as a match so it makes it real and you are making mistakes and learning”

“You don’t get a sec on ball, you have to think really fast”

“It makes you think what do I do next...very quickly”

“Maybe 3 or 4 or more. Will I pass, will I run with ball, should I side step or take hit, where is my other players, who do I pass too. Its hard as you are always under pressure”





# Why coaching through games is important





# Has this been coached?







Factor	Drills	'TGfU'
Coach Input	Lots	Minimal
Coach Talking	Lots	Minimal
Players Input	Some	Lots and Lots
Players Talking	Some	Lots and Lots
Work on Attack	Depends	All the time
Work on Defence	Depends	All the time
Transition between Attack and Defence	None	All the time
Work on Tactics	No	Yes
Work on Skills	Yes	Yes
Skills in context	No	Yes
Ball in play	Never	All the time
Players active	Sometimes	All the time
Players standing	Quite often	Sometimes
Number of Players active	2 to 6	All Players e.g. 30
Number of Players standing	28 to 24	0
Conditioning	Very little	All the time
Training Area	10m by 10m = 100m <sup>2</sup>	50m by 70m = 3500m <sup>2</sup>
Deliberate Practice	Yes	Yes
Purposeful Training	No	Yes
Game Realistic	Not	Very
Transfer to real game	Minimal	Plenty





# Case Study



**More matches are good**







# Eoghan Ruadh, Dungannon

## Eoghan Ruadh Opposition 2015

In 2015 Eoghan Ruadh youth teams played against clubs from the following counties...

U6's Tyrone, Armagh (2), Derry (8)

U8's Tyrone, Armagh (3), Derry (8), Antrim (6)

U10's Tyrone, Armagh (6), Derry (8), Antrim (8) Tipperary (2), Kilkenny (1)

U12's Tyrone, Armagh (1), Derry (6), Antrim (11) Dublin (3), Tipperary (3), Clare, Cork & Meath

U13's Derry (6), Donegal (2)

U14's Tyrone, Armagh (3), Derry (4), Antrim (14) Tipperary (5), Clare, Dublin, Meath, Carlow

U16's Tyrone, Armagh, Derry

U18's Tyrone, Armagh, Donegal, Derry





# Putting in the Miles

- Slaughtneil, Derry
- St John's, Antrim
- Ballinascreen, Derry
- Eoghan Rua, Derry
- Cuchulainns, Armagh
- Omagh St Enda's, Tyrone
- Eire Og Carrickmore, Tyrone





# Benefits of More Games

- Once a club improves the number of games for their players in conjunction with regular coaching sessions , they do not lose players but began to **RECRUIT NEW PLAYERS** leading to increasing numbers
- As they attract more numbers , it is an opportunity to **ENLIST MORE PARENTS** and develop their coaching skills
- Prepared to **TRAVEL** for games
- **REGULAR GAMES PROGRAMME**



# Key Message – Games are better for players

- puts learning in context – Learn our game by playing our game
- **develop decision making qualities, better tactical understanding and creates mental engagement**
- helps players create real game time intensity
- **players improved understanding of linking defence and attack in team games**
- challenge players all the time not only to organise themselves but to start thinking for themselves
- **development of better communication**
- removes predictability





**'everything a player experiences in a game should have been experienced on the training pitch first'**

**Brian Cody**

**Don't be afraid to let players free to play**





## Fundamental Activities

Ordered	G	R	F H	Chaotic
Predictable	G	R	F H	Unpredictable
Steady	G		R F H	Dynamic
Physically comfortable	G		H F R	Physically stressful
Mentally comfortable			R H F G	Mentally stressful
Controllable	G	R	F H	Uncontrollable
Passive	G		H F R	Aggressive

Adapted from Alfred 2016

Dr Liam Hennessy, GAA Coaching Conference 2016





# TPP

Where Players strive to achieve their full individual and collective potential



<http://www.balls.ie/gaa/cathal-dunbar-goal-wexford-u21s-offaly/298304>



# Questions & Answers





# Thank You