

COACHING & GAMES DEVELOPMENT



EDUCATION PROGRAMME 2014-2015

COISTE ÁTHA CLIATH FORBARHTA NA GCLUICHÍ



Dublin Coach Education Programme



MANY COACHES DEVELOP their skills and expertise through their experiences and by watching other coaches. However, simply acquiring experiences does not guarantee coaching competence. It is the integration of experience and knowledge in a meaningful way that promotes learning and in turn develops expertise. Coaches need to know how to best learn through their experiences.

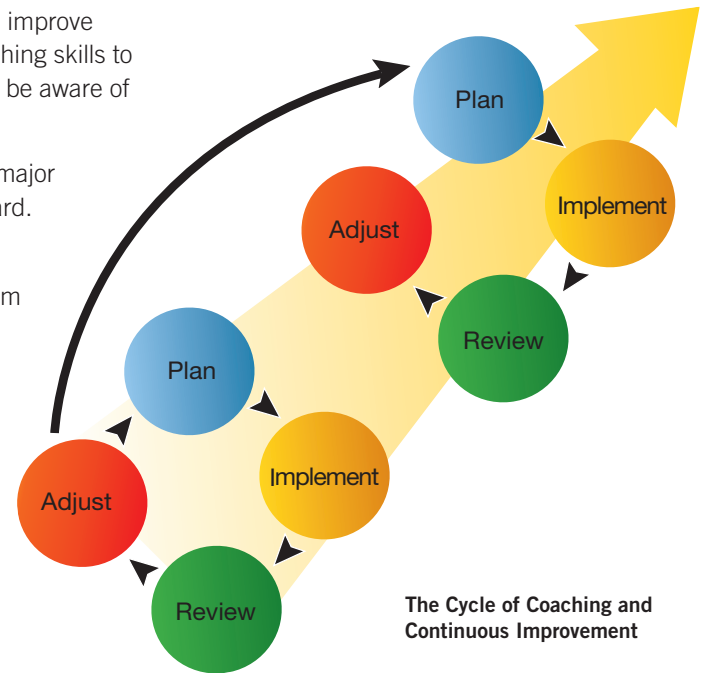
Becoming a good coach is an ongoing process, it requires sufficient time, motivation, application and above all practice.

Just like players, coaches grow through experience and exposure to different learning situations.

Every coach can always improve and enhance their coaching skills to do this it is important to be aware of how you coach.

Reflective practice is a major learning tool in this regard.

Research suggests that coaches learn better from practical experience and interaction with other coaches, pointing to the need to balance formal coach education in the class room with an equal or even greater number of learning experiences in practice.



The Cycle of Coaching and Continuous Improvement

Coach10 is a conceptual framework that provides coaches with the tools to map their coaching practice. It is made up of 3 inter related areas:

Total Playing Performance (TPP) derives from the integrated development of the elements that enable players – on an individual and collective basis – to deliver on their full potential.

Coach10 involves a multi-disciplinary approach to coaching. It draws on material from a wide range of sources including sport specific, scientific, socio-emotive and spiritual and is underpinned by a philosophy of Applied Lifelong Learning (ALL) in real and virtual (online) environments.

The Coach10 Model has its origins in the fact that 10 words, each of which has 10 letters, are used to define the core constructs that

underpin the coaching process i.e., where the job of the coach is to build competence, confidence, collective commitment & connection among players and that coaches are best able to do so when they acquire management & leadership capability on foot of experience & reflection.

From a player perspective the Coach10 Model has regard for the A-B-C-D-E-F of effective performance i.e. that a coach must attend to Biological and Chronological Differences and Emotional Factors. Furthermore, the model is underpinned by MVA – Motivation & Vocational Attributes - these are the by-product of a complex mix of coach/player interactions, influences and/or interventions and, with the exception of field based inputs, are largely of an intangible/invisible nature.





A person who aspires to Coach10 requires motivation & vocational attributes, which are firmly grounded in knowledge, skills and competencies gained through a variety of learning modalities.

From a motivation perspective, the key factors and forces revolve around coaches being passionate, principled, persistent, personable & persuasive.

Vocational requirements involve coaches organising purposeful, games-based activities as this is the golden rule in terms of generating a number of attributes, the foremost of which is the creation of an empowering and energising environment where there is full engagement and a determination to maintain excellence.

This booklet details the Dublin G.A.A Coach Education Programme for the coming academic year 2014/15. It is designed to support all coaches working at child youth and adult level

through specifically planned courses and workshops incorporating recognised principles of best practice in the field of coaching.

The Games Development programme for this year provides the best possible supports in relation to coach education and CPD workshops and courses covering a wide variety of topics.

This year's programme will again focus on the more formal Coach Education Programmes specifically Award 1 Youth /Adult courses and the new Award 2 child, Youth and Adult courses. A high volume of child protection in sport awareness workshops will be delivered throughout the year.

In addition a number of online programmes will be available on the new digital eLearning system.

www.learning.gaa.ie. All Foundation Award and Award 1 Child programmes will be available locally by contacting your Club Games Promotions Officer (G.P.O)

Practical Workshops:

There will be a limited number of practical workshops in football and hurling this year. These will be targeted at specific age groups with workshops for juvenile and adult coaches.

“Resistance Training for the Gaelic Games Youth Athlete”

The course was developed by Andy Murphy (University of Limerick), Dr. Cian O’Neill (University of Limerick) and Michael Dempsey (IT Carlow).



The course will look at the following:

- Understanding the needs and demands of the youth athlete
- Developmental and challenging warm-up games
- Principles of training (related to RT)
- The role of RT in the preparation of the Gaelic games youth athlete
- Coaching field-based RT exercises
- Coaching indoor RT exercises (sports hall, multi-purpose area)
- Progression and adaptation of exercises
- Movement analysis
- Integration of RT training and skills based training
- Programme design, progression & evaluation
- Periodisation and planning

This course is designed to provide G.A.A coaches working at the youth level (13 to 18 years of age) with the necessary knowledge, understanding and competencies in the area of

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resistance training to implement a programme focused on improving functional strength and movement efficiency at schools, club and development squad level.

To register for a course simply log on to register online and select the course you wish to attend.

Ba bhuntáiste é an clár seo do chlibanna agus tá súil agam go mbéidh go leoir tacaíocht don chlár.

Gearoid O Conchuir
Bainisteoir na gCluichí





Coach Administrator Referee Education (Care)



Coach Education Programme:

- ▶ Foundation Award - Football & Hurling Course
- ▶ Award 1 Youth & Adult - Football Course
- ▶ Award 1 Youth & Adult - Hurling Course
- ▶ Award 2 Child- Football & Hurling Course
- ▶ Award 2 Youth/Adult - Football Course
- ▶ Award 2 Youth/Adult - Hurling Course
- ▶ National Tutor Training Seminar
- ▶ Master Tutor Meetings
- ▶ Tutor Training

Referee Education:

- ▶ Referee Course - Level 1 (U8-U10)
- ▶ Referee Course - Level 2 (U11-U12)
- ▶ Referee Course - Juvenile Games (U13-U16)

Club Development:

- ▶ Code of Best Practice
- ▶ Childrens Officer Workshop
- ▶ Tackling Bullying Workshop

GPO In-service:

- ▶ Yearly Business Meeting
- ▶ Tackling Bullying Workshop
- ▶ Resistance Training course for G.A.A Youth Athlete
- ▶ Advance Trainer Skills - Coaching & Mentoring Course
- ▶ Tutor In-Service
- ▶ Principles of fundamentals

Applied Lifelong Learning (ALL):

Football Workshops

- ▶ Systems of Play
- ▶ Developing Thinking Players
- ▶ Advanced Games Sense

Specialised GAA Courses

- ▶ Running Mechanics & Game-Speed in GAA
- ▶ Youth/Adult-Football Goalkeeping Course
- ▶ Resistance Training course for GAA: Youth Athlete

Camogie Workshops:

- ▶ Effective Coaching Aids
- ▶ Caman Get a Grip Camogie Foundation Course
- ▶ Creating Moving & Thinking Players

Coaching Conferences:

- ▶ Leinster Coaching Conference
- ▶ GAA National Coaching Conference
- ▶ Coaching Ireland 11th National Coaching Fourm 26th 27th Sept

Hurling Workshops:

- ▶ Hurley Repair Workshop
- ▶ Good Game Habits-Bridging the gap between the skill and the game
- ▶ Back to Basics
- ▶ Teaching Principles of Defending
- ▶ First Touch Control: Essential Handling Skills

Physical Fitness Workshops:

- ▶ Introduction to Resistance Training
- ▶ Planning pre-season fitness training



Colour Theme

- Red: Football Workshop
- Blue: Hurling Workshop
- Purple: Specialised GAA Courses
- Orange: Physical Fitness Workshop
- Yellow: Coach Education Programme

Colour Theme

- Green: Club Development
- Pink: Camogie
- Black: Referee Education
- Cyan: GPO Inservice
- Dark Blue: Conferences

FOOTBALL WORKSHOP

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Practical Football Workshop-Adult	Developing Thinking Players	Fri 14th Nov 2014	Ballyboden St Endas	Michael Kennedy	7.30pm	9.30pm
Practical Football Workshop-Adult	Systems of Play	Fri 6th Feb 2015	Na Fianna	Sean Kelly	7.30pm	9.30pm
Practical Football Workshop-Adult	Advanced Games sense	Fri 6th March 2015	St Finians Swords	John Morrison	7.30pm	9.30pm

HURLING WORKSHOP

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Practical Hurling Course	Hurley Repair Course	Mon 3rd & Wed 5th Nov 2014	St Davids Artane	M Scully	7.30pm	10.00pm
Practical Hurling Workshop-Youth	Back to Basics	Fri 21st Nov 2014	Thomas Davis	Willie Coogan	7.30pm	9.30pm
Practical Hurling Workshop-Child	Good Game Habits-Bridging the gap between the skill and the game	Fri 23rd Jan 2015	Fingallians	John Leahy	7.30pm	9.30pm
Practical Hurling Coaching-Adult	Teaching Principles of Defending	Fri 27th Feb 2015	Lucan Sarsfields	Martin Fogarty	7.30pm	9.30pm
Practical Hurling Coaching-Adult	First Touch Control: Essential Handling Skills	Fri 27th March 2015	St Brigids	Ken Dunne	7.30pm	9.30pm

PHYSICAL FITNESS (FOR FOOTBALL & HURLING)

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Practical Physical Fitness	Planning pre-season fitness training for Adult teams	Wed 12th Nov 2014	Na Fianna	Niall Cooper	7.30pm	9.00pm
Physical Fitness	Introduction to Resistance Training	Fri 13th Feb 2015	Faughs HC	NADA	7.30pm	9.00pm

SPECIALISED GAA COURSES

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Youth/Adult-Football Goalkeeping Course	For Goalkeeping Coaches U14 - Senior	15th, 17th, 20th & 24th November 2014	DCU	Gary Matthews	See website for details	
Running Mechanics & Game-Speed in GAA	For Child & Youth Coaches (U16 & Younger)	21st & 22nd February, 18th April 2015	Fingallians	BH-Strength & conditioning	See website for details	
Resistance Training course for GAA	For Youth Athletes U13 - Minors	6th & 7th, 14th & 15th March, 17th & 18th April 2015	Westmanstown Gaels	Mick Dempsey	See website for details	

COACH EDUCATION						
Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Master Tutor Meeting	Coach Ed Programme - Tutor Meeting	Mon 1st Sept 2014	Lucan Spa Hotel	LTG	7:30pm	9.30pm
Master Tutor Training	National Tutor Training Seminar	Sat 13th Sept 2014	Croke Park	TBA	10.00am	2.30pm
Master Tutor Meeting	Coach Ed Programme - Tutor Meeting	Mon 29th Sept 2014	Lucan Spa Hotel	LTG	7:30pm	9.30pm
Master Tutor Meeting	Coach Ed Programme - Tutor Meeting	Mon 3rd Nov 2014	Lucan Spa Hotel	LTG	7:30pm	9:30pm
Master Tutor Meeting	Coach Ed Programme - Tutor Meeting	Mon 1st Dec 2014	Lucan Spa Hotel	LTG	7:30pm	9.30pm
Master Tutor Meeting	Planning Weekend	Fri 9th & Sat 10th Jan 2015	TBA	LTG	7:30pm	9.30pm
Master Tutor Meeting	Coach Ed Programme - Tutor Meeting	Mon 2nd Feb 2015	Lucan Spa Hotel	LTG	7:30pm	9.30pm
Master Tutor Meeting	Coach Ed Programme - Tutor Meeting	Mon 2nd March 2015	Lucan Spa Hotel	LTG	7:30pm	9.30pm
Master Tutor Meeting	Coach Ed Programme - Tutor Meeting	Mon 6th April 2015	Lucan Spa Hotel	LTG	7:30pm	9.30pm
Master Tutor Meeting	Coach Ed Programme - Tutor Meeting	Mon 11th May 2015	Lucan Spa Hotel	LTG	7:30pm	9.30pm
Volunteer Tutor In-Service	Refresher, Existing Award 1 Tutors	Sat 4th October 2014	Parnell Park	LTG	10:00am	3:00pm
Volunteer Tutor In-Service	Refresher, Existing Award 1 Tutors	Sat 11th Oct 2014	Portlaoise	LTG	10:00am	3:00pm
Foundation Award	Coach Ed Programme - Football & Hurling	Tue 7th & Wed 8th Oct 2014	Parnell Park	LTG	7.00pm	9.30pm
Award 1 Youth & Adult	Football	13th, 15th, 20th, 22nd, 29th Oct, 3rd, 5th & 10th Nov 2014	St Pergrines	Tutor Group	7.30pm	10.00pm
Award 1 Youth & Adult	Hurling	20th, 22nd, 29th Oct, 3rd, 5th, 10th, 12th & 17th Nov 2014	Ballyboden St Endas	Tutor Group	7.30pm	10.00pm
Award 2 Child-Dual	Football & Hurling Course - Invite Only - Contact Your Club GPO	14th, 15th, 21st & 22nd November 2014, 5th & 6th December 2014, 23rd & 24th January 2015	The Ward & Parnell Park	Tutor Group Tutor Group	Fri Eve: 7.30pm - 9.30pm Sat: 10am - 3.30/4pm	
Award 2 Youth/Adult-Football	Football Course - Invite Only - Contact Your Club GPO	21st Feb, 21st March, 18th April, 16th May & 20th June 2015	Athlone IT	Tutor Group	9.30am	5.00pm
Award 2 Youth/Adult-Hurling	Hurling Course - Invite Only - Contact Your Club GPO	28th Feb, 28th March, 25th April, 23rd May & 27th June 2015	Blanchardstown IT	Tutor Group	9.30am	5.00pm

GPO IN-SERVICE TRAINING (STAFF ONLY)

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
G.P.O. In-service - ALL STAFF	Yearly Business Meeting	Tue - 21st October 2014	Parnell Park	DCB Staff	3.00pm	5.00pm
G.P.O. In-service - Group 1	Principles of Fundamentals	Wed - 22nd October 2015	The Ward	T. Mc Williams	10.00am	3.30pm
G.P.O. In-service - Group 2	Principles of Fundamentals	Thurs - 23rd October 2015	The Ward	T. Mc Williams	10.00am	3:30pm
GPO In Service	GAA Tackling Bullying Workshop	Tue - 2nd Dec 2014	Parnell Park	Ger O'Connor	2.00pm	5.00pm
G.P.O. In-service - Group 2	Tutor -Continuous Professional Development	13th January 2015	Parnell park	LTG	10.00am	4.00pm
G.P.O. In-service - Group 3	Tutor -Continuous Professional Development	14th january 2015	Parnell park	LTG	10:00am	4:00pm
G.P.O. In-service - Group 1	Tutor -Continuous Professional Development	15th January 2015	Parnell park	LTG	10.00am	4.00pm
G.P.O Application Only	Advance Trainer Skills - Coaching & Mentoring Course	4th,12th,Nov 4th,11th Dec 2014	Parnell Park	NUIG Tutors	10.00am	4.00pm
G.P.O Application Only	Resistance Training course for G.A.A Youth Athlete	3rd, 11th, 26th Feb & 6th March 2015	Parnell Park	M. Dempsey	10.00am	4.00pm

CLUB DEVELOPMENT

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Child Protection*	ISC/GAA Childrens Officer Workshop - For club Childrens Officers	Sat 11th October	Parnell Park	ISC Tutors	10.00am	4.00pm
Child Protection*	ISC/GAA Child Protection In Sport Awareness Workshop	Tue 21st October 2014	Naomh Mearnog	ISC Tutors	7.00pm	10pm
Child Protection*	ISC/GAA Child Protection In Sport Awareness Workshop	Wed 5th November 2014	Liffey Gaels	ISC Tutors	7.00pm	10pm
Child Protection*	GAA Tackling Bullying Workshop	Mon 8th December 2014	Parnell Park	ISC Tutors	7.30pm	9.30pm
Child Protection*	ISC/GAA Child Protection In Sport Awareness Workshop	Tue 20th January 2015	St Marks	ISC Tutors	7.00pm	10pm
Child Protection*	ISC/GAA Child Protection In Sport Awareness Workshop	Wed 11th February 2015	St Brigids	ISC Tutors	7.00pm	10pm

* Subject to a min of 12 people – Contact to arrange one exclusively for your club

REFEREE EDUCATION

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Referee course Level 1	Go Games - Level 1	12th, 14th, 19th, 21st January 2015	St Peregrines	Ref Committee	7pm	9:30pm
Referee course Level 1	Go Games - Level 1	12th, 14th, 19th, 21st January 2015	Erins Isle	Ref Committee	7pm	9:30pm
Referee course Level 1	Go Games - Level 1	2nd, 4th, 9th, 11th February 2015	Naomh Olaf	Ref Committee	7pm	9:30pm
Referee course Level 1	Go Games - Level 1	2nd, 4th, 9th, 11th February 2015	St Brigids	Ref Committee	7pm	9:30pm
Referee course Level 1	Go Games - Level 1	23rd, 25th Feb & 2nd, 4th March 2015	Thomas Davis	Ref Committee	7pm	9:30pm
Referee course Level 1	Go Games - Level 1	23rd, 25th Feb & 2nd, 4th March 2015	Fingallians	Ref Committee	7pm	9:30pm
Referee course Level 1	Go Games - Level 1	20th, 22nd, 27th, 29th April 2015	Westmanstown Gaels	Ref Committee	7pm	9:30pm
Referee course Level 1	Go Games - Level 1	20th, 22nd, 27th, 29th April 2015	Naomh Mearnog	Ref Committee	7pm	9:30pm
Referee course Level 2	Go Games - Level 2	22nd, 24th, 29th Sept & 1st Oct 2014	Naomh Mearnog	Ref Committee	7pm	9:30pm
Referee course Level 2	Go Games - Level 2	22nd, 24th, 29th Sept & 1st Oct 2014	Thomas Davis	Ref Committee	7pm	9:30pm
Referee course Level 2	Go Games - Level 2	13th, 15th, 20th, 22nd October 2014	St Brigids	Ref Committee	7pm	9:30pm
Referee course Level 2	Go Games - Level 2	10th, 12th, 17th & 19th November 2014	St Peregrines	Ref Committee	7pm	9:30pm
Referee course Level 3	Juvenile Games (U/13-U/16)	1st, 3rd, 8th & 10th December 2014	Naomh Mearnog	Ref Committee	7pm	9:30pm
Referee course Level 3	Juvenile Games (U/13-U/16)	1st, 3rd, 8th & 10th December 2014	Westmanstown Gaels	Ref Committee	7pm	9:30pm

COACHING CONFERENCES

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
National Coaching Conference	National Coaching Conference	10th January 2015	Croke Park	Guest Speakers	9:00am	4:00pm
Leinster Coaching conference	Theme Coaching Youth	TBA	I.T Carlow	Guest Speakers	9:00am	3:00pm
Coaching Ireland 11th National Coaching Fourm	"Fun to Full Potential - Coaching the whole Athlete"	26th & 27th September 2014	Sligo I.T	Guest Speakers	8.30am	6.30pm

CAMOGIE WORKSHOP

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Effective Coaching Aids	Effective Coaching Aids	Fri 7th Nov 2014	Thomas Davis	Damien Young	7.30pm	9.30pm
Camán Get a Grip Camogie	Foundation Course - Camogie	Sat 15th Nov 2014	Whitehall Colmcille	Cl Tutors	9.30am	4.30pm
Creating Moving & Thinking Players	Creating Moving & Thinking Players	Mon 19th Jan 2015	St Brigids GAA Club	Paul O'Brien	7.30pm	9.00pm

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PLEASE CONFIRM IN ADVANCE THE DATES, TIMES AND VENUES WITH THE COACHING AND GAMES DEPARTMENT, AS THEY MAY BE SUBJECT TO CHANGE.

For more details see: www.dublingaagamesdevelopment.ie or book online