

COACH¹⁰

Pat Daly

GAA Director of Games Development & Research

GAA Coach Education & Player Development over the years...

- * 1979 An Action Plan for GAA Coaching
- * 1982 Play Hurling/Football Video
- * 1992 Skills Manuals; Complete Coaching Guide to Hurling & Gaelic Football
- * 1993 Coach Education Programme
- * 2002 OTú Model & CD ROM:
Total Playing Performance (TPP)

GAA Coach Education & Player Development over the years...

- * 2004 Grassroots to National Programme (GNP):
GAA Player Development Pathway
 - *Child – Play to Learn*
 - *Youth – Learn to Compete*
 - *Adult – Compete to Win*

- * 2009 **The Coaching Enigma**

The Coaching Enigma

How can we be
‘more than the sum of our parts’
if there is an absence of consistency
regarding **terminology** and a lack
of clarity surrounding the coaching
process?

The Coach¹⁰ Model

Terminology

What?

TPP

How?

MVA

Why?

The Coach¹⁰ Model

Terminology

What?

TPP

How?

MVA

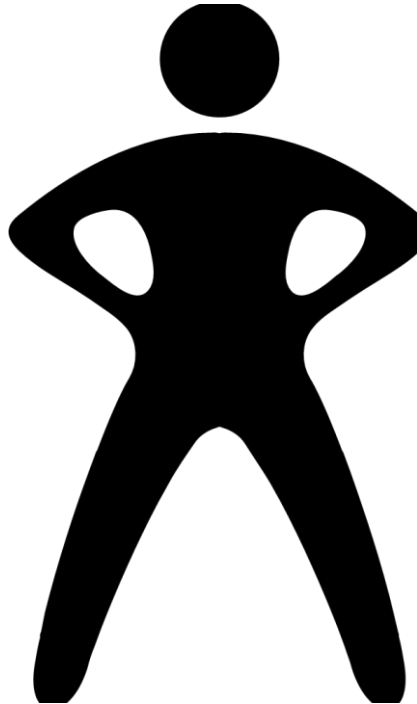
Why?

COACH¹⁰

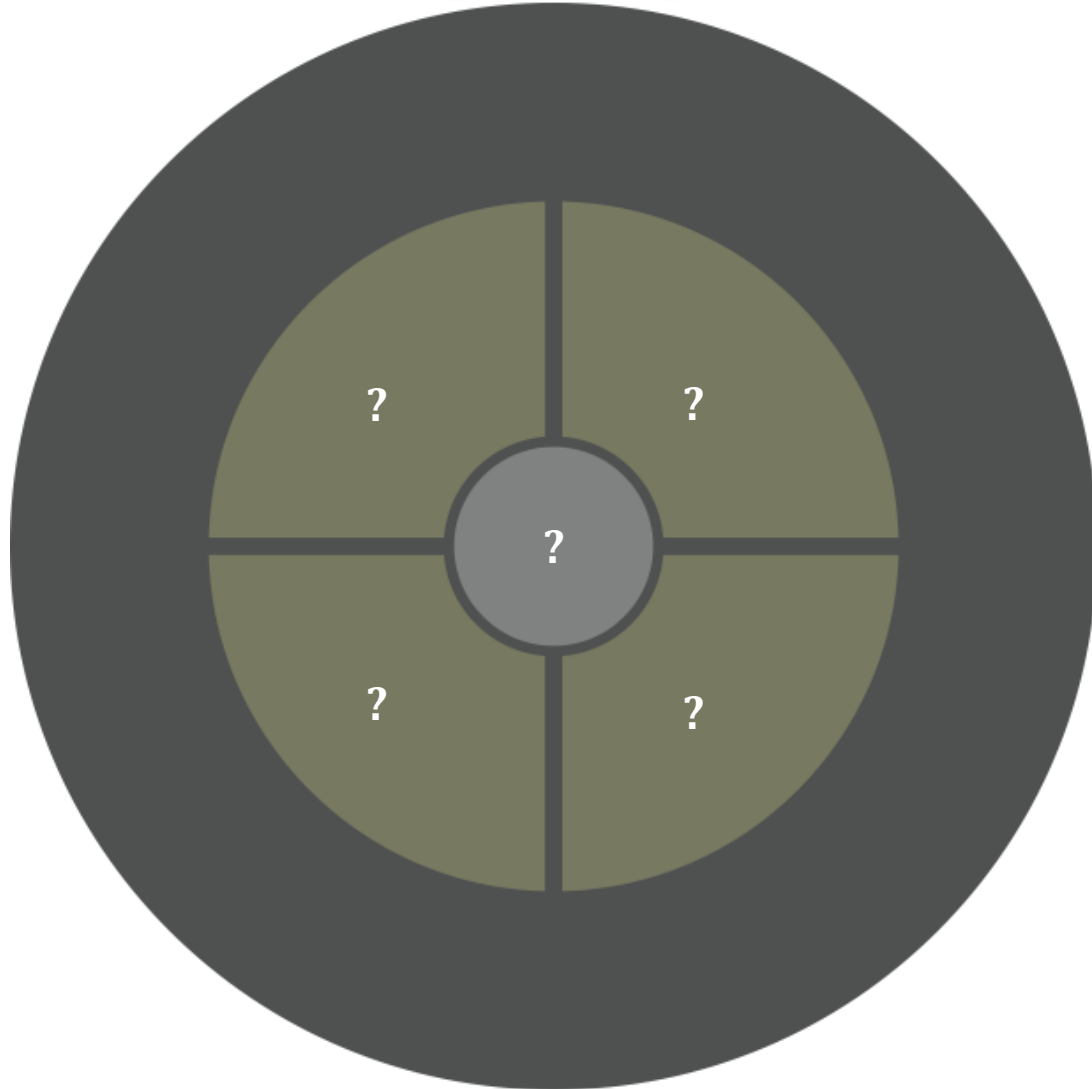
WHAT?

BUILD

**TOTAL PLAYING PERFORMANCE
(TPP)**



TOTAL PLAYING PERFORMANCE (TPP)

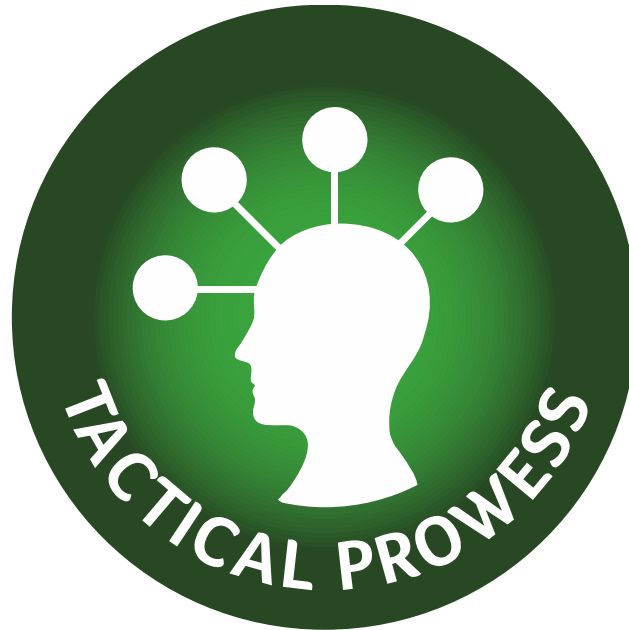


TECHNICAL **P**ROFICIENCY



The ability to perform the underlying techniques accurately, consistently and at match tempo.

TACTICAL PROWESS



The ability to weigh up match situations and decide on the best option to take and when to take it in order to optimise time, space and scores (attack) or minimise these (defence).

TEAM PLAY



The ability to anticipate movements and to synchronise who should go where – in a support play context – or in relation to agreed strategies in terms of actual play or set-pieces i.e. *tactical ploys*.

PHYSICAL FITNESS



The ability to perform the basic techniques, engage in physical contests and respond to signs, sounds and signals experienced during the game with the least possible expenditure of energy.

PSYCHOLOGICAL FOCUS



The ability to maintain attention on the 'here and now' by minimising disruptions from within and without.

PARTICIPANT FEEDBACK



***Participant Feedback* is a two-way communication process which allows for ongoing adjustments to be made in order to capitalise on strengths, minimise limitations and maintain continuous improvement.**

TPP

Where Players strive to achieve their full individual and collective potential

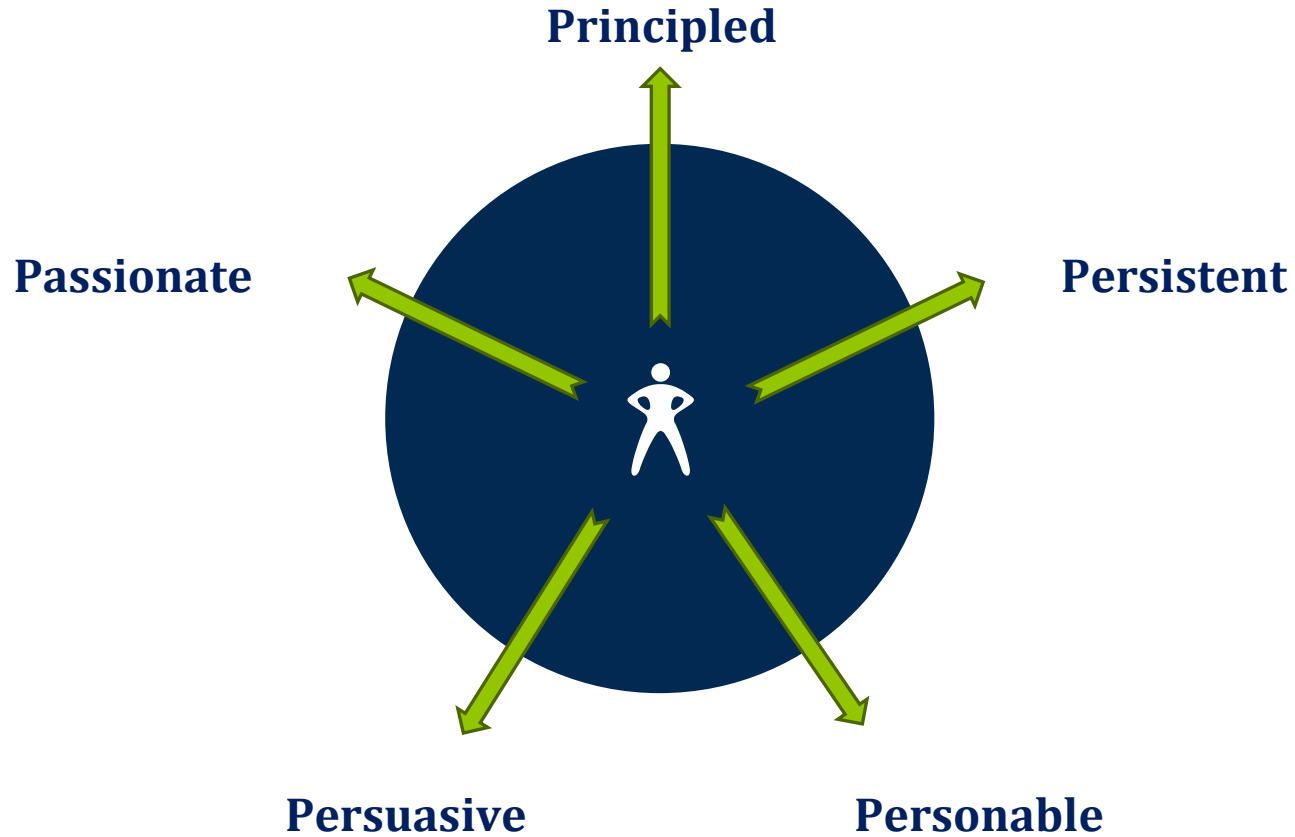


HOW?

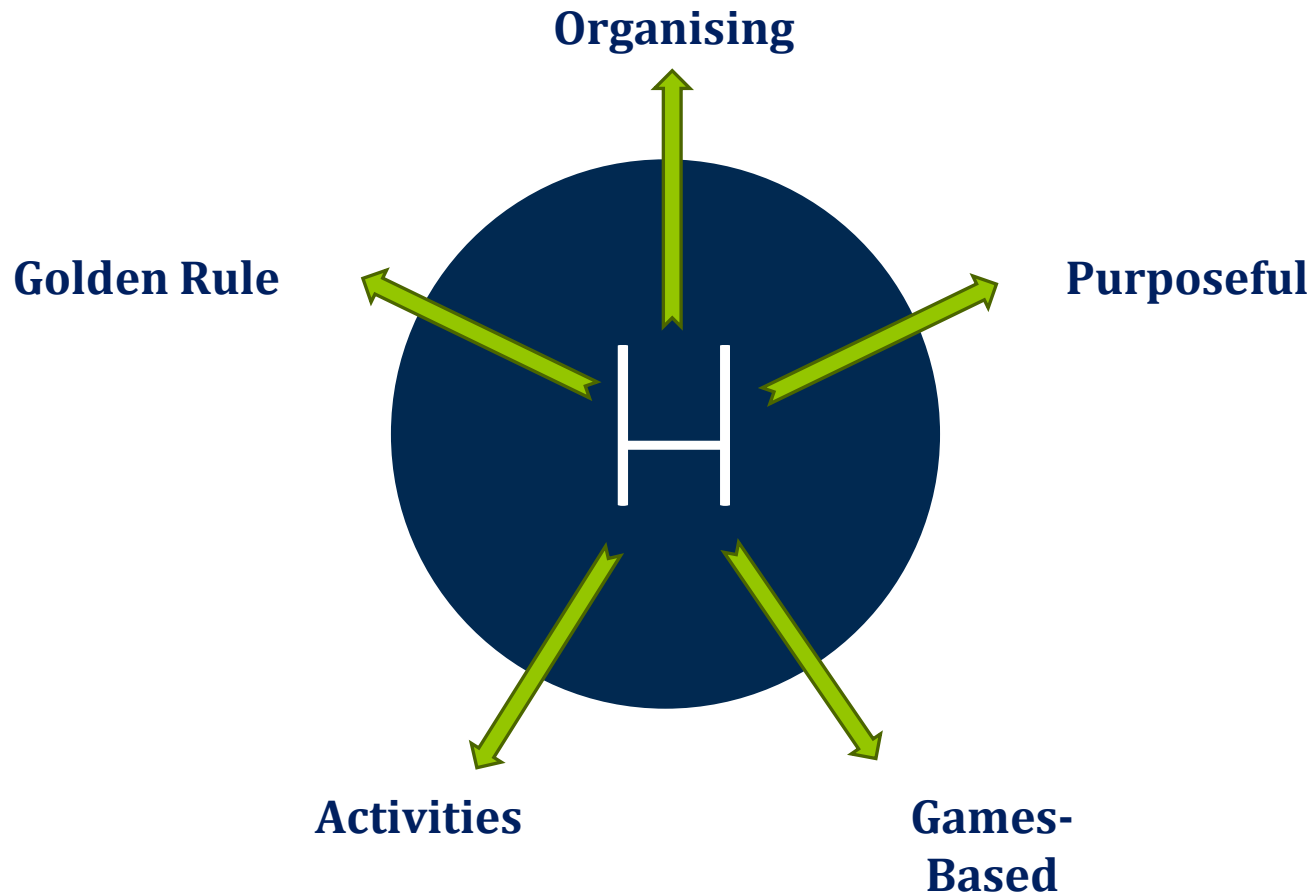
**ON THE BASIS OF
MOTIVATION & VOCATIONAL
ATTRIBUTES
(MVA)**

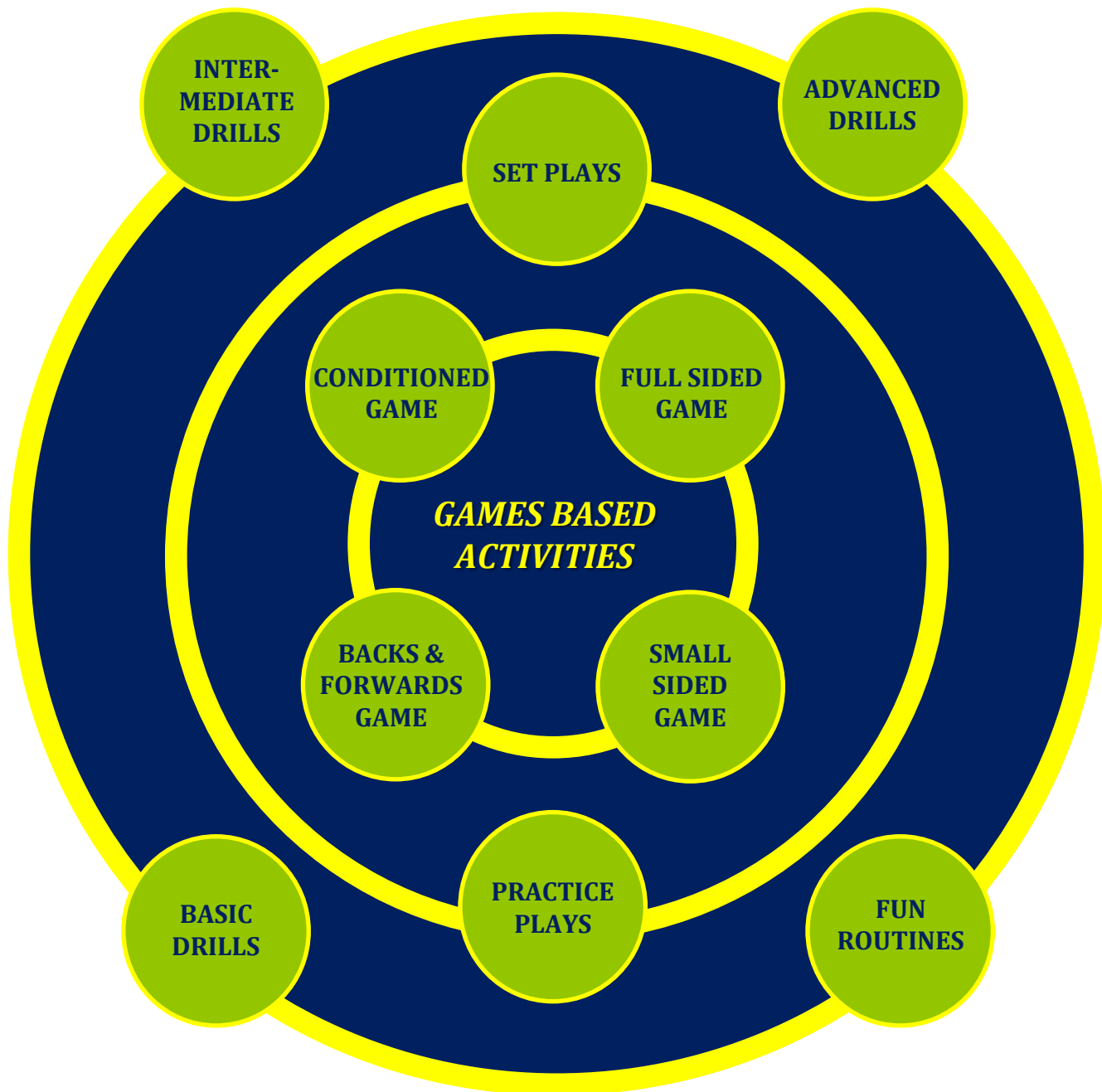


MOTIVATION

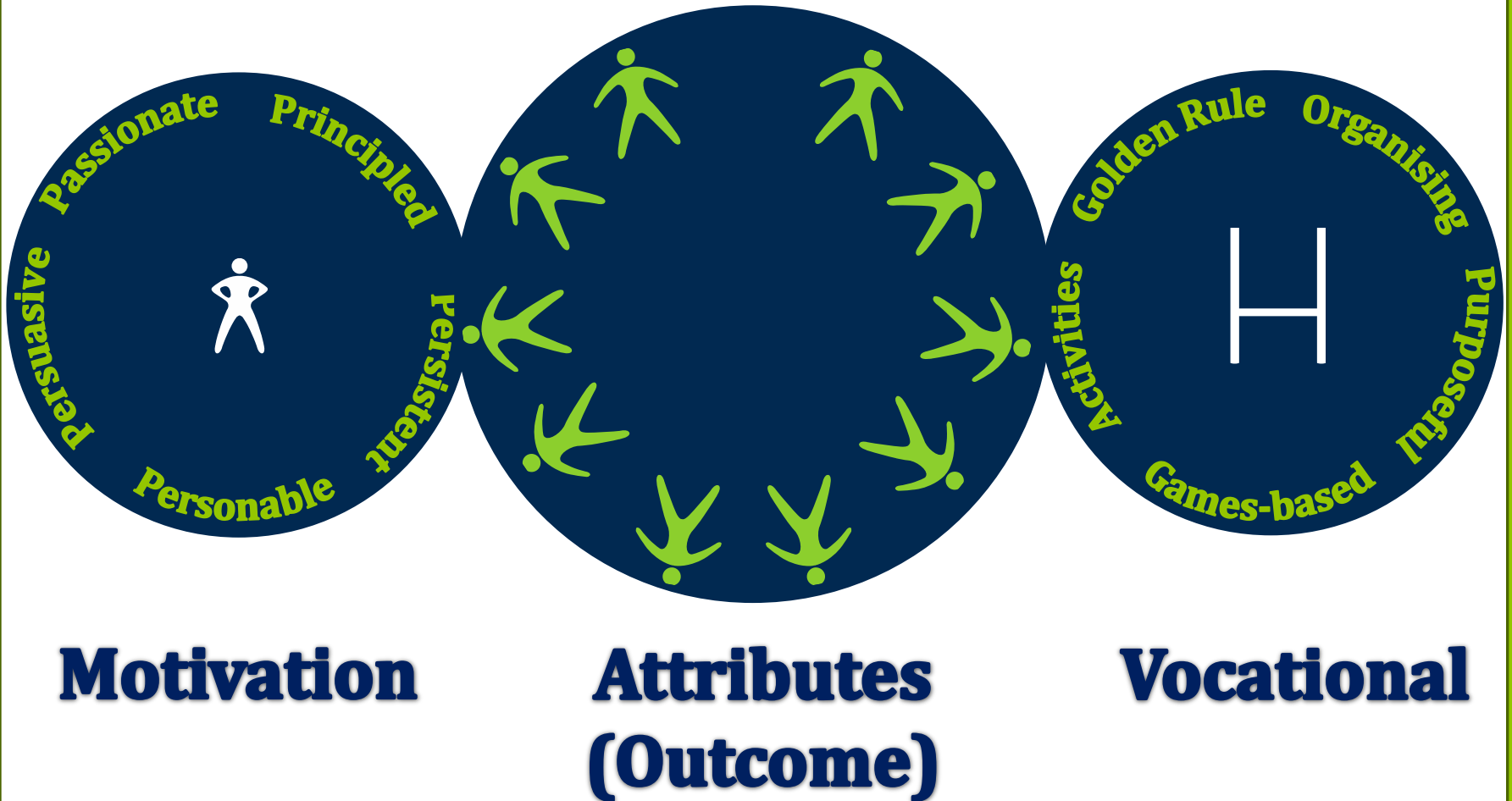


VOCATIONAL

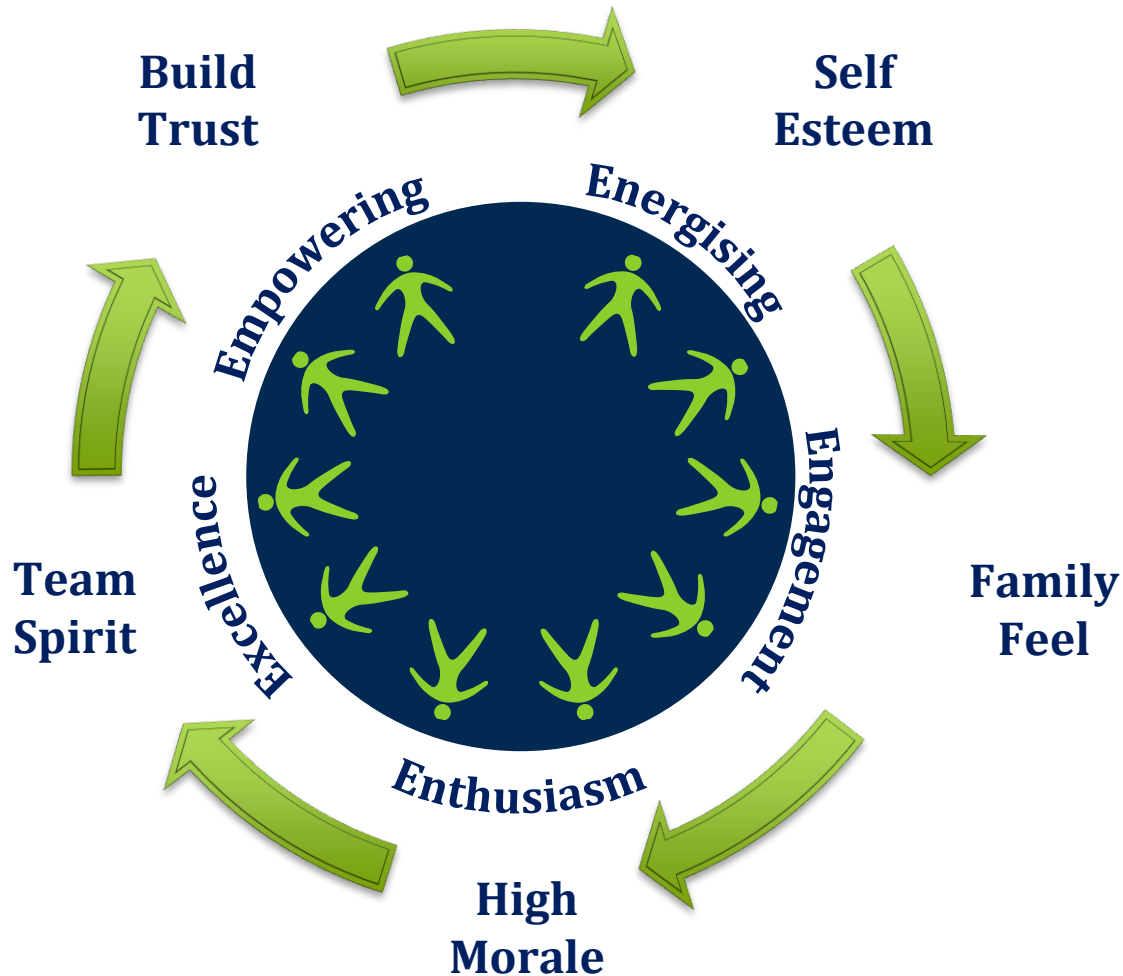




ATTRIBUTES



ATTIBUTES



MVA

The Motivation & Vocational Attributes (MVA) that inspire players to achieve Total Playing Performance (TPP).



WHAT?



HOW?



WHY?

**Because the Coach
is building...**



**Because the
Coach has the...**



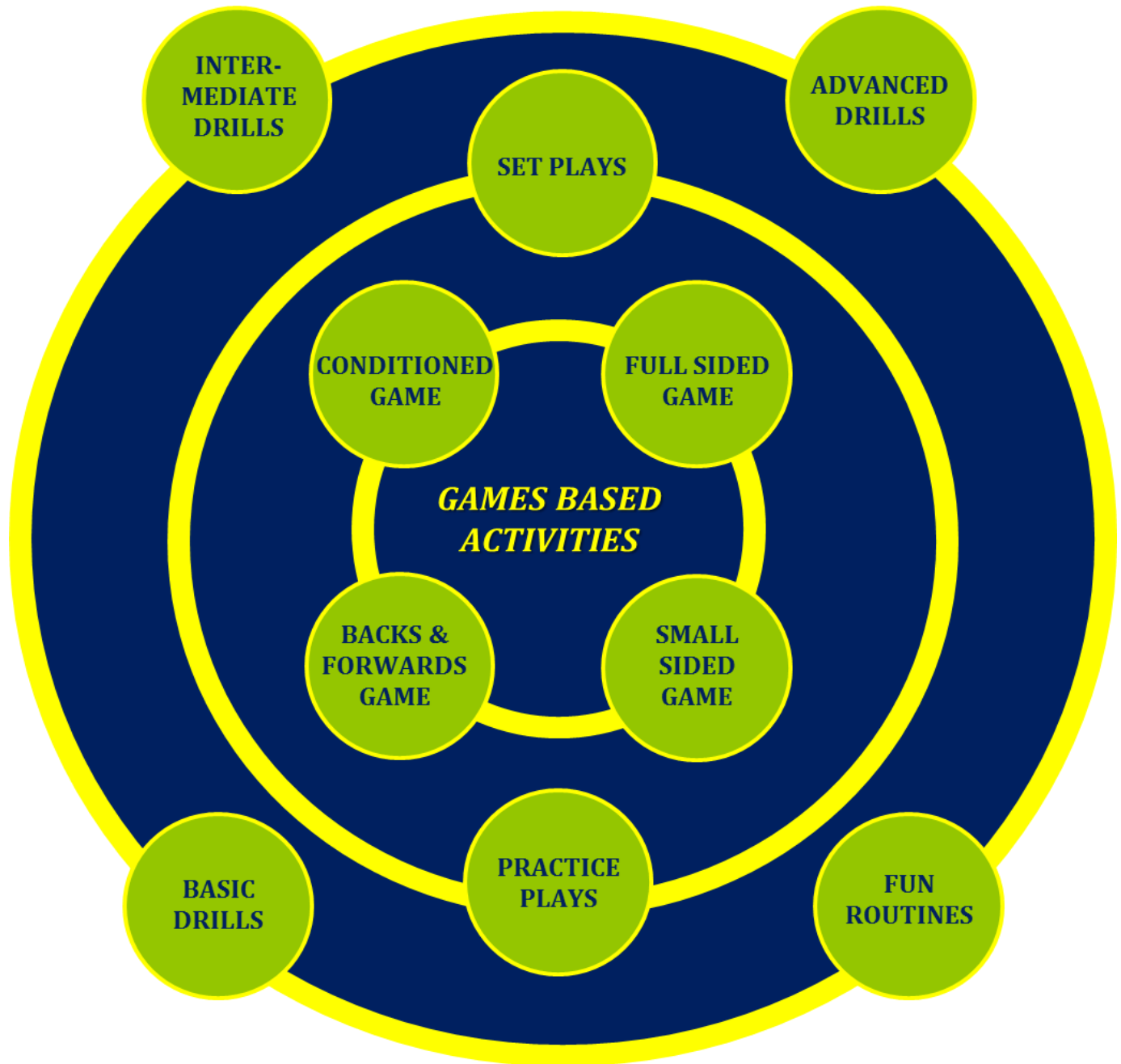
Because the Coach is operating on the basis of...
Motivation & Vocational Attributes


In 2022...





COACH¹⁰
power of ten





**“The coach who correctly understands
how a particular structure works can
prevent it from working or make it work
differently with much less effort than a
coach who does not know these things”**

- Bailey, 2001