

# Foundation 3 (F3)

## STAGE FOCUS

Commitment to Gaelic Games and Active Lifestyle



## Phase Descriptor

After the consolidation of movement skills and Gaelic Games specific skills, youths begin at this sub-phase to commit to training and competition. Ultimately, the target in this phase is to retain as many players as possible so as they become lifelong participants in Gaelic Games. This phase extends from the beginning of formal competition to achieving potential at adult club level as well as providing opportunities for social and adapted games for our youth and adult players. It is inclusive of all club activities. It is in this sub-phase in which most of our players reside.

## Considerations for Development and Learning

**The Player** - The focus at this stage is a real commitment to training and competition at an individual's club as well as the development of a sense of engagement and belonging within the Gaelic Games Family.

**The Game** - An appropriate games programme will provide the player with the opportunity to be challenged relatively to their stage of development and continue to enjoy and master the skills of the game.

## Key Support Providers in the Environment

**An effective governance structure** - this is a key ingredient to support the management and implementation of the Gaelic Games Pathway through the provision of meaningful games programmes, quality coaching and a shared understanding of the various player development inputs.

**Coach** - The coach ensures that players feel valued and promotes a positive coach player relationship. They must act as a conduit between the club, school and player development/academy/ County squads where applicable and at all times focus on the best interests of individual prospects.

**Family** - at this stage, the family's role is very much focused on emotional support for the player

**Teacher** - Where relevant, teacher ensures that players feel valued and promotes a positive teacher player relationship. They must pro-actively engage with club and player development/academy/ County squads where applicable and at all times focus on the best interests of individual prospects

## Approx. Age Range

From 12 years upwards

## Phase Outcome

Retention and lifelong participation