

# Elite/High Performance

## STAGE FOCUS

Intercounty Adult Player



E1

Adult Intercounty Player

### Phase Descriptor

Players at this stage achieve elite status through selection and representation on their adult inter-county team. This level is characterised by effective deliberate programming including guidance and support prior to, during and following early elite competition experiences. Support and management of the personal and sport careers i.e. Gaelic Games and work/study, is a critical component at this stage.

### Considerations for Development and Learning

**The Player** - This stage requires a commitment from the player that is driven by intrinsic motivation. The player is exposed to multi-disciplinary supports to enable them to manage the demands of adult intercounty performance.

**The Game** - The game continues to provide the opportunity to assist players in their development, however, the priority at this stage is on achieving results through high performance. The games programme provided the opportunity to players to showcase the outcome of their journey through the Gaelic Games Player pathway.

### 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 has an in-depth knowledge of the phase and works with a multi-disciplinary performance team to achieve the phase outcomes. They must act as a conduit between club and county 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.

**3rd Level College** - The 3rd level coach has an in-depth knowledge of the phase and promotes a positive coach player relationship. They liaise with club and intercounty coaches where applicable and at all times focus on the best interests of the player.

### Approx. Age Range

23+

### Phase Outcome

Manage players work/sport balance by providing support & guidance before, during and after their early adult competition experiences