

# Course Objectives

By the end of this course, participants will be able to:

1. Describe the Coach you want to be...
2. Identify the Skills of Gaelic Games
3. List the six 'How to Coach' competencies & How to apply them into your Coaching Practice
4. Organise progressive games & activities to develop:
  - a. Skills appropriate to players needs and abilities
  - b. Fundamental Movement Skills appropriate to Gaelic Games
5. Highlight differences & similarities while coaching different age groups
6. Plan, Organise & Deliver quality Coaching Sessions

# Fáilte

# Welcome

## Group Contract

We agree that during the course we should:

1. Be punctual
2. Value opinions of others
3. Have no put downs
4. Cooperate
5. Support & Assist others
6. Share & Exchange ideas



# Introduction to Coaching Gaelic Games

## Module 2: How to Coach

### Module Outcomes

On completion of this module, participants will be able to:

1. List the six 'How to Coach' competencies
2. Apply the six 'How to Coach' competencies in your coaching practice

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# Introduction to Coaching Gaelic Games

## Module 3: Being a Coach

### Module Outcomes

On completion of this module, participants will be able to:

1. Identify Why you want to coach and What will help you in your development as a coach
2. List the values that will be associated with you as a coach

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# Introduction to Coaching Gaelic Games

## Module 4: Movement in Gaelic Games

### Module Outcomes

On completion of this module, participants will be able to:

1. Identify the importance of Fundamental Movement Skills in Gaelic Games
2. Organise & Coach Fundamentals Movement Skills activities for Agility, Balance & Coordination (A, B, Cs)
3. Organise & Coach Fundamental Movement Skills activities for Running, Jumping & Throwing (R.J.T.s)
4. Describe the link between Fundamental Movement skills and Gaelic games

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# Introduction to Coaching Gaelic Games

## Module 5: Who are you Coaching?

### Module Outcomes

On completion of this module, participants will be able to:

1. Describe the challenges and/or issues of working with different groups
2. Rank the importance of key criteria for the Child, Youth & Adult
3. Discuss & Debate appropriate coaching behaviours when working with different groups of people

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# Introduction to Coaching Gaelic Games

## Module 6: Skill Development

### Module Outcomes

On completion of this module, participants will be able to:

1. List the skills of Hurling/Gaelic football
2. List the stages involved in coaching a skill (IDEAL)
3. Identify the key teaching points and common errors of particular skills (Head, Hands, (Hurley), Feet)
4. Organise & Oversee activities to practice the skills of Gaelic Games
5. Observe, Analyse & Generate Feedback while players are performing a skill
6. State the key rules that relate to each skill

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# Introduction to Coaching Gaelic Games

## Module 7: Introduction to our Games

### Module Outcomes

On completion of this module, participants will be able to:

1. Identify guidelines to help design what makes a game (G.A.M.E.S)
2. Categorise the different type of games available
3. Outline the benefits of Small Sided/ Conditioned Games
4. Organise Games activities in coaching sessions using Games Cards
5. Apply the STEPR method to modify or alter a game activity

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# Introduction to Coaching Gaelic Games

## Module 8: Preparation and Planning

### Module Outcomes

On completion of this module, participants will be able to:

1. Recognise the importance of having a theme to a coaching session
2. Outline factors to be considered when planning a session

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# Introduction to Coaching Gaelic Games

## Module 9: Conclusion

### Module Outcomes

On completion of this module, participants will:

1. Review the course objectives against the content delivered
2. Review the course contract
3. Identify the format and next steps on the Coaching Pathway
4. Identify the resources available

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