

Introduction to Coaching Gaelic Games

MODULE TWO How to Coach



ICGG CD Delivery Support Resource/Link:

- View an Overview of Module 2 – [CLICK HERE](#)

Module Two:

How to Coach

Module Aims:

- Participants will be introduced to the six How to Coach competencies. Coaches will be asked to demonstrate these in subsequent modules.

Learning Outcomes:

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

- List the six 'How to Coach' competencies and identify them within a best practice demonstration

Resources:

- **Assist CD with Delivery...**
 - Best Practice Skill Card for CD / Video
 - Participant Observation Sheets in Booklet
 - What SEE Coach do?
 - What HEAR Coach say?
 - Flipchart
 - What SEE Coach do & What HEAR Coach say?
 - How to Coach Poster
 - Umbrella Poster
 - How to Coach Competencies
 - IDEAL / Head, Hands, Hurley, Feet / STEPR
- **Support Videos:**
 - Module 2 Overview - [Module 2 How to Coach Video](#)

Module Two:

How to Coach

Venue: **Hall**

Duration: **35 minutes**

Content	Time	Resources	Methodology	Coach Developer / Tutor Notes
Introduction	1 min	Poster or Flipchart	Coach Developer / Tutor led presentation on the content of the module.	Display Poster or Flipchart to introduce the module and what you are going to be doing during it
<p>Best Practice Demonstration</p> <p>Focus is on the 6 'How to Coach' competencies</p> <p>Hurling/Camogie</p> <p>Grip/Swing/ Ground strike</p> <p>(cover size of hurley)</p> <p>Football</p> <p>High Catch</p>	30 mins	<p>Sheet in booklet for coaches observing to take notes</p> <p>Biros</p> <p>Flipchart – What See/Hear Coach Do/Say?</p> <p>How to Coach</p> <p>Wall Cards or Slides</p> <p>POSTER</p>	<p>Coach Developer / Tutor Led Demonstration of coaching practice using a Hurling/Camogie (Grip, Swing, Ground Strike) or Gaelic football skill (High Catch) highlighting the How To Coach Competencies</p> <p>Divide group into those taking part, and observers. Those taking part are players, while the observers observe the coach and share their observations</p>	<p>Prior to the best practice demonstration, the tutor/Coach Developer gives the participants a brief overview of the six How to Coach competencies. CD/Tutor checks for understanding re the six competencies by asking an open question such as 'Building Rapport...give an example of how a coach could build rapport?'</p> <p>Coach Developer / Tutor requests several participants to participate in the best practice demonstration. It is important at this juncture to inform participants that there is no obligation to partake in same.</p> <p>Coaches not involved in the best practice (BP) demonstration as players are divided into mini subgroups (max. 3 per group). They are asked to turn to the relevant page in their booklet and are supplied with a biro and asked to observe what is it they SEE and HEAR the coach do during the best practice demonstration and to log their feedback under the various headings provided.</p> <p>Inform the coaches not to focus on the activity as this exercise is about how the coach goes about his/her business.</p>

		<p>Umbrella Poster with key coaching principles on it</p>	<p>during the feedback.</p> <p>Coach Developer / Tutor takes feedback from observers and whole group leading to discussion about the 'How to Coach' Skills</p>	<p>The coach conducting the best practice exercise uses a fun icebreaker and a simple activity to develop the skill they are coaching. Coach focuses on demonstrating the 6 'How to Coach' competencies during this activity. The best practice demo is 10 minutes max.</p> <ul style="list-style-type: none"> • Please note, the coaches use of open questions to continually engage the group is important here <ul style="list-style-type: none"> ○ TED-PIE questions – Tell me Precisely, Explain in Detail, Describe Exactly etc. <p>Upon completion of the BP Demo, feedback on 'What did we SEE and HEAR coach do?' Coach Developer / Tutor takes feedback from observers and whole group leading back to the original discussion about the 'How to Coach' Competencies. Coach Developer / Tutors probe where required i.e. coach communicated well...Coach Developer / Tutor should probe this by asking...what did the coach do for you to think they communicated well?</p> <p>Following the above exercise, the Coach Developer / Tutor will recap the 6 How to Coach Competencies on the wall. Coach Developer / Tutor probes group where required to check for understanding.</p> <p>Umbrella Effect – The 6 'How to Coach' Competencies underpin all other coaching principles i.e. IDEAL, HHF, STEPR...all of which will be demonstrated during the course.</p> <p>How to Coach Competencies are:</p> <table style="width: 100%; border: none;"> <tr> <td style="text-align: center; width: 50%;">1. Build Rapport</td> <td style="text-align: center; width: 50%;">2. Provide Demonstration</td> </tr> <tr> <td style="text-align: center;">3. Explain</td> <td style="text-align: center;">4. Observe</td> </tr> <tr> <td style="text-align: center;">5. Analyse and Make Decisions</td> <td style="text-align: center;">6. Generate Positive Feedback!</td> </tr> </table> <p>KEY POINT - If a coach incorporates the 6 competencies of 'How to Coach' then it will form the basis of creating a positive coaching environment.</p>	1. Build Rapport	2. Provide Demonstration	3. Explain	4. Observe	5. Analyse and Make Decisions	6. Generate Positive Feedback!
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<p>Learning and Reflective Practice</p> <p>How to Coach Module</p>	<p>5 mins</p>	<p>POSTER</p> <p>Learning and Reflective Practice</p> <p>How to Coach Module</p>	<p>Using the ICGG Participant's Resource, encourage participants to reflect on the module, and it's content and how it might impact upon their coaching practice.</p>	<p>Inform participants to their coaching resource booklet and to complete the questions applicable to this module following completion of same...Participants can work in pairs to discuss same prior to logging their responses in their booklet</p>
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