

Introduction to Coaching Gaelic Games

MODULE FOUR Movement in Gaelic Games

Opportunity One – Paper to Pitch – Reinforce How to Coach Competencies



[ICGG CD Delivery Support Resource/Link:](#)

- View an Overview of Module 4 - [CLICK HERE](#)

Module Four: Movement in Gaelic Games

Module Aims:

- The aim of this module is to introduce the core fundamental movement skills for Gaelic Games movement – Agility, Balance, Coordination, Running, Jumping, Throwing

Learning Outcomes:

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

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

Resources:

- **Assist CD with Delivery...**
 - ABC and RTJ Best Practice activity Cards for CD – **cater for all ages**
 - Activity Cards for Participants – **cater for all ages**
 - Required equipment to deliver same
- **Booklet**
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- **Online Resources**
 - Functional Movement Exercises – Technical coaching points for Squat, Lunge and SLR
 - Sample activities
- **Support Videos:**
 - **Module 4 Overview - [Module 4 - Movement in Gaelic Games](#)**

Module Four:

Movement in Gaelic Games

Venue:

Hall

Duration: 90 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
Importance of Fundamentals Movement Skills 'Move well to perform well'	5 mins	POSTER Flipchart with question included – Why is 'Fundamental Movement Skills important for Gaelic Games?	Coach Developer / Tutor leads discussion and describes importance of Fundamental Movement Skills in relation to playing performance Coach Developer / Tutor poses an open question to the group and takes feedback - Why are Fundamental Movement Skills important for Gaelic Games? Post responses to above question form the group, Coach Developer / Tutor describes importance of Fundamental Movement Skills for Gaelic Games using a pre prepared flipchart	<p>Importance of movement quality or 'moving well' – three key areas required for players to perform to the best of their ability on the field of play...</p> <p>3. Sports Specific Skills – Catching, Passing, Kicking/Striking</p> <p style="text-align: center;">↑</p> <p>2. Athletic Performance – Running, Jumping, Throwing</p> <p style="text-align: center;">↑</p> <p>1. Fundamental Movement Skills – Agility, Balance, Co-ordination</p> <p>Fundamental movement skills or are very important to a players development. When confident and competent in these skills, children can develop sport-specific and complex movement skills. These skills allow children to enjoy sports and lifelong physical activities</p> <p>A player needs to be able to move well in order to be able to perform as an athlete. If there are problems with mobility, players will never be able to reach full potential. Once players can move well (twist, turn etc.) their athletic ability comes next (run and jump etc.). Finally it's the sports specific skill, can they kick a ball accurately, can they solo etc.</p> <p>If Clubs/Coaches get the ground work done well at nursery 8/9/10 age group, mobility will not be an issue when training becomes more demanding as they get older. In addition, the development of above activities will also play a key role in reduction of injuries as a player move through their playing career.</p>

<p>Fundamental Movement skills.</p> <p>Identification and Development for A,B,C and R, J, T's Using activities cards</p> <p>Opportunity No. 1 for coaches to COACH!</p> <p>KEY FOCUS areas in this module are:</p> <ul style="list-style-type: none"> • Demo How to Coach Competencies • Activities to promote FMS 	<p>85 mins</p>	<p>ABC / RTJ Task cards Fundamental Equipment pack</p>	<p>POSTER</p> <p>Coach Developer / Tutor led demonstration of sample activities to highlight the ABCs / RTJ's</p> <p>Each coach organise and coach Physical Literacy activities for Agility, Balance & Coordination (A, B, Cs) and Running, Jumping and Throwing (R, J, T's) activities</p>	<p>PART 1 - Participants engage in the practical task led by the Coach Developer / Tutor and learn by doing the various fundamental movement skill activities (ABC's and RTJ's). Coach conducts at least one activity per area.</p> <p>PART 2 - Coach Developer / Tutor assigns fundamental movement skill activities for Agility, Balance & Coordination (A,B,C's) and Running, Jumping & Throwing (R.J.T.s) for coaches to deliver.</p> <p>During the practical, CD/Tutor continually reinforces the importance of FMS and Gaelic games. All of the skills of Gaelic Games have more than one element of fundamental movement attributed to each skill. Therefore, the importance of developing them to complement the specific skills of Gaelic games is key.</p> <p>Coach Developer / Tutor asks the following questions during the above practical at appropriate time...</p> <ul style="list-style-type: none"> • Why would agility need to be developed? • How important is Balance in Gaelic Games? • What skills of your game would you associate with Coordination and so on... <p>In addition during the practical throughout, CD/Tutor poses questions to participants around inclusion at appropriate times. Following questions may assist with discussion throughout the session.</p> <ol style="list-style-type: none"> 1. What would you do if you had green cones on the grass and a player was struggling to see them? - Change the colour of the cones to a more contrasting colour like yellow – Player could have visual Impairment 2. What would you do if you explained a drill and a player did not understand what to do? - Show them with a clear visual demonstration – Player could have intellectual disability 3. What would you do if a player had poor coordination and was struggling with a skill? - Break it down into smaller bits and get them to practice each bit before putting it all together - Player could have dyspraxia 4. What would you do if a player wasn't getting any touches of the ball in a game at training? - Make small sided games (reduce the number of players, increase the number of balls) and
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				<p>ensure everyone touches the ball before the team can score OR create zones and the ball has to pass through each zone to get to the score line – Player could have</p> <p>In essence, what you are saying is that regardless of a player’s ability, you as coach have to ADAPT your session/activity to meet their needs.</p> <p>Regardless of a player’s perceived lack of ability (or in some cases disability), we as coaches need to focus on what players can do and not what they can’t. It is our responsibility as coaches to ADAPT what we are doing so that a player can participate. Later in the course we will refer to a coaching principle (STEPR) that will assist with this</p>
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Female Note:

Coach Developer / Tutor highlights the effects of lower limb injury in our female sport in particular ACL/knee injuries. **Females 6-8 times more likely to suffer ACL injury than their male counterparts. Females are 12 times more likely to suffer another ACL injury on the other leg after initial injury.**

These facts emphasises that females are at a much higher risk of ACL and lower limb injury (especially the knees) due to their biomechanical make up. A females’ hips are naturally wider than the males and therefore the angle of the muscles and ligaments that are attached to the knee are at a different angle to males therefore putting more pressure on the knee and causing instability and are at even greater risk of re-occurring injury.

Coach Developer / Tutor explains that while injury will happen in sport – we can never eradicate all injury – doing regular movements that include exercises like **squatting, lunging** and **Straight Leg Raises** demonstrated

<p>Learning and Reflective Practice</p> <p>Movement in GG</p>	<p>5 mins</p>	<p>Learning and Reflective Practice</p> <p>Movement in GG Module</p>	<p>Using the IGGC 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 refer to pg. 9 of the coaching workbook 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 booklets</p>
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