

2024 COACHING Conference

SATURDAY 23RD NOVEMBER
CROKE PARK

COACHING FOR THE FUTURE



Gaelic Games
**COACH
PATHWAY**

Gaelic Games
**PLAYER
PATHWAY**

The Retention Game #1

The ICOACHKIDS Pledge & Resources

Prof Sergio Lara-Bercial, PhD
Leeds Beckett University



ICOACH
KIDS



GAELIC GAMES
**COACH
PATHWAY**



The Global Picture

81% 500M

OF ADOLESCENTS WORLDWIDE
DO NOT MEET THE WORLD
HEALTH ORGANISATION PHYSICAL
ACTIVITY GUIDELINES
(84% FOR GIRLS)

NEW CASES OF
NONCOMMUNICABLE DISEASES
BETWEEN
2020-2030

\$300B

COST OF TREATING
THESE NCDs



ICOACHKIDS



Youth Sport Participation Trends Across Europe: Implications for Policy and Practice

Stacey Emmonds^a, Kevin Till ^a, Dan Weaving ^a, Alan Burton ^a, and Sergio Lara-Bercial ^{a,b}

^aLeeds Beckett University; ^bICOACHKIDS

ABSTRACT

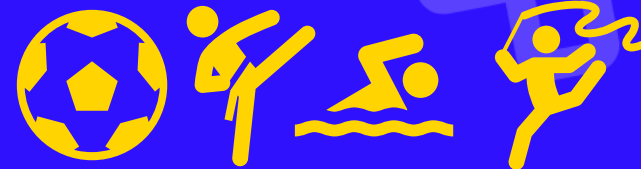
Purpose: Despite the known health and wellbeing benefits of taking part in sport for children and adolescents, it is reported that sports participation declines during adolescence. The purpose of this study was to explore current organized youth sport participation rates across Europe for both males and females and update current understanding. **Method:** Sport participation registration data was collected for 18 sports from 27 countries. In total, participation data was collected from over 5 million young people from Under 8s (U8s) to Under 18s (U18s). Differences in the participation rates between age categories were investigated using a generalized linear mixed effects model. **Results:** Overall, males were four times more likely to participate in organised youth sport than females' participants, with this trend apparent across all age categories and across most sports. There was a significant decrease across sports in participation rates for males during adolescence from U14-U16 and U16-U18. There was a significant decrease in participation rates for females from U14-U16 for most sports except but an increase in participation rates from U16-U18 for 12 out of 18 sports. Soccer (1262%), wrestling (391%) and boxing (209%) were the sports that had greater male sport participation rates. In contrast, dance sports (86%) and volleyball (63%) had more female participants than males. This research shows male sports participation is significantly greater than female in youth sport across Europe. **Conclusion:** Furthermore, findings showed that for both male and female participants, participation rates increased from U8-U14 for the majority of sports followed by reduced participation rates during adolescence. Findings of this research can be used by national governing bodies and sporting organizations to inform youth sport participation initiatives.

ARTICLE HISTORY

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Accepted 23 October 2022

KEYWORDS

Drop out; participaiton;
physical activity; youth sport



18 SPORTS



27 COUNTRIES



MOST SPORTS 20-40%



MOST SPORTS 40-70%)

12-14

YEARS OLD



ICOACHKIDS

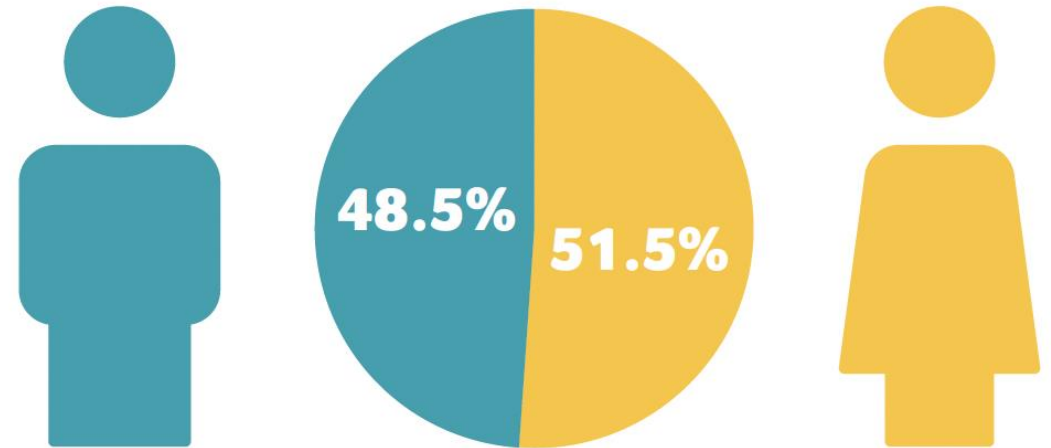


SO, how is GAA doing?

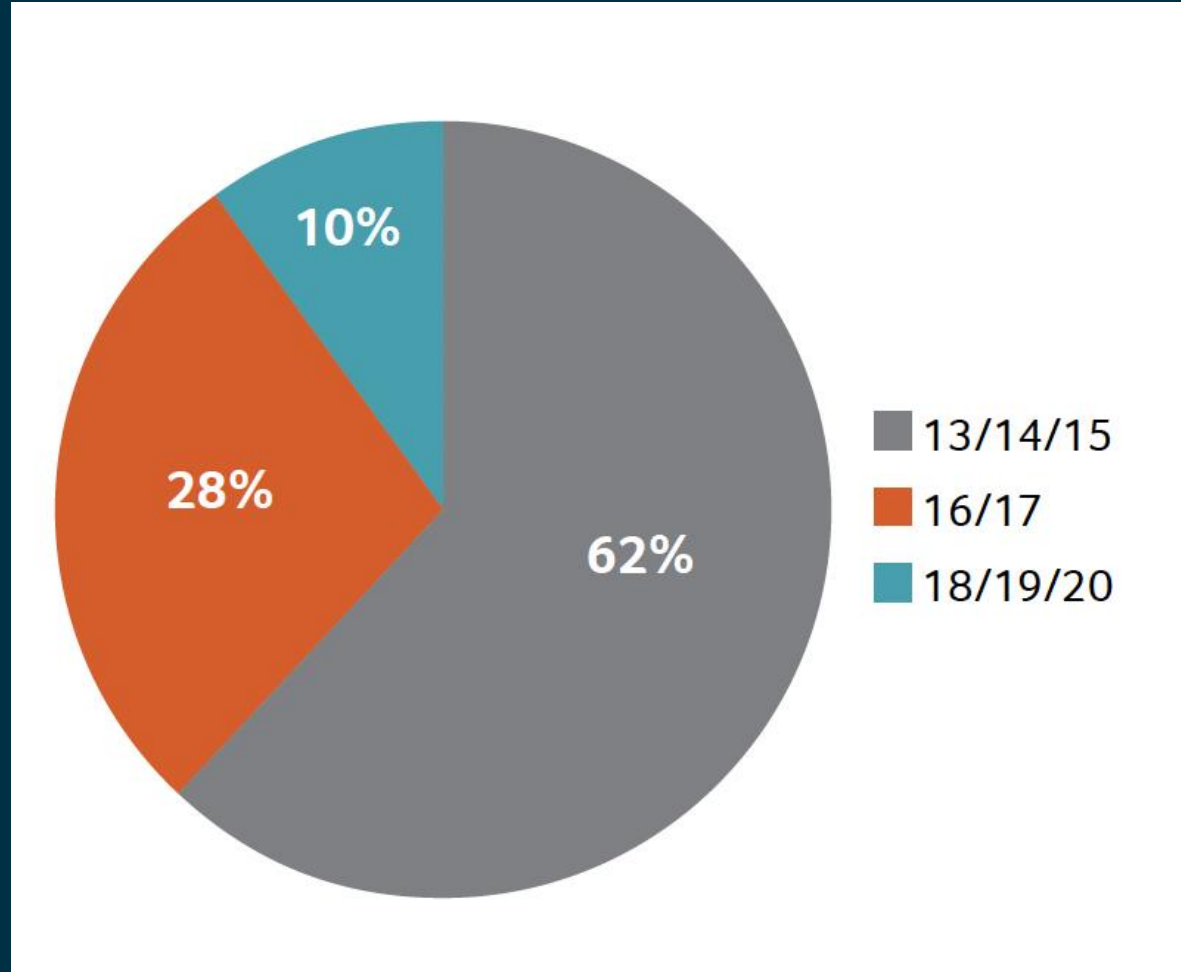


In total, 48.5% (n = 2449) of the participants were male and 51.5% (n = 2600) were female.

FIGURE 1: Gender profile of participants



SO, how is GAA doing?





But Why????



Enhancing Youth Sport Participation in the EU: Rates, Motivations, Barriers and Ways Forward

Intellectual Output 1 of Erasmus+ Project: ICOACHKIDS+

Authors:

Prof. Sergio Lara-Bercial
Dr. Stacey Emmonds
Prof. Kevin Till
Dr. Gareth Jowett
Dr. Adam Gledhill



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Erasmus+ Programme
of the European Union



ICOACHKIDS



Top 10 Reasons for Dropout



1. HAD TO
PRIORITISE STUDIES



2. PERFORMANCE
RELATED STRESS



3. FOUND OTHER
THINGS TO DO



4. STOPPED
ENJOYING IT



5. NO ONE HELPED
ME TO STAY



6. I DIDN'T THINK
I WAS GOOD
ENOUGH



7. NOT AS GOOD
AS MY FRIENDS



8. NOT ENOUGH
PLAYING TIME



9. EXPECTATIONS
FROM COACHES



10. NOT WORTH THE
EFFORT



ICOACHKIDS



Things that matter more to girls than boys...



HAD TO PRIORITISE STUDIES



PERFORMANCE RELATED STRESS



FOUND OTHER THINGS TO DO



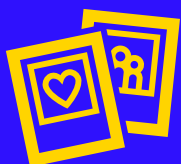
NO ONE HELPED ME TO STAY



I DIDN'T THINK I WAS GOOD ENOUGH



EXPECTATIONS FROM COACHES



NO CLOSE FRIENDS IN SPORT



DID NOT ENJOY COMPETING



DID NOT LIKE HOW I LOOKED



NOT GIRLS-ONLY PROVISION



ICOACHKIDS



Reasons for Dropout at Different Ages...

6-8 Years



Didn't think I was good enough



No close friends in sport

9-11 Years



Stopped enjoying it



No one helped me stay

12-18 Years



Found other things to do



Had to prioritise studies



Between Country Differences



HAD TO
PRIORITISE STUDIES



PERFORMANCE
RELATED STRESS



FOUND OTHER
THINGS TO DO



NO ONE HELPED
ME TO STAY



SO, how is GAA doing?

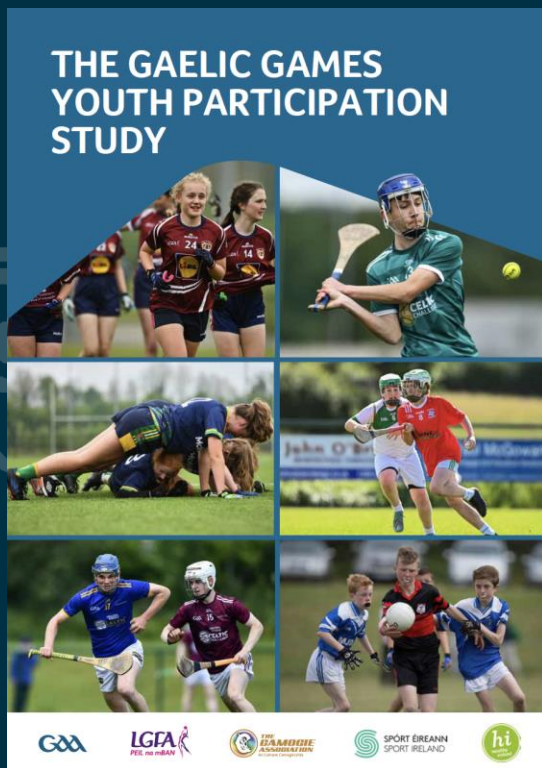


TABLE 4: Reasons for stopping participation in non-Gaelic games sports

	Overall % (n)	Male % (n)	Female % (n)
I preferred playing Gaelic games	65.4 (700)	71.6 (352)	60.1 (348)
Not enough time	52.5 (562)	53.4 (262)	51.8 (300)
Training times clashed	43.6 (466)	45.2 (222)	42.1 (244)
I lost interest	33.2 (355)	33.2 (163)	33.2 (192)
I was not having fun	24.6 (263)	23.8 (117)	25.2 (146)
Friends stopped playing	10.9 (117)	9.6 (47)	12.2 (70)
Poor location	8.9 (94)	8.6 (43)	8.8 (51)
I did not like the coach	9.2 (98)	9 (44)	9.3 (54)
Focus on studies	7.6 (81)	6.7 (33)	8.3 (48)
I preferred team sports	8.6 (92)	5.1 (25)	11.6 (67)
I got injured	6.6 (71)	5.9 (29)	7.3 (42)
It was too competitive	4.3 (46)	2.6 (13)	5.7 (33)
My parents couldn't afford the cost	2.3 (25)	1 (5)	3.5 (20)
I felt pressured to leave	2.1 (22)	2.6 (13)	1.6 (9)

SO, how is GAA doing?

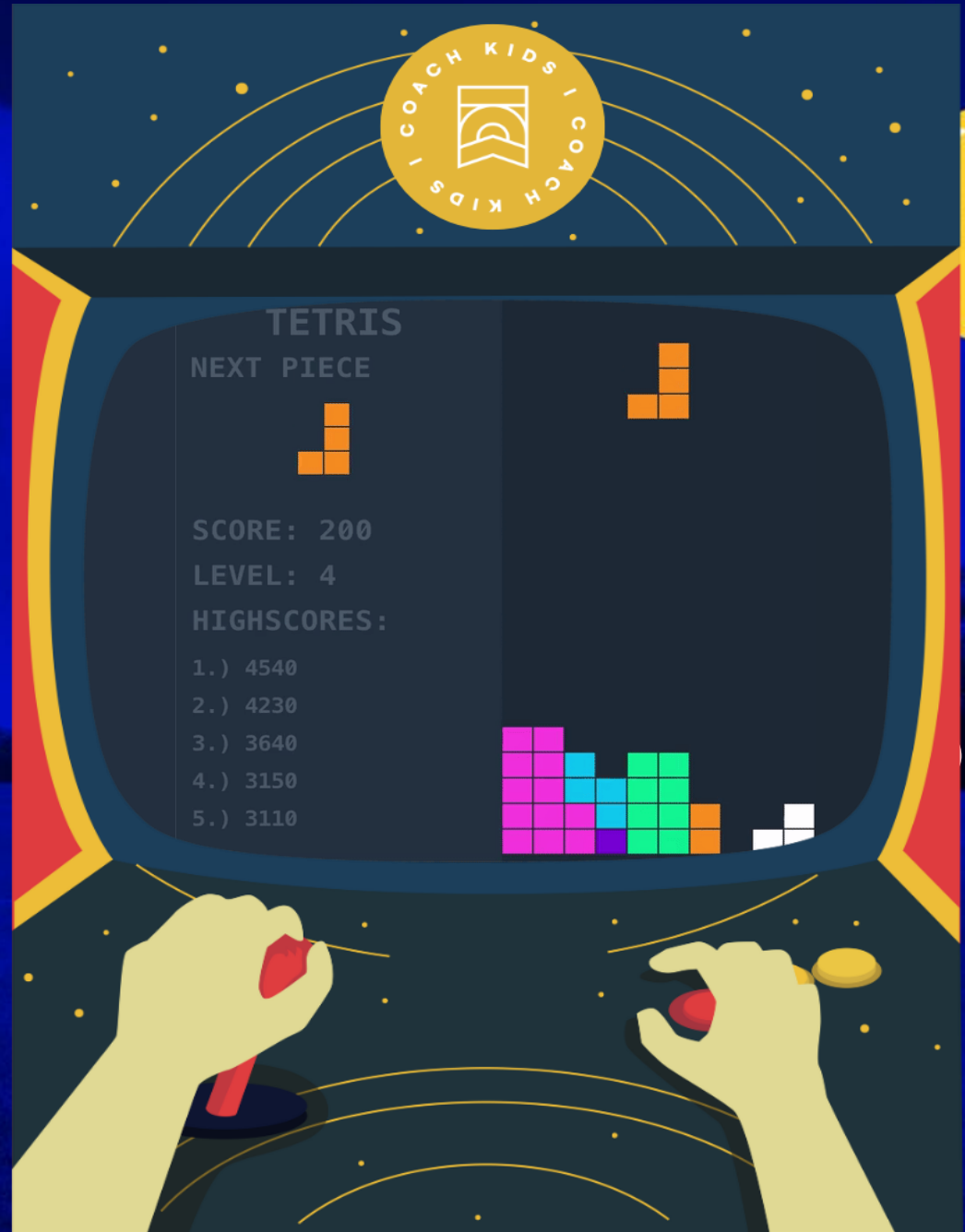


TABLE 11: Reasons for continued participation in Gaelic games. The top three reasons are shaded.

	Overall % (n)	Males % (n)	Females % (n)
I enjoy being competitive	37.4 (1887)	40.2 (984)	34.7 (903)
My friends are playing	31.6 (1594)	32.2 (788)	31.0 (806)
I am good at Gaelic games	26.2 (1323)	28.2 (691)	24.3 (632)
I would like to play inter-County	24.8 (1254)	27.8 (682)	22.0 (572)
I get on well with my teammates	23.8 (1201)	21.0 (514)	26.4 (687)
I want to be successful with my Club	22.5 (1135)	25.4 (622)	19.7 (513)
I want to stay healthy	19.1 (962)	16.6 (407)	21.3 (555)
I am motivated to improve	17.0 (859)	18.3 (449)	15.8 (410)
I want to play in Croke Park	12.9 (649)	13.6 (333)	12.2 (316)
I get lots of opportunity to play games	12.0 (607)	12.0 (295)	12.0 (312)
The standard of coaching is good	6.8 (343)	7.1 (174)	6.5 (169)
It helps me relieve stress	6.3 (319)	3.9 (96)	8.6 (223)
My parents want me to stay playing	6.0 (304)	5.0 (123)	7.0 (181)
My Club is successful	5.6 (284)	5.2 (127)	6.0 (157)
I get on well with my coach	5.5 (279)	5.6 (138)	5.4 (141)
The facilities are good	2.9 (148)	3.4 (83)	2.5 (65)
The programming/ schedule of games is good	1.2 (59)	1.6 (38)	0.8 (21)



**HOUSTON,
WE HAVE A PROBLEM**





**Children are NOT
Mini-Adults...**



**Make the sport fit the child,
Not the child fit the sport**



**Coaches Are
Environmental Architects**



PARTNERS





**Making sure all
youth participants
are INSPIRED TO
STAY IN SPORT FOR
LIFE**

THE WHY



Championing sport policy, education and practice that **PUTS KIDS FIRST**

THE WHAT

THE ICOACHKIDS PLEDGE

#1 Be Child-Centred

#2 Be Holistic

#3 Be Inclusive

#4 Make it Fun and Safe

**#5 Prioritise the the Love of Sport Over Learning
Sport**

#6 Focus on Foundation Skills

#7 Engage Parents Positively

#8 Plan Progressive Programmes

#9 Use Different Methods to Enhance Learning

#10 Use Competition in a Developmental Way





#1 BE CHILD-CENTRED





SO, how is GAA doing?

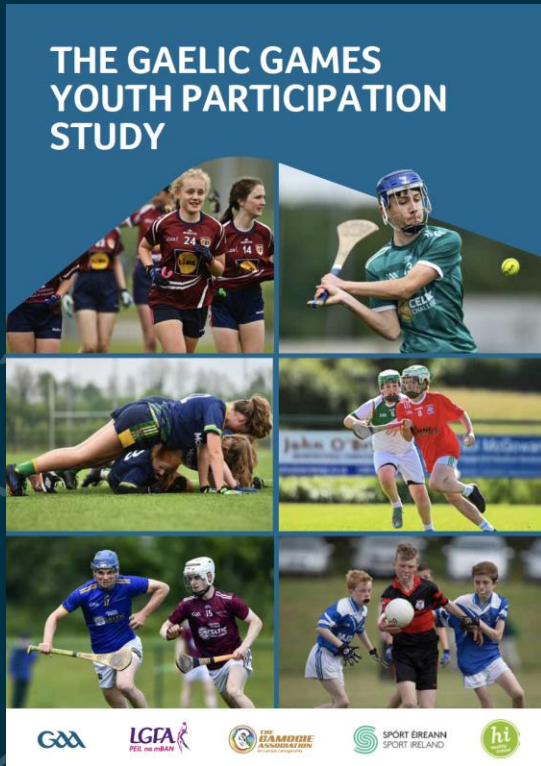
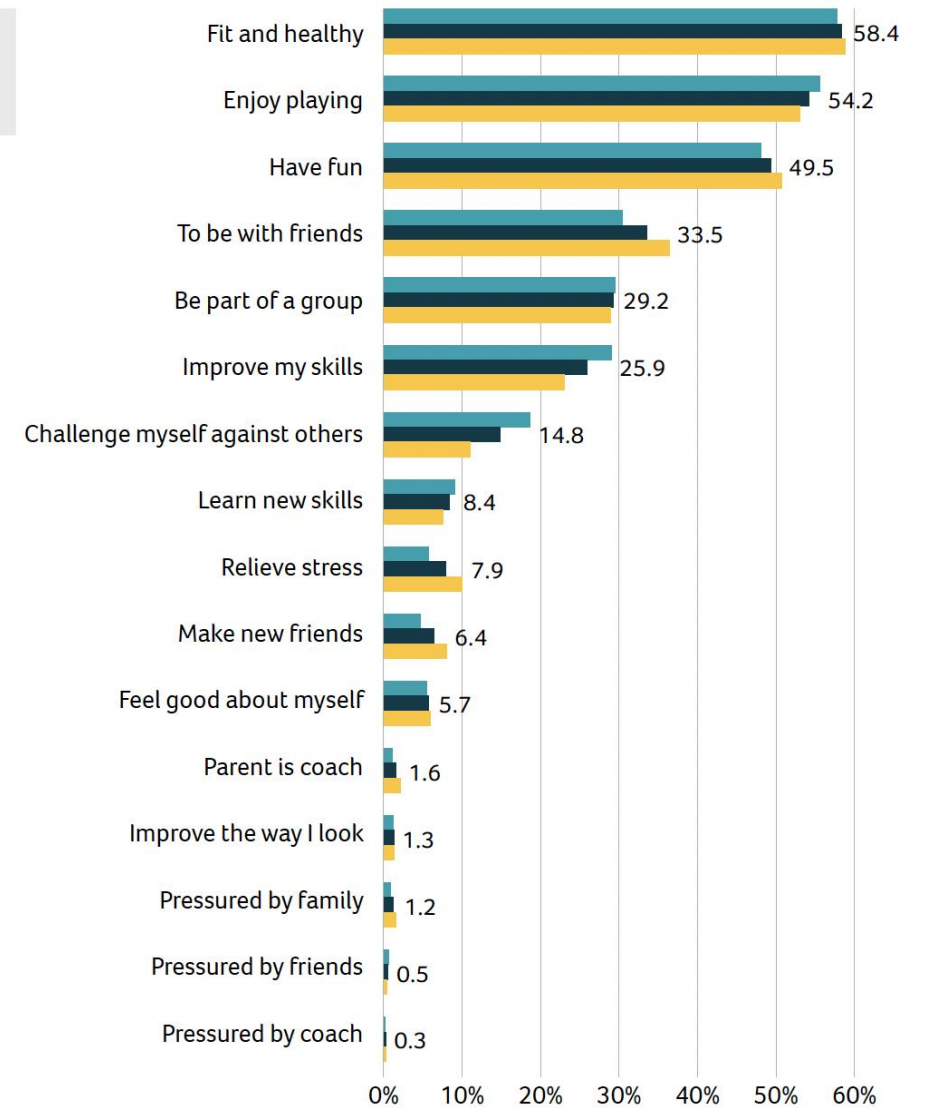


FIGURE 8: Motives for participation in Gaelic games (overall % shown)





SO, how is GAA doing?



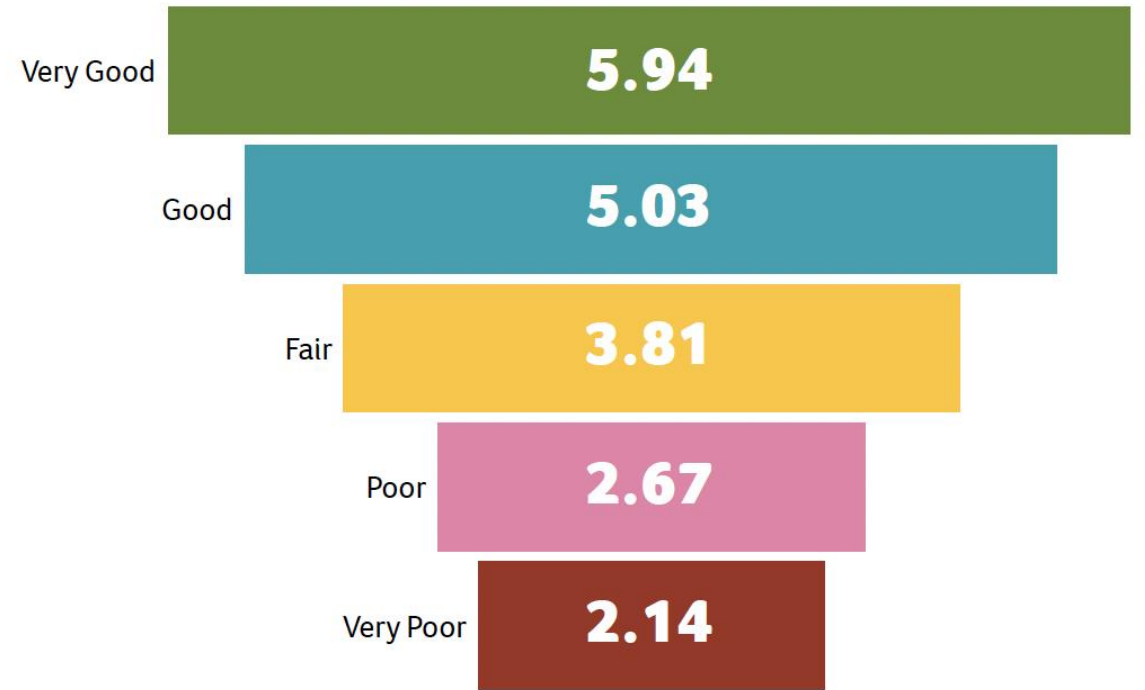
TABLE 10: Average coaching environment score by all participants, male respondents only, and participants respondents only

	Overall	Males	Females	Cohen's d
I feel that my coach has provided me with choices and options	5.27	5.37	5.17	$d=0.10$
I feel understood by my coach	5.24	5.36	5.15	$d=0.11$
My coach conveys confidence in my ability to make changes	5.34	5.44	5.26	$d=.096$
My coach encourages me to ask questions	5.14	5.20	5.11	$d=.049$
My coach tries to understand how I see things before suggesting a new way to do things	4.73	4.81	4.66	$d=.073$

SO, how is GAA doing?

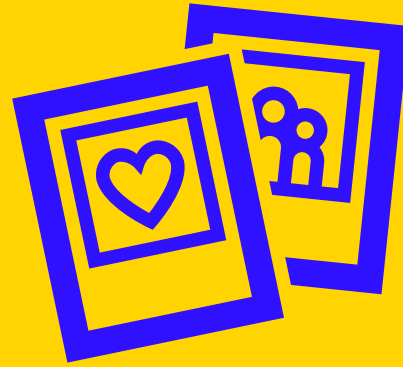


FIGURE 24: Comparison of reported past 12-month experience in Gaelic games (Very Poor to Very Good) with Coaching Experience score (2.14 - 5.94)

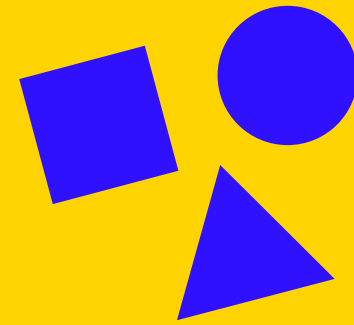




FUN



FRIENDS



LEARNING



#2 BE HOLISTIC





The SPEC Model (Lara-Bercial et al., 2012)

Beyond Performance: Guidelines to Create Holistic Talent Development Environments

Intellectual Output 2 of Erasmus+ Project: ICOACHKIDS+



Athletic Skills

The development of the skills and characteristics (i.e., technical, tactical, physical, psychosocial) needed to progress towards higher levels of athletic performance and competition.



Health and Wellbeing

The promotion, development, safeguarding and maintenance of physical, mental and social health and wellbeing.



Life Readiness

The development and application of attitudes and skills required to succeed in and outside of sport, now and in the future.

Authors:

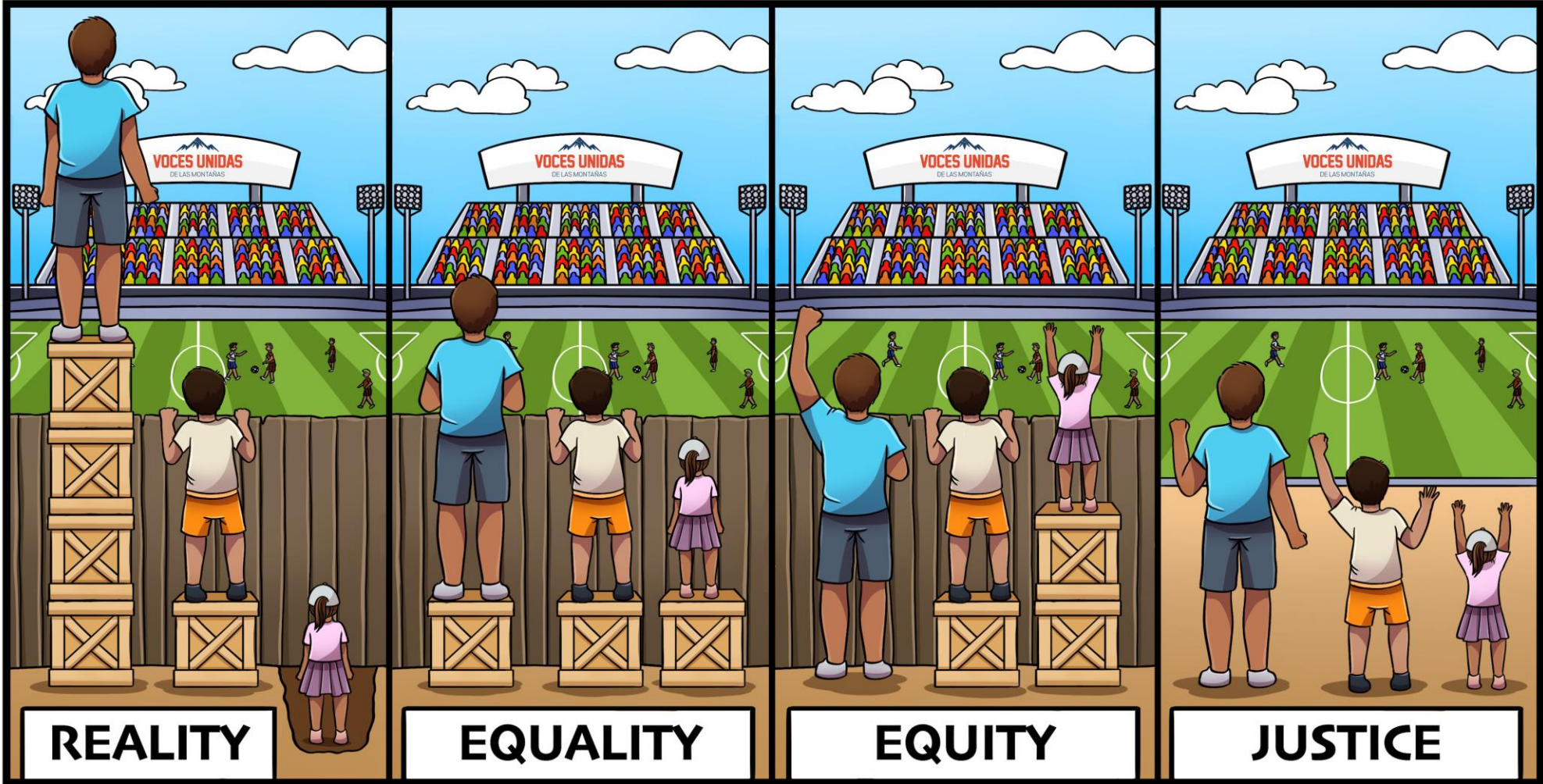
Barnaby Sargent Megicks
Prof. Sergio Lara-Bercial
Prof. Kevin Till
Dr Fieke Rongen



#3 BE INCLUSIVE

**THE
ICOACHKIDS
PLEDGE**





REALITY

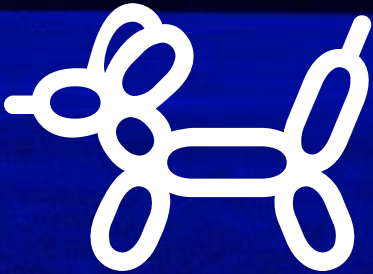
EQUALITY

EQUITY

JUSTICE



#4 MAKE IT FUN AND SAFE



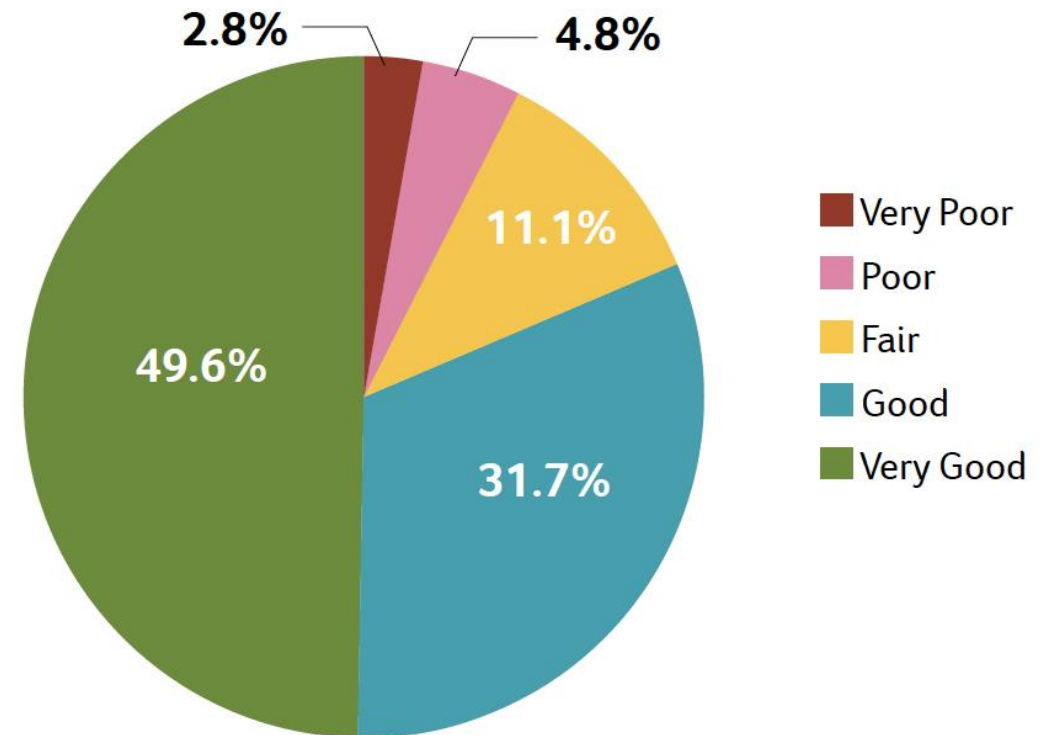




SO, how is GAA doing?



FIGURE 23:
Participant's
perceptions of their
past 12 months
experience of Gaelic
games participation





#5 PRIORITISE FUN OVER LEARNING



Solo se puede
aprender aquello
que se ama.

Francisco Mora



We can only
learn the
things we
love.

Francisco
Mora

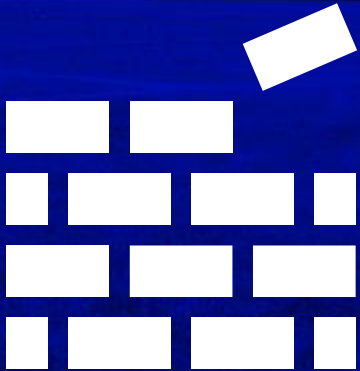


Everywhere, we learn only
from those whom we love.

Johann Wolfgang von Goethe

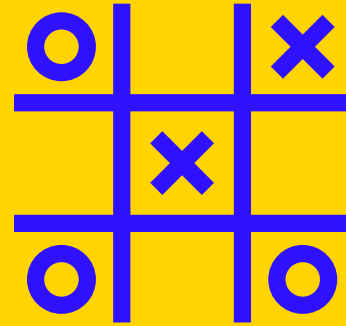


#6 FOCUS ON FOUNDATIONAL SKILLS





**MOVEMENT
SKILLS**



**PLAY
SKILLS**

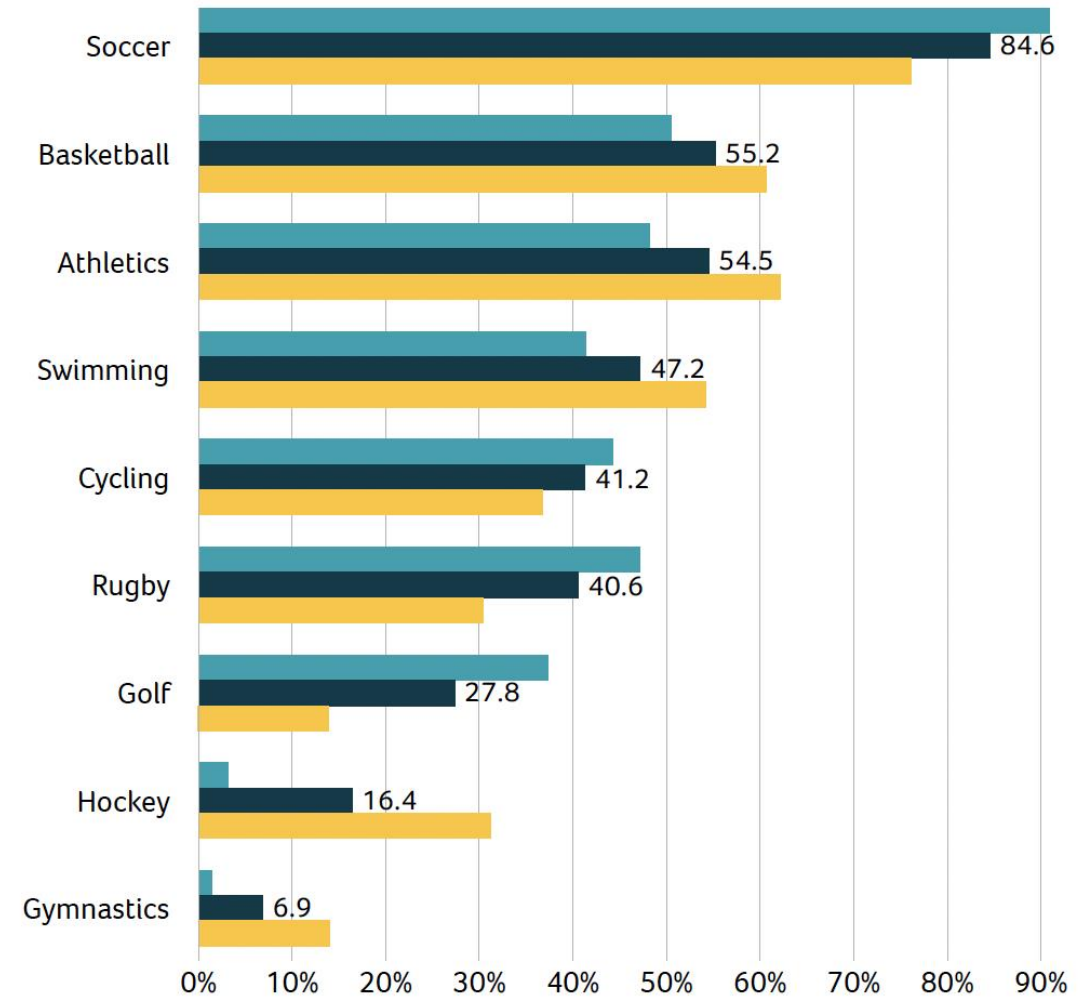


**SPORT
SPECIFIC
SKILLS**

SO, how is GAA doing?



FIGURE 21: Current Participation in Non-Gaelic games.⁷



■ Males
■ Overall
■ Females



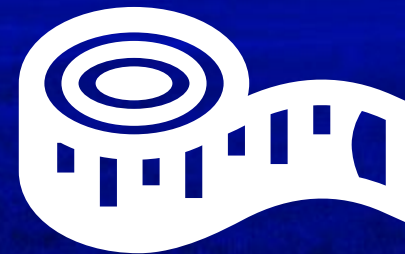
#7 ENGAGE PARENTS POSITIVELY

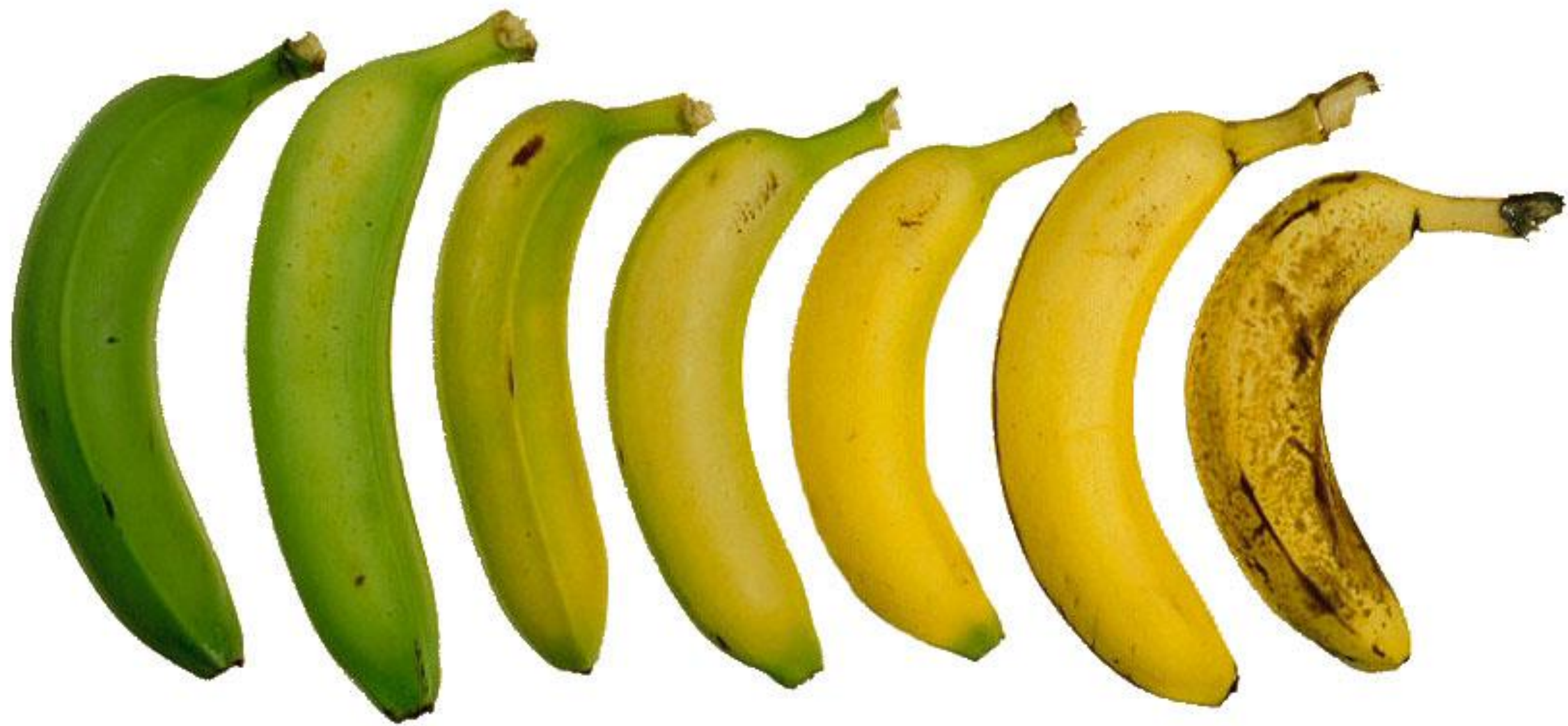






#8 PLAN PROGRESSIVE PROGRAMMES







#9 USE DIFFERENT METHODS TO ENHANCE LEARNING





Drill-Based
Explicit/Deliberate
Learning, Repetitive,
BORING

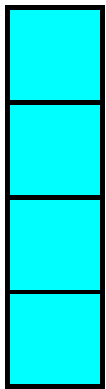


Games-Based
Implicit/Playful
Learning, Variable, FUN

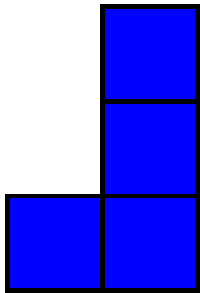


Different Learning Opportunities

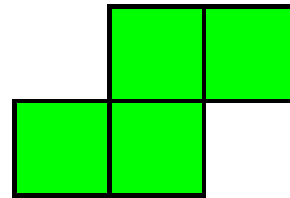
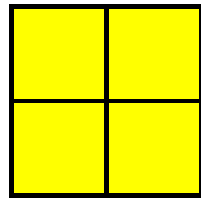
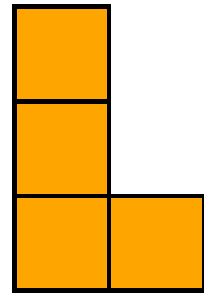
Drills



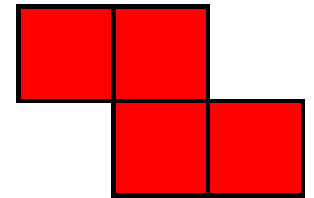
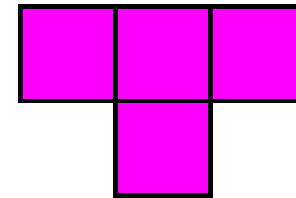
SSGs



Competitions



Peer-
Coaching



FUN
Games

Conditioned
Games

Self-
Coaching



#10 USE COMPETITION DEVELOPMENTALLY





Re-Imagine
Competition...



THE ICOACHKIDS PLEDGE

#1 Be Child-Centred

#2 Be Holistic

#3 Be Inclusive

#4 Make it Fun and Safe

**#5 Prioritise the the Love of Sport Over Learning
Sport**

#6 Focus on Foundation Skills

#7 Engage Parents Positively

#8 Plan Progressive Programmes

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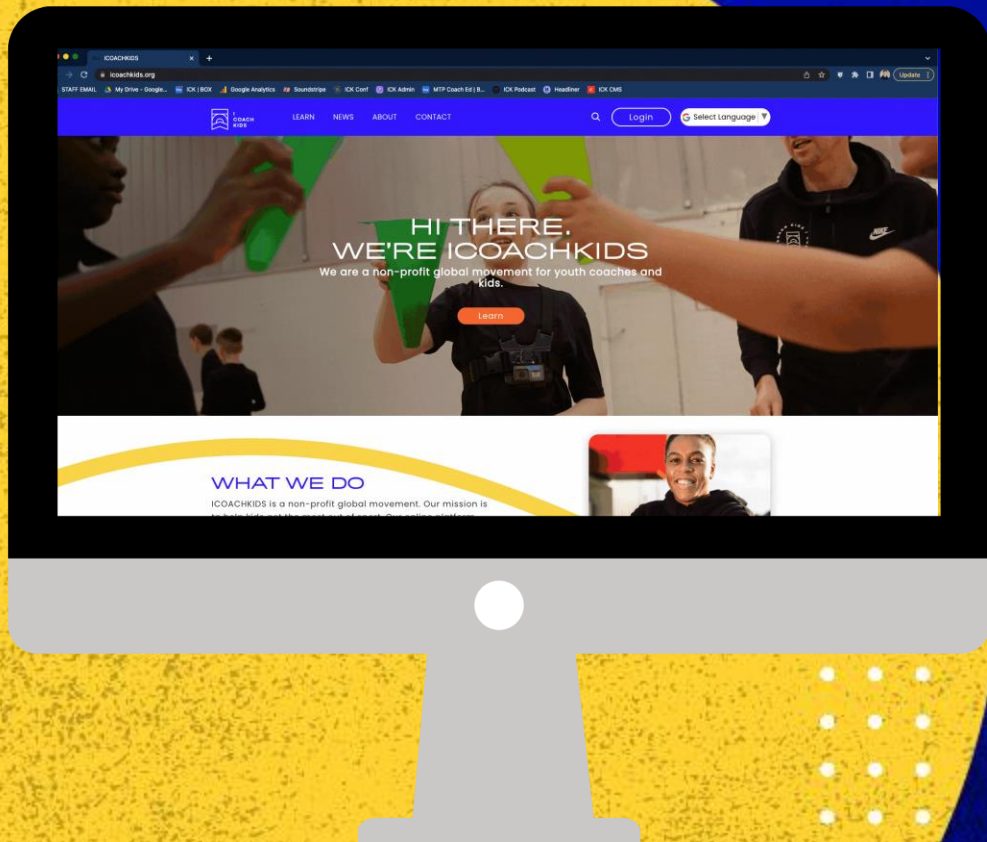






NEW WEBSITE

www.icoachkids.org



- 300+ Resources
- Multi-lingual
- Users from 200+ Countries
- Approx. 1,000 new users per day



FREE ONLINE COURSES & GUIDES



ICOACH KIDS+ 13-18

Enhancing Youth Sport Participation in the EU: Rates, Motivations, Barriers and Ways Forward

Intellectual Output 1 of Erasmus+ Project: ICOACHKIDS+

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 Dr. Gary Hodgson

Co-funded by the Erasmus+ Programme of the European Union

Project Partners:

ICOACH KIDS+ 13-18

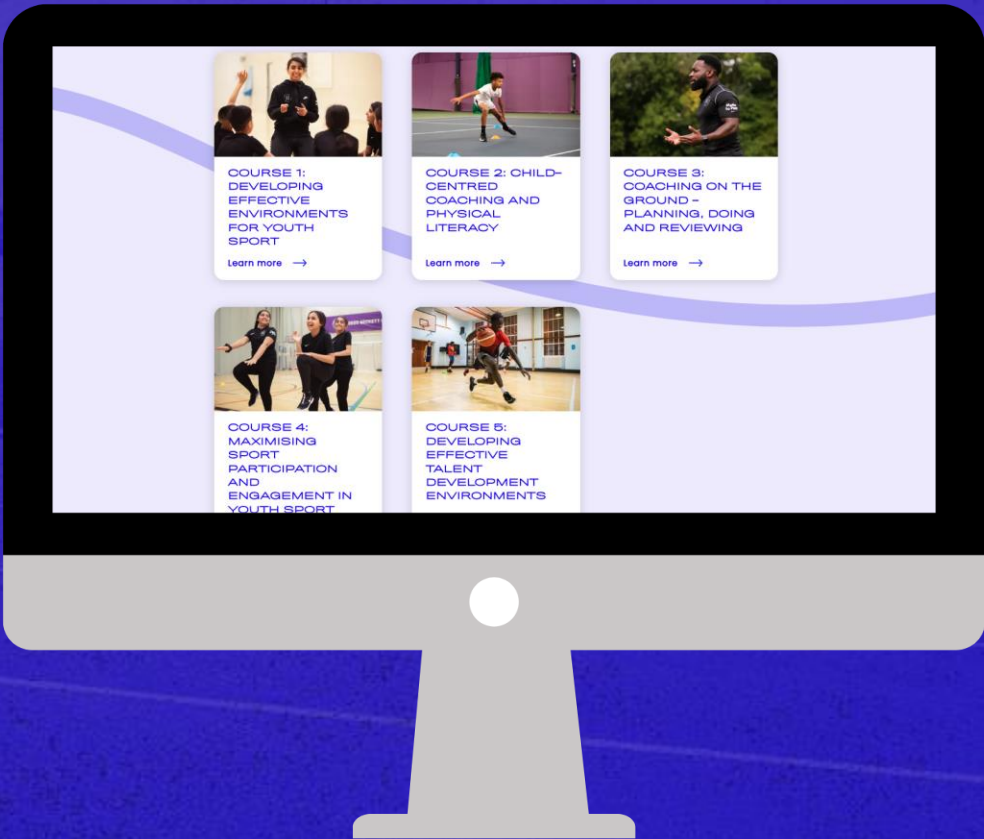
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GLOBAL AUDIENCE



From a 7-Country Project...

To reaching over 200...

Partnerships

Made
to Play



Athlete
365

FIFA



Global Movement Committee Meeting



ICOACHKIDS





And Now Coming to You!



bitly





A SERIES OF MINI COURSES



NEW

CHAPTER 1: THE ROLE OF THE CHILDREN'S COACH

Source: YouTube / Picturebox / 'Wicking & Screaming' - Official Trailer

Chapter 1: The Role of the Children's Coach

[See Course Details](#)



A SERIES OF MINI COURSES



NEW Child-Centred Coaching & Physical Literacy
Chapter 4:
Motor Skill Development and Conditioning for Children

Chapter 4: Motor Skill Development and Conditioning for Children

[See Course Details](#)



A SERIES OF MINI COURSES



NEW

MOOC 2
Child-Centred Coaching & Physical Literacy
Chapter 1:
Motivating Children in Sport

Chapter 1: Motivating Children in Sport

[See Course Details](#)



KEY MESSAGES



The iCK Pledge 10 Golden Rules for Positive Experiences



RULE #
10



Use
COMPETITION
in a developmental
way

Competition Format
and Atmosphere
Must Suit the Kids

MOOC
#1





KEY MESSAGES



GAA
WHERE WE ALL BELONG

LGFA
PEIL na mBAN

THE CAMOGIE ASSOCIATION
An Cumann Camúgachta

**SELF-ORGANISED SPORT
AND INFORMAL ACTIVITY IS STILL
VERY IMPORTANT**

GAAIC GAMES COACH PATHWAY

I COACH KIDS

GAAIC GAMES PLAYER PATHWAY



Join the ICK Family!

