

2024 COACHING Conference

SATURDAY 23RD NOVEMBER
CROKE PARK

COACHING FOR THE FUTURE

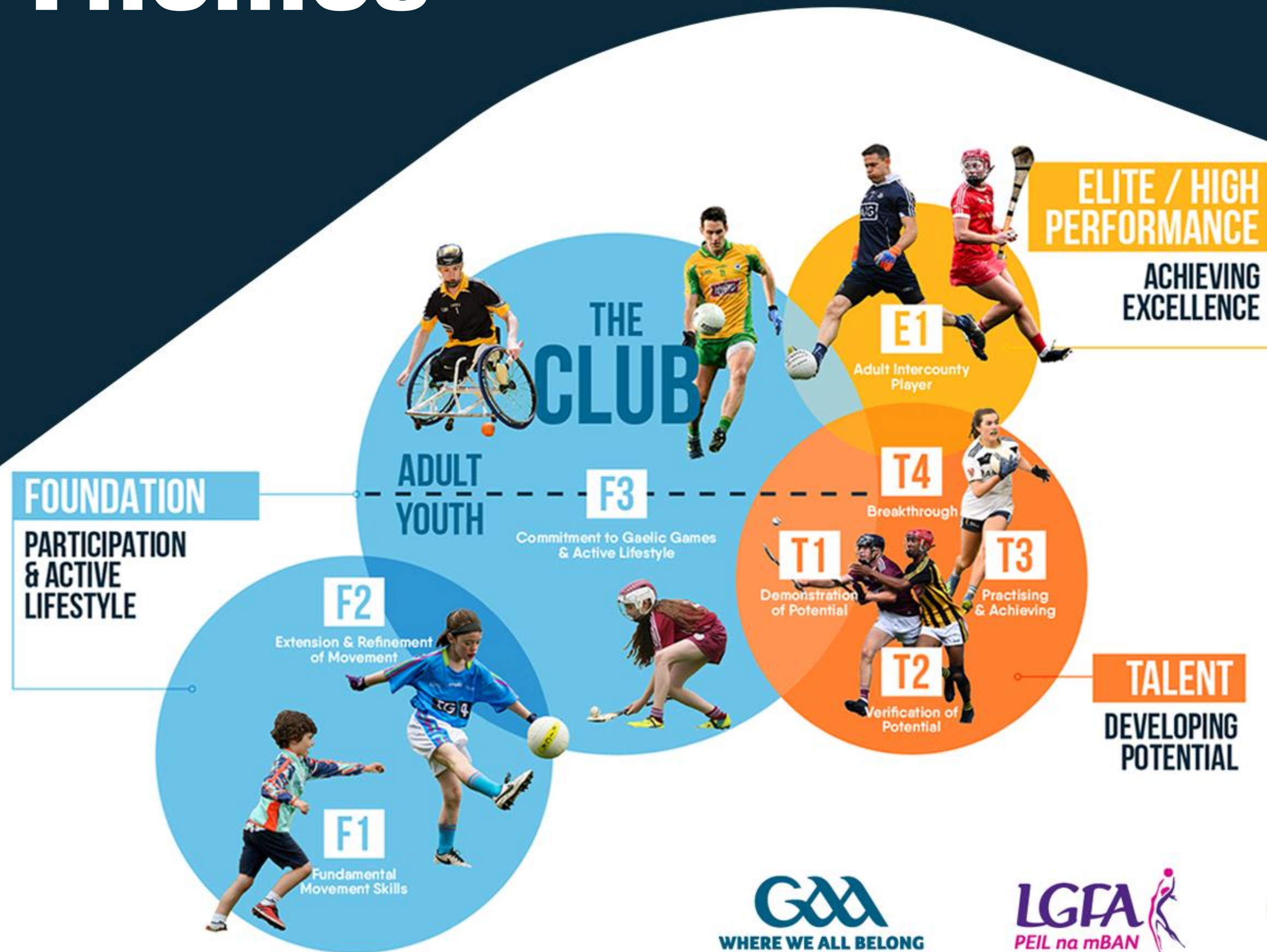


GAELIC GAMES
**COACH
PATHWAY**

GAELIC GAMES
**PLAYER
PATHWAY**

Building Themes

David Sharkey



GAELIC GAMES
PLAYER
PATHWAY



OVERVIEW

01. CONNECT: WHO AM I?
02. EXPLAIN: WHAT IS 'THEMEING'?
03. PRIME: HOW CAN WE GET THE MOST OUT OF TODAY?
.....
04. REFLECT & PREPARE: WHAT HAPPENED & WHAT'S NEXT?

THEME-BUILDING

DAVID SHARKEY



POLARIS TEAMS

COMMUNICATE WITH PURPOSE



1. CONNECT: WHO AM I?

DAVID SHARKEY, POLARIS TEAMS LTD

- COMMUNICATION CONSULTANT
- LEADERS IN BUSINESS & SPORT: DEVELOPMENT & PERFORMANCE
- TO MAKE COMMUNICATION A COMPETITIVE ADVANTAGE



LA ROCHELLE

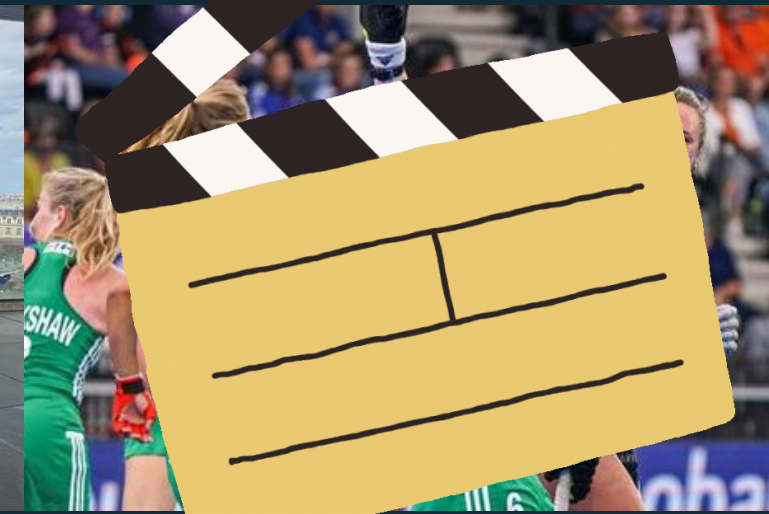
WESTMEATH

PORT ADELAIDE

ARSENAL

AUSTRALIA 7S

IRISH HOCKEY



COACHING FOR THE FUTURE - WHERE WE ALL BELONG





THINKING-TIME:

WHAT'S YOUR 'EAU ROUGE'?

WHAT'S THE FEELING YOU ARE CHASING?

NOT A PERSON OR A THING;

A PERSONAL MOMENT;

TEMPORARY;

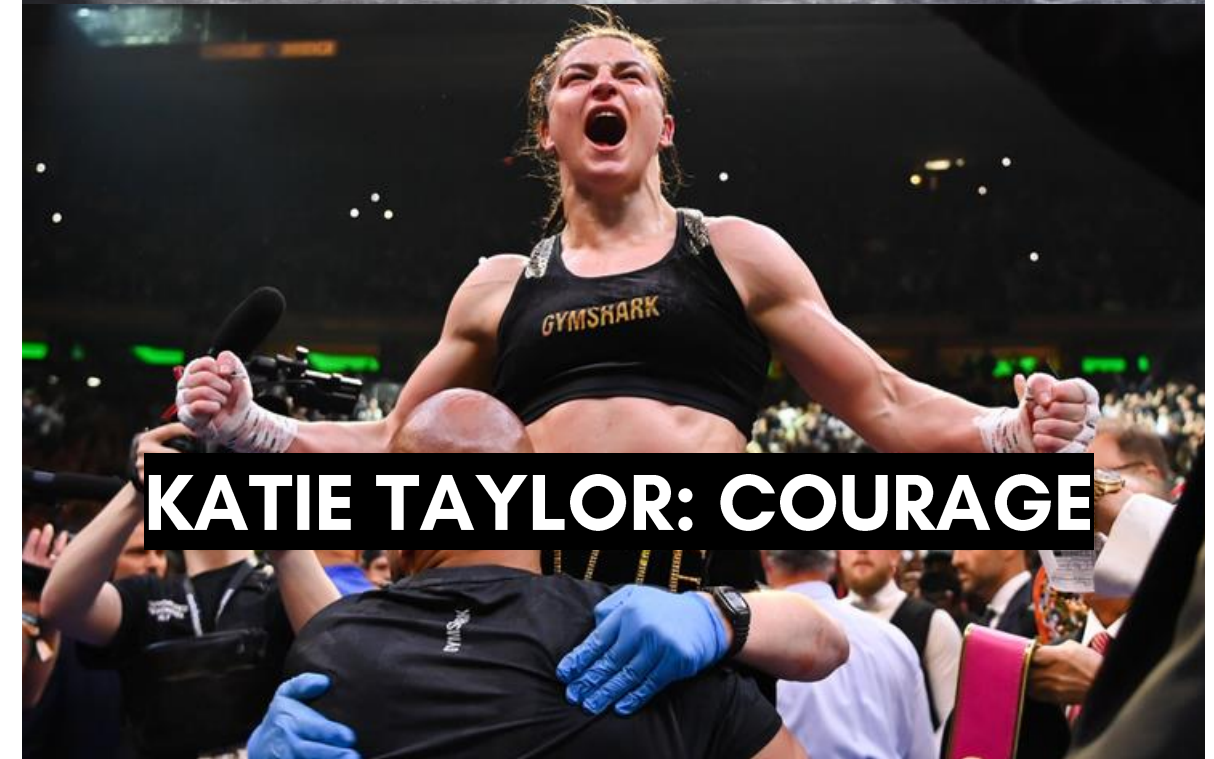
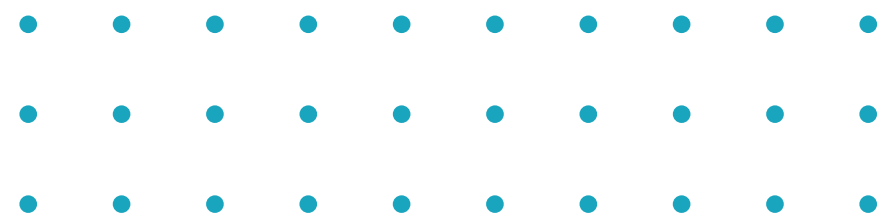
WITHOUT IT, WHAT'S THE POINT?



2. EXPLAIN: WHAT IS THEMEING?

THEMEING

A COMPREHENSIVE COMMUNICATION TOOL USING A WORD, PHRASE, STORY OR METAPHOR TO FULFILL A SPECIFIC OBJECTIVE OVER AN EXTENDED PERIOD OF TIME.





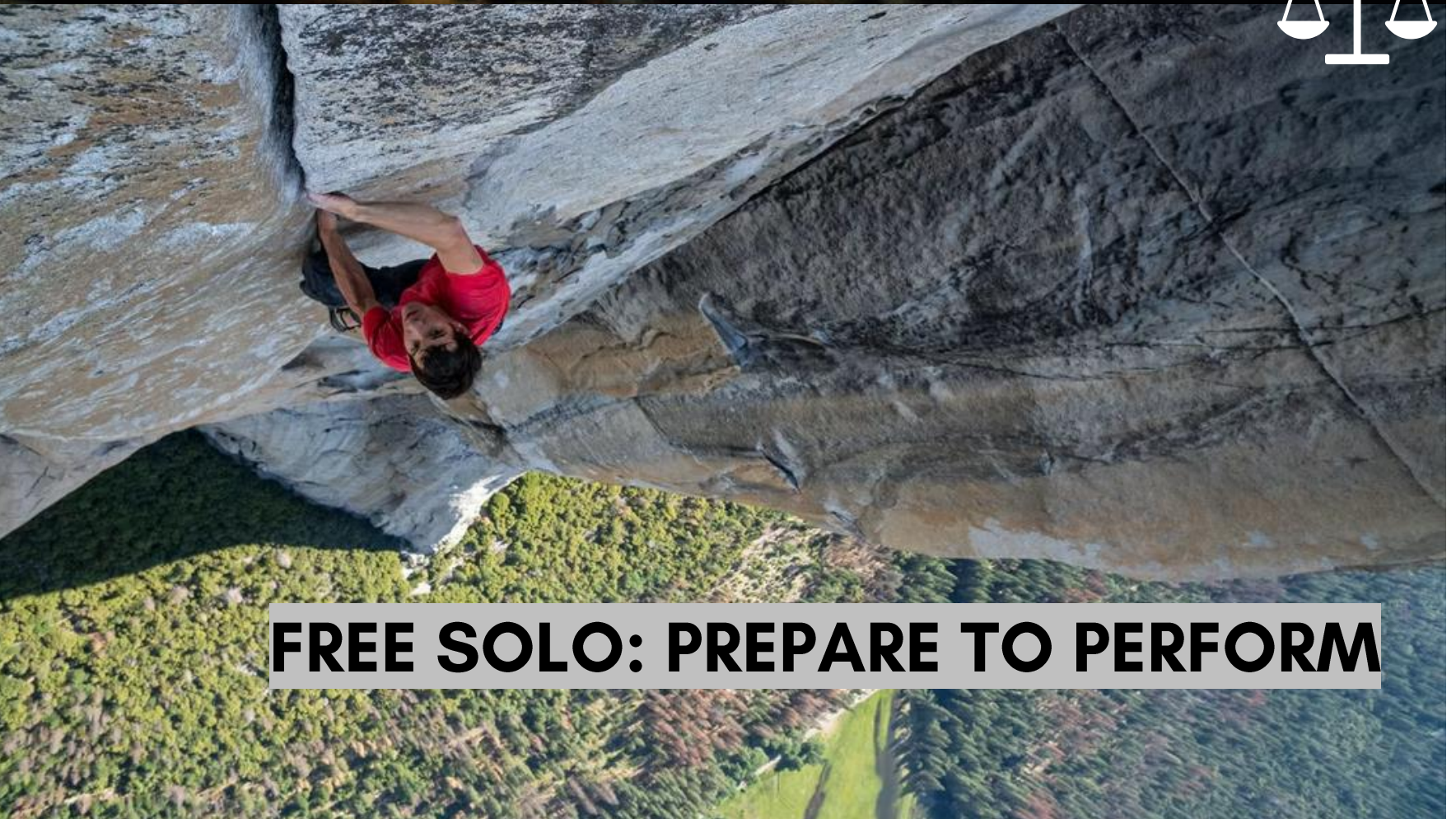
PROST VS SENNA: BEST OF RIVALS



NADIA COMANECI: 'PERFECT' 10



SERENA WILLIAMS: SERIAL WINNER



FREE SOLO: PREPARE TO PERFORM



WHY USE A THEME?

FRAME

ENGAGE A GROUP BY PRESENTING OLD MESSAGES IN NEW WAYS: A WAY OF SEEING...

CONNECT



PRIME

MOTIVATE FOR AN EMOTIONAL AND PSYCHOLOGICAL STATE I.E. PRE-EVENT

PERFORM

EXECUTING TOGETHER UNDER PRESSURE WITH CLARITY AT THE RIGHT EMOTIONAL PITCH

Coaching for the Future | Where We All Belong



“J'entraîne la meilleure équipe du monde.”



**'We were
330ft from
our Everest'**

Ronan O'Garra's inside story of the
road to Champions Cup glory
Diary: Pages 8-9

330FT



**Pursuit of
happiness**

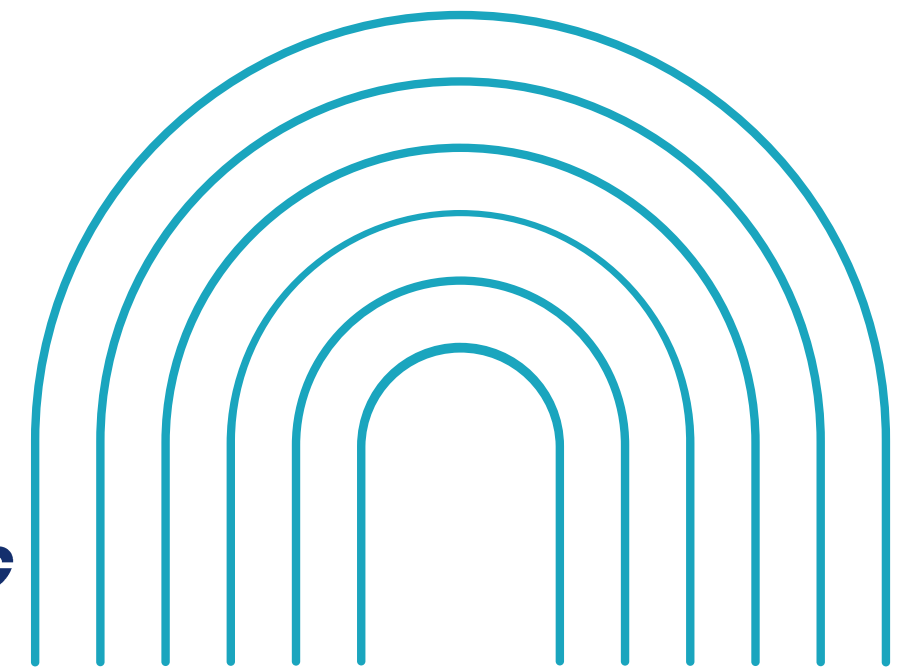
Ronan O'Garra's inside
story of toil and themes,
of care and connection
at the heart of La
Rochelle's rise to
the mountain top.
Pages 2-3

RUTH & GEORGE MALLORY



3. PRIME: HOW CAN WE GET THE MOST OUT OF TODAY?

**“WE HAD THE EXPERIENCE, BUT
WE MISSED THE MEANING...”**



WHAT WILL MY ROLE LOOK LIKE?

WHAT TEAM(S) WILL I BE A PART OF?

WHAT DO I NEED TO LEARN?

WHAT'S THE BIG GOAL?

HOW WILL IT/I/WE BE DIFFERENT?

HOW HARD WILL IT BE?

COACHING FOR THE FUTURE:

WHERE WE ALL BELONG

WHO IS 'WE'?

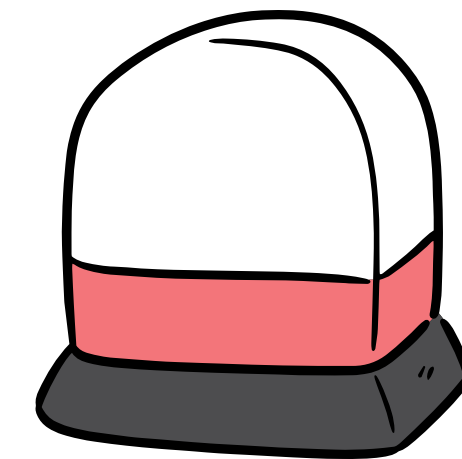
WHAT SUPPORT WILL WE NEED?

HOW 'ALL' WILL OUR 'ALL' BE?

WHAT BARRIERS MUST WE START WITH?

AN END POINT OR A DIRECTION OF TRAVEL?

HOW DO WE STACK UP RIGHT NOW?



COACHING FOR THE FUTURE - WHERE WE ALL BELONG

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THANK YOU

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DAVID SHARKEY



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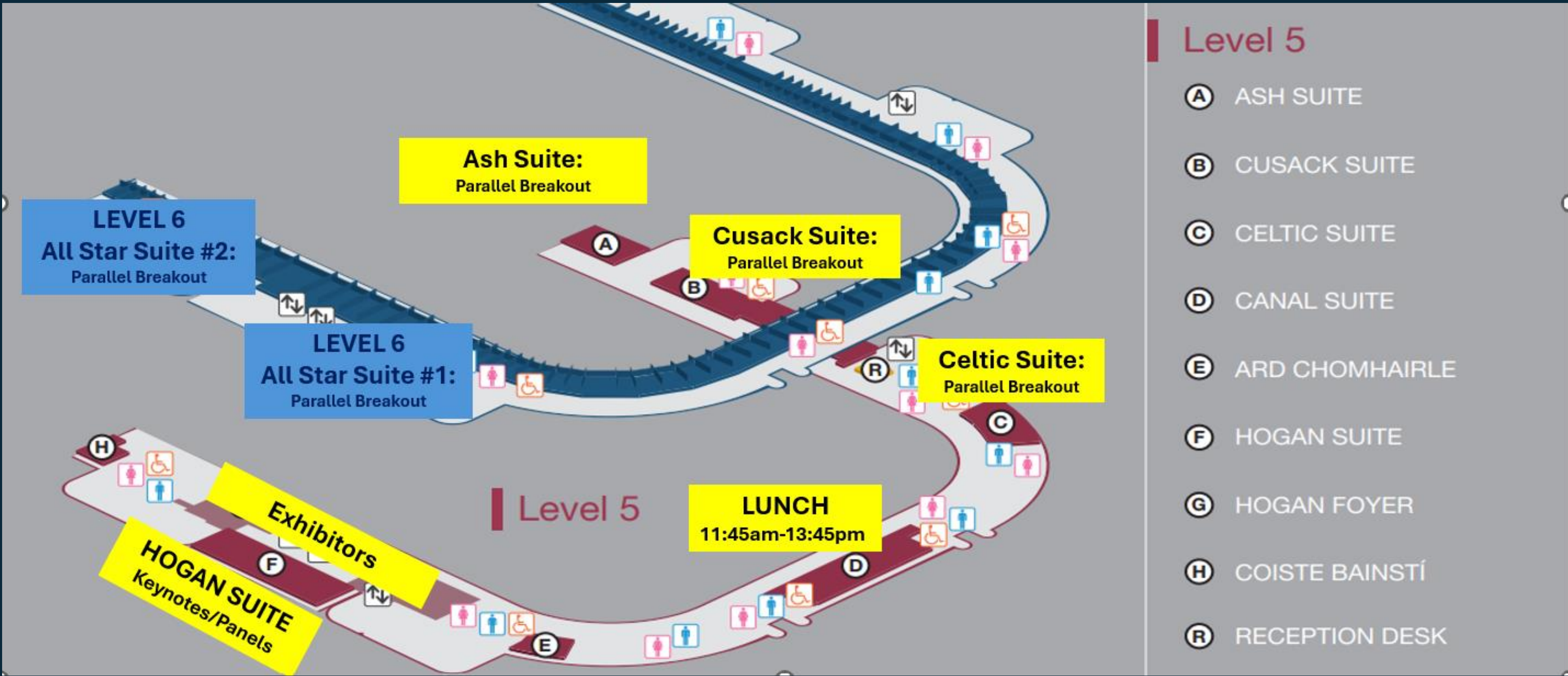
GAELIC GAMES
**PLAYER
PATHWAY**

House Keeping

- Breakout Sessions Begin @ 10.45 (Finish @ 11.25)

TRANSITION #1 TO PARALLEL SESSIONS FOR 10.45 START OF SESSIONS			
BREAKOUT	HOGAN SUITE	Creating Great Environments	Dr Trish Jackman, Dr Tom Mitchell, Michael Fennelly, Jack Cooney
PARALLEL	ALL STAR #1	The Retention Game #1: iCoachKids Pledge	Professor Sergio Lara-Bercial
SESSIONS :	ALL STAR #2	Transitioning from Player to the Coach Pathway	Clodhna O Connor, Molly Dunne, Niall Corcoran
#1	CELTIC SUITE	Defining, Refining & Delivering your Coaching Philosophy	Paul Kilgannon
10.45-11.25	CUSACK SUITE	The Gaelic Games Approach to Athletic Development	Des Ryan and Professor Ian Jeffries
	ASH SUITE	In-Game Coaching and Community of Practice offerings	Liam Moggan, Will Harmon, Roger Keenan, Emma Byrne

- Next session here begins @ 11.40
 - Evolution of Gaelic Football | Rule Enhancements
- Lunch from 11.45 – 13.45 | Please be patient. Thank You.



- Level 5**
- Ⓐ ASH SUITE
 - Ⓑ CUSACK SUITE
 - Ⓒ CELTIC SUITE
 - Ⓓ CANAL SUITE
 - Ⓔ ARD CHOMHAIRLE
 - Ⓕ HOGAN SUITE
 - Ⓖ HOGAN FOYER
 - Ⓗ COISTE BAINSTÍ
 - Ⓡ RECEPTION DESK

House Keeping!

- Breakout Sessions Begin @ 14.00 (Finish @ 14.40)

TRANSITION #2 TO PARALLEL SESSIONS FOR 14.00 START OF SESSIONS

BREAKOUT	HOGAN SUITE	Skill Development in Gaelic Games	Dr Phil Kearney, Dr Ed Coughlan, Molly Dunne
PARALLEL	ALL STAR #1	The Retention Game #2 : The Salisbury Rovers Story	Dr Debbie Sayers, Aaron Joseph & Keir Doherty
SESSIONS:	ALL STAR #2	Ahead of the Game Movember	Saoirse Mc Carthy, Domhnall Nugent
#2	CELTIC SUITE	Creating a Culture for Participation/Performance in Post Primary Schools	Niall Cahill, Oliver Kelly
14.00-14.40	CUSACK SUITE	Connecting the Dots: Psychology Informed Coaching	Dr Ciaran Kearney, Dr Trish Jackman
	ASH SUITE	How Performance Analysis can impact your coaching	Tomas Mount, Shane Mangan, Emma Byrne

- Next session here begins @ 14.55
 - Pat Critchley | A Coaching Way

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REVIEW SESSION:

MOLLY DUNNE &
FERGAL DOWNEY
WITH DAVID SHARKEY



POLARIS TEAMS

COMMUNICATE WITH PURPOSE



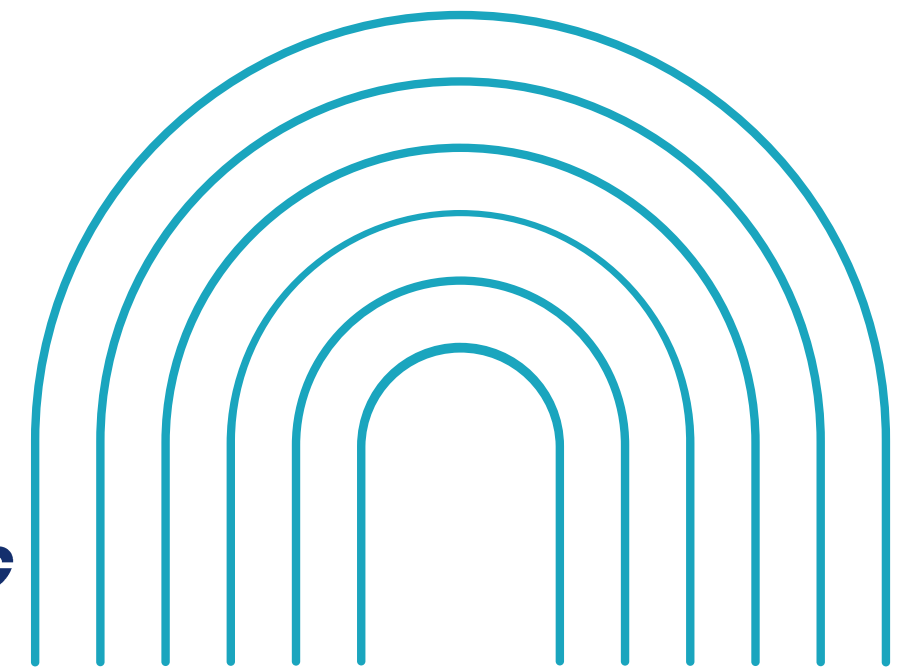
KEY QUESTION:

“WHAT’S YOUR EAU ROUGE?”



KEY QUESTION:

**“WHAT ARE YOUR HIGHLIGHTS – PEOPLE YOU MET,
SPEAKERS YOU HEARD OR A QUESTION ASKED – FROM
THE CONFERENCE?”**



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