

2024 COACHING Conference

SATURDAY 23RD NOVEMBER
CROKE PARK

COACHING FOR THE FUTURE



GAELIC GAMES
**COACH
PATHWAY**

GAELIC GAMES
**PLAYER
PATHWAY**

Enhancing Skill Development in Gaelic Games

Gaelic Games Sports Science Working Group: Biomechanics & Skill Acquisition Sub Group



GAELIC GAMES
**PLAYER
PATHWAY**

GAA
WHERE WE ALL BELONG

LGFA
PEIL na mBAN

THE GAMOGIE ASSOCIATION
An Cumann Camógachta

Thank you to all involved



Phil
Kearney



Carla
McCabe



Edward
Coughlan



Molly
Dunne



Paul
Kinnerk



Donie
Buckley



Aoife
Lane



Martin
Kennedy



Wesley
O'Brien

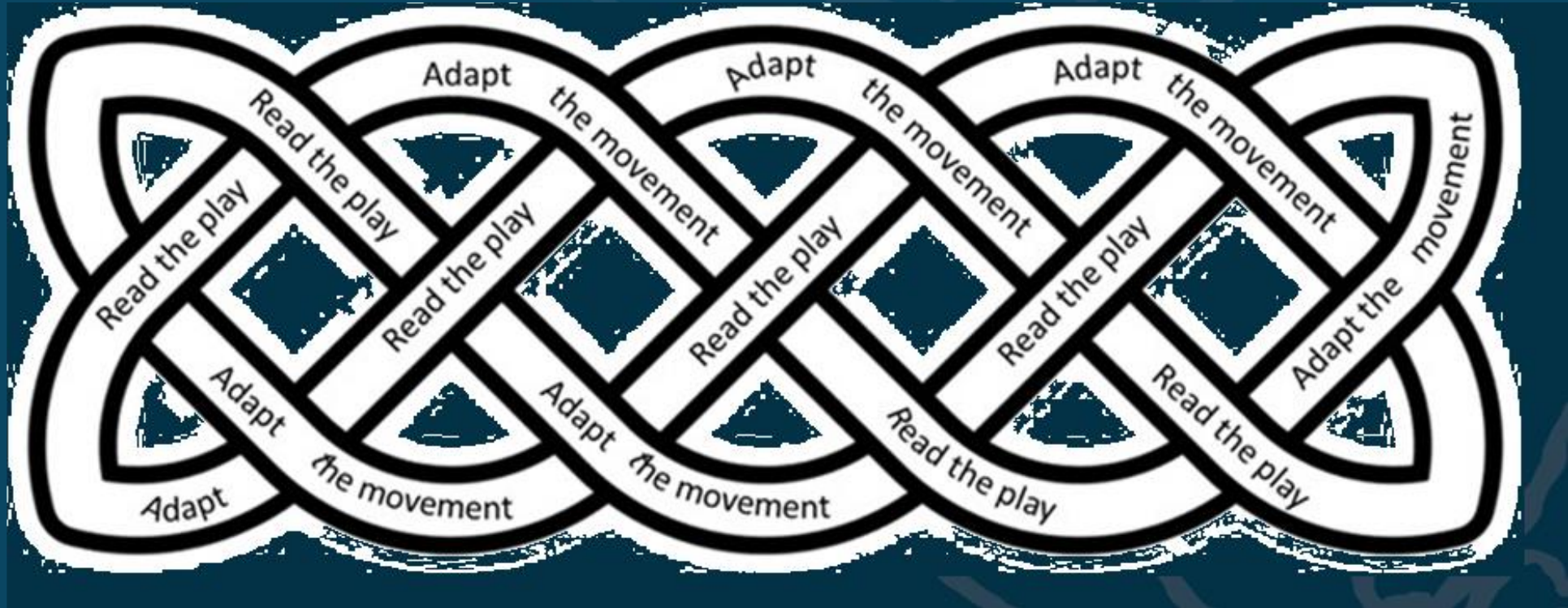
Academic Reviewers

Prof. Mark Williams (USA); Prof. Nicola Hodges (Canada); Prof. Damian Farrow (Australia); Dr Matt Miller-Dicks (United Kingdom); Dr Oliver Runswick (United Kingdom); Dr Carl Woods (Australia); Dr Alan Dunton (Ireland); Dr Oliver Logan (Ireland); Marianne Davies (United Kingdom); Dr. Vicky Gottwald (Wales).

We would also like to thank the many coaches, coach developers and administrators who provided helpful comments at the various stages of the development of this document.

What is
skill?











Skill Acquisition is the Science of Practice



Not all
effective
practice
looks the
same



What does high quality practice look like?



It depends

≠

Anything goes

To evaluate practice quality,
measure learning

$$4 \times 16 = ?$$

$$4 \times 17 = ?$$

$$4 \times 16 = ?$$

$$12 \times 6 = ?$$

$$4 \times 16 = ?$$

$$5 \times 15 = ?$$

$$4 \times 16 = ?$$

$$17 \times 4 = ?$$

Retention reflects learning





Keep learning, keep playing

“when I was playing matches, and everyone was trying to get the ball and I sort of hid and now I feel I can catch the ball – before I didn’t do that”

- Participant in Farmer (2020) Gaelic4Girls



Let's get serious
about practice

But not too
serious

What can skill acquisition help me with?

Periodising skill development

Developing effective decision makers

Guiding technique refinement

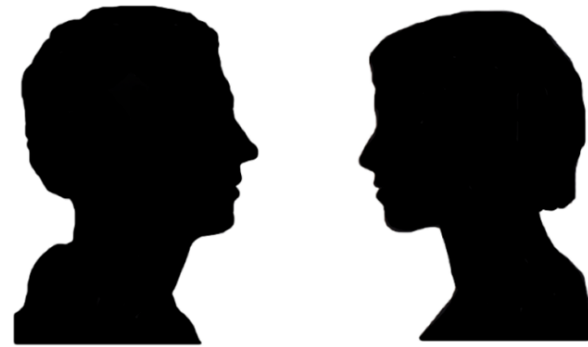
Designing practice activities

Providing effective feedback

Sequencing practice activities

Providing optimal instruction

Creating a learning environment



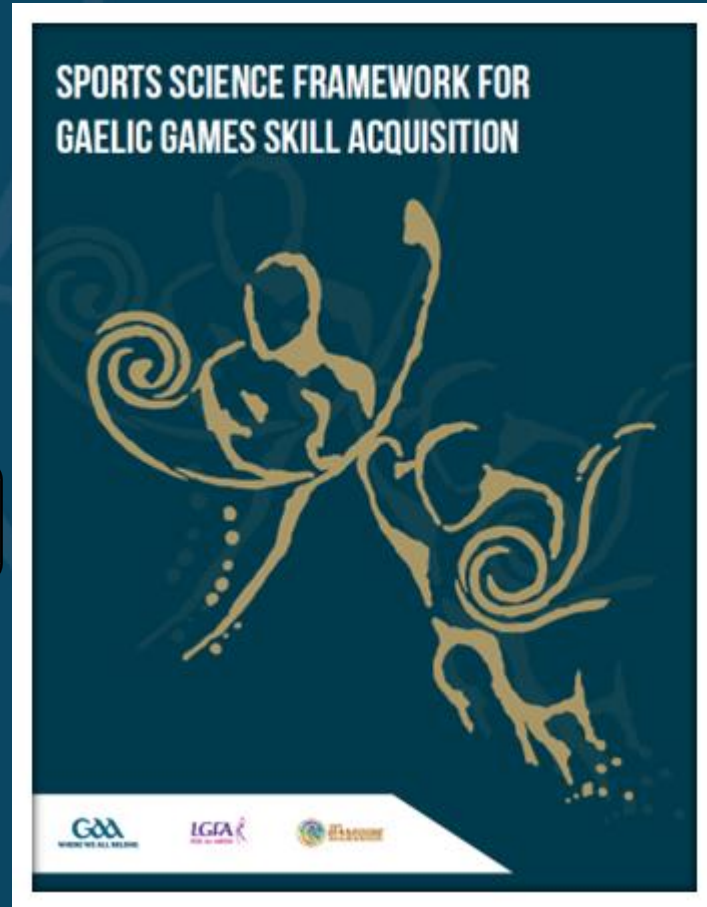
The science of Skill Acquisition can support coaches & coach developers in relation to...

Developing skill assessments

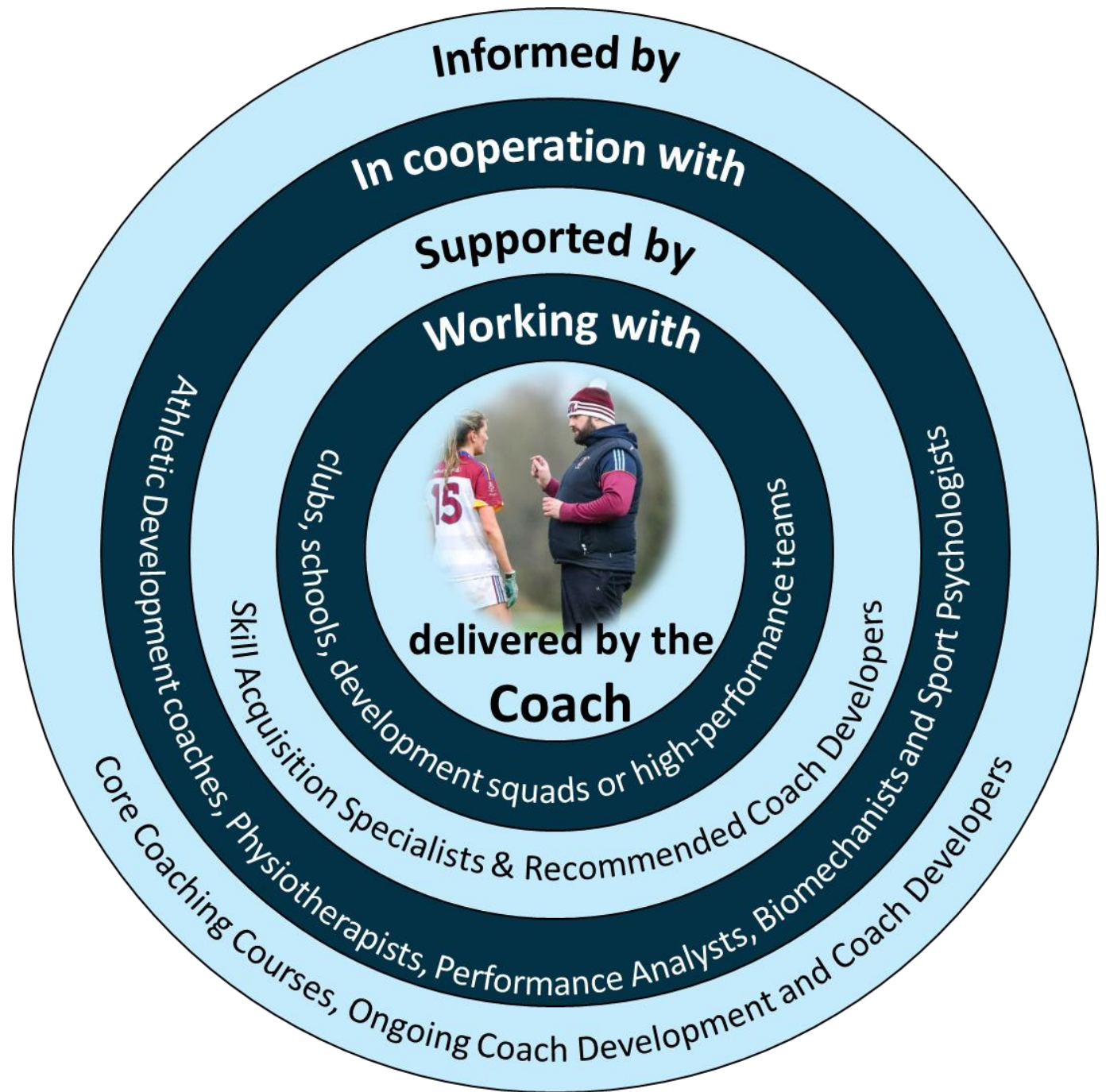
Balancing play and practice

Developing effective learners

Skill benefits of multi-sport



Who applies the science of Skill Acquisition?



COWBOY WALKDOWN



Michael Gerard Doherty

@MichaelGerardD Follows you



Thomas Cronin

@TCroninNap Follows you

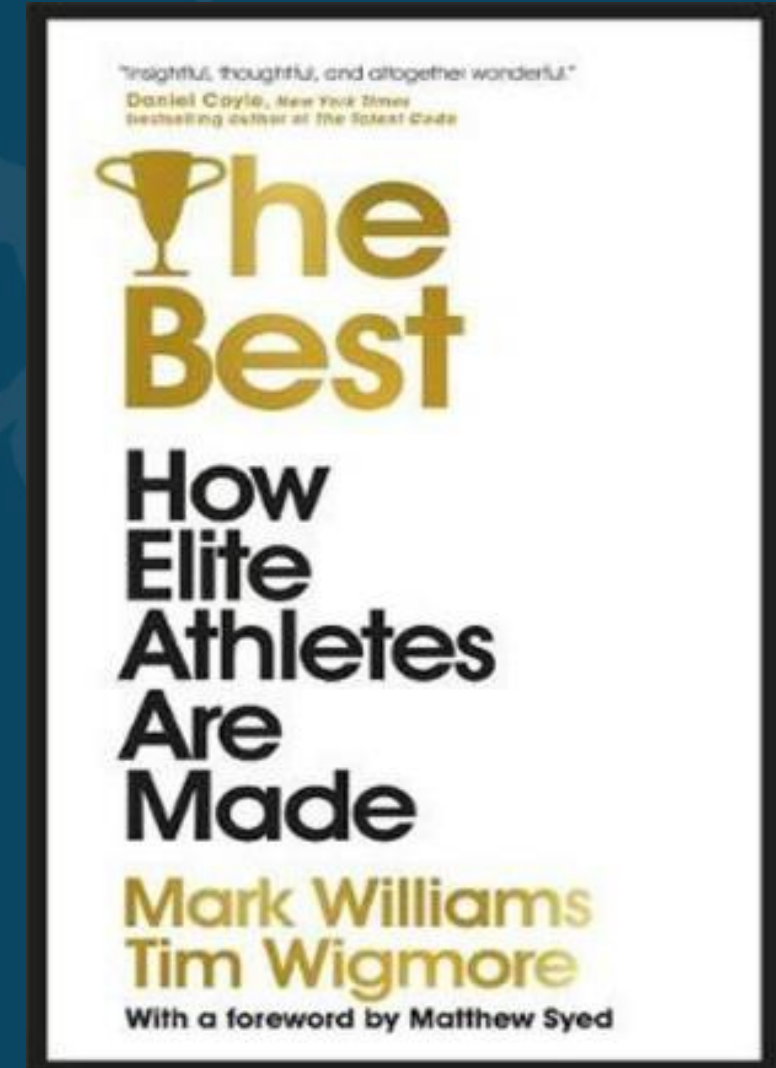
Further Resources in the Framework

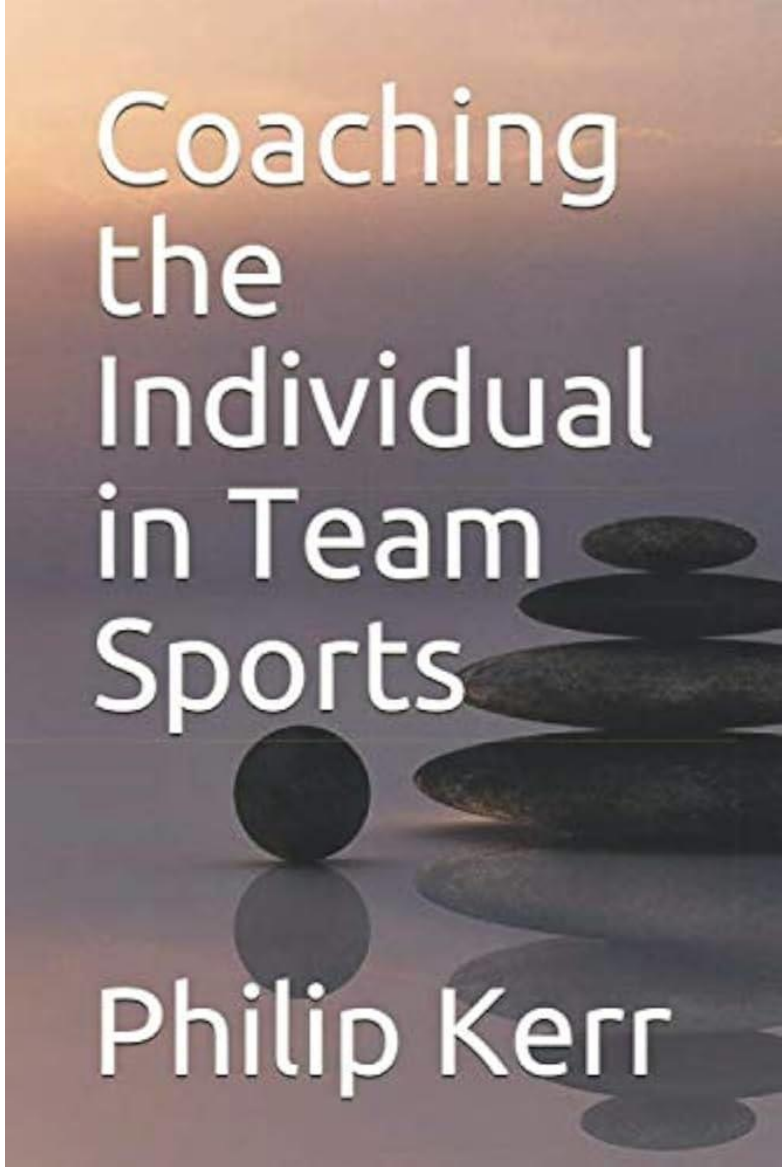


- Coaching ambitious teenage girls?
- See Sarah Kelleher on developing sporting culture for life success:
<https://www.youtube.com/watch?v=HytEfVFavs0>



- Coaching children?
- Get a host of principles and practical activities:
<https://sportnz.org.nz/resources/movewell/>





Coaching the Individual in Team Sports

Philip Kerr



Department of Physical Education and Sport Science

Title

**Player Development Coaching (PDC) –
Coaching the Individual in a Group Setting**

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Student ID: 0137839

Programme: M.Sc. in Applied Sports Coaching

Supervisor(s): Dr Philip Kearney

Submitted Date:

14th of July 2024

**Submitted in part fulfilment of the requirements for the M.Sc. in
Applied Sports Coaching at the University of Limerick**

SPORTS SCIENCE FRAMEWORK FOR GAELIC GAMES: SKILL ACQUISITION



Thank you for
your attention

SPORTS SCIENCE FRAMEWORK FOR GAELIC GAMES SKILL ACQUISITION

