

Transitioning from player to coach

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GAELIC GAMES
**PLAYER
PATHWAY**

GAA
WHERE WE ALL BELONG

LGFA
PEIL na mBAN

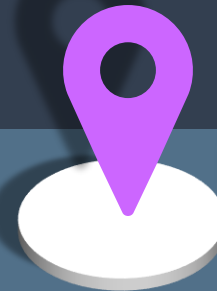
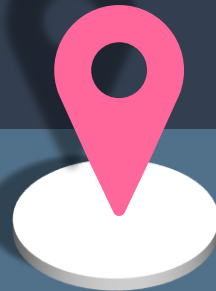
THE GAMOGIE ASSOCIATION
An Cumann Camógachta

TRANSITIONING FROM PLAYER

PLAYER

TO COACH OUR JOURNEY

COACH



Motivations &
Challenges

Player Skills V
Coach Skills

Coach
Training Plan

Reflection



Core Coaching Skills Training Plan

Core Skills	1=Not Competent at all 5=Very Competent	How much of a priority do you currently give to each 1=High Priority 2=Medium 3=Low
Explaining	3	1
Demonstrating	5	1
Questioning & Listening	5	1
Providing Feedback	3	2
Differentiating	5	1
Designing Activities	5	1
Strategizing	4	2
Setting Goals	5	3
Organising & Planning	5	1
Communicating	4	1
Motivating	5	3
Observing	3	1
Self Reflecting	5	2

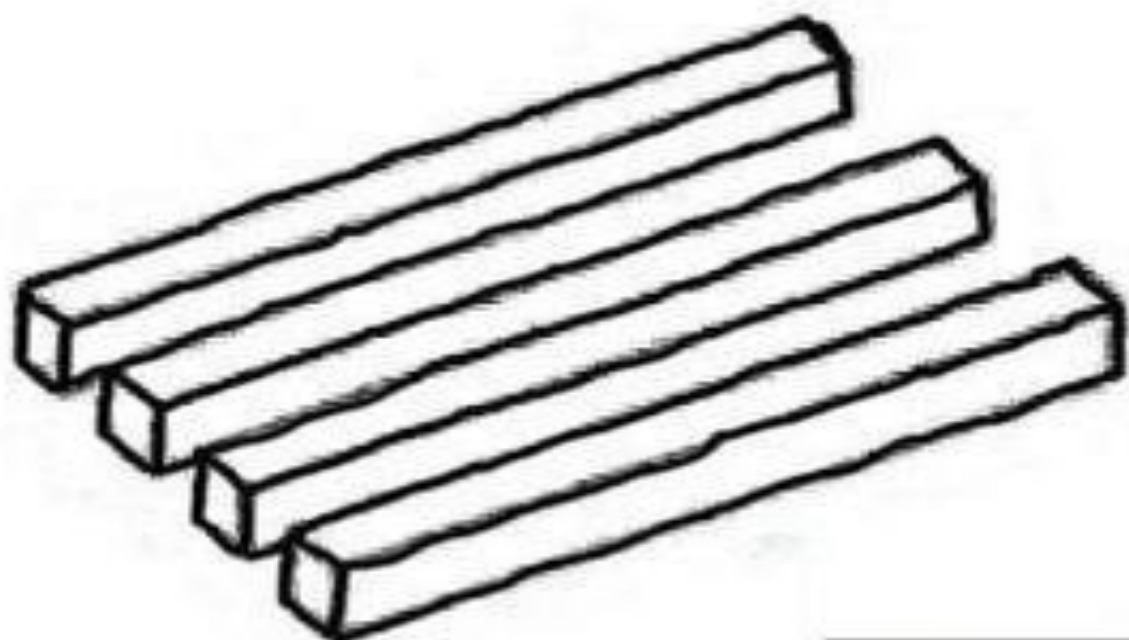
Pick skills with lowest score and action;
Explaining
Observing

ACTIONS:

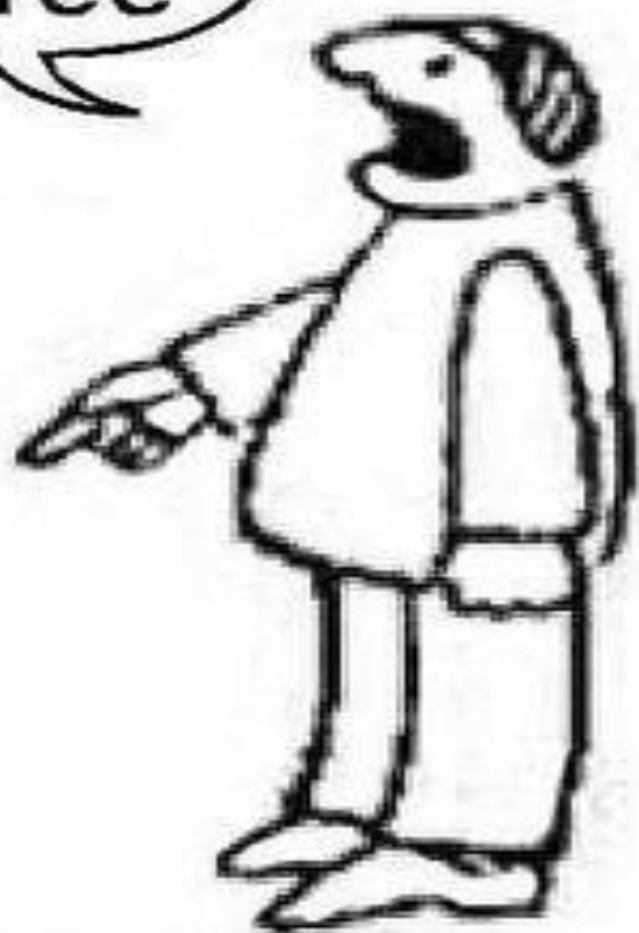
1. Utilise a mentor
2. Learn from other HP environments
3. Record and review myself



Four



No
Three



Skill Category	Key Skills for Players	Key Skills for Coaches
Technical/Tactical Skills	Mastery of striking, catching, passing, and other core skills.	Deep understanding of tactics, strategies, and teaching methods.
Physical/Conditioning	Speed, endurance, strength, agility, and balance.	Planning conditioning drills to meet physical demands.
Mental Skills	Resilience, focus, confidence, and competitiveness.	Inspiring resilience, focus, and motivation in players.
Interpersonal Skills	Teamwork and effective on-field communication.	Leadership, develop team unity, and constructive communication.
Organisational/Development	Tactical awareness and decision-making within team strategies.	Planning, analysing, and mentoring for player and team development.

Core Coaching Skills Training Plan

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Communicating		
Motivating		
Observing		
Self Reflecting		

Pick 3 skills with the lowest combined score and write down what you need to do to improve them

ACTIONS:

1.

2.

3.

Reflect...

Session Plan

- ✓ What worked well (tech, tact, phy, psych)?
- ✓ What improvement is needed for next session?

Personal Reflection

- ❖ How well did I communicate with the players?
- ❖ How did I handle that situation?
- ❖ What do I need to know more of in order to develop the players?



You can have 10 years of experience or one year of experience repeated 10 times (Gary Klein)



Any Questions?



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