

2024 COACHING Conference

SATURDAY 23RD NOVEMBER
CROKE PARK

COACHING FOR THE FUTURE



Gaelic Games
**COACH
PATHWAY**

Gaelic Games
**PLAYER
PATHWAY**

Connecting the Dots: Psychologically- Informed Coaching

A/Prof Trish Jackman
Dr. Ciarán J. Kearney



GAELIC GAMES
COACH
PATHWAY

GAA
WHERE WE ALL BELONG

LGFA
PEIL na mBAN

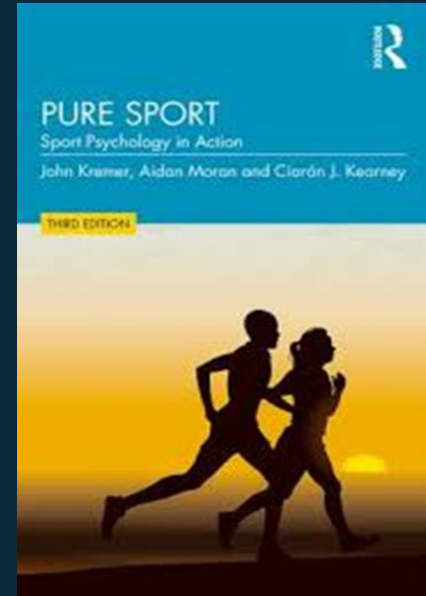
THE GAMOGIE ASSOCIATION
An Cumann Camógachta

**How do you want people
to feel within your
coaching environment?**

Sport Psychology

“For most sportspeople, sport psychology is any mental activity that relates to performance and performance enhancement.”

(Kremer et al., 2019)



PROFESSIONAL BODIES FOR ACCREDITED PRACTITIONERS

Sport Psychologist



Not ..

- Performance Coach
- Motivational Speaker
- Mindset Guru
- Counsellor

AN OLYMPIC MINDSET ?



Personal Best(s)

THE GAELIC GAMES PLAYER PATHWAY & SPORTS SCIENCE 2030 VISION



“Psychology: Understanding how individual behaviours and sport systems can optimise participation, performance and wellbeing” (Lane et al., 2023)



WHO?

- **Coaches**
- Healthy club officers
- Parents/guardians
- Teachers

Gaelic Games to benefit from lessons of coaching survey

11 JANUARY 2022 - 8:01AM



Coaching and Coach Education in Gaelic Games:
A Baseline Study



25%

sought more
education in
psychology
(Horgan et al., 2021)

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INTERNATIONAL JOURNAL OF SPORT AND EXERCISE PSYCHOLOGY
<https://doi.org/10.1080/1612197X.2023.2257214>

 **Routledge**
Taylor & Francis Group

REVIEW ARTICLE

 OPEN ACCESS  Check for updates

The psychology of Gaelic games: a co-produced scoping review to inform research, policy, and practice

Patricia C. Jackman ^a, Aoife Lane ^{b,c}, Nicole Wells ^a, Kate Kirby^{c,d} and Matthew D. Bird ^a

42 studies were included
4963 participants

The Sport Psychologist, (Ahead of Print)
<https://doi.org/10.1123/tsp.2023-0074>
© 2023 Human Kinetics, Inc.
First Published Online: Oct. 6, 2023

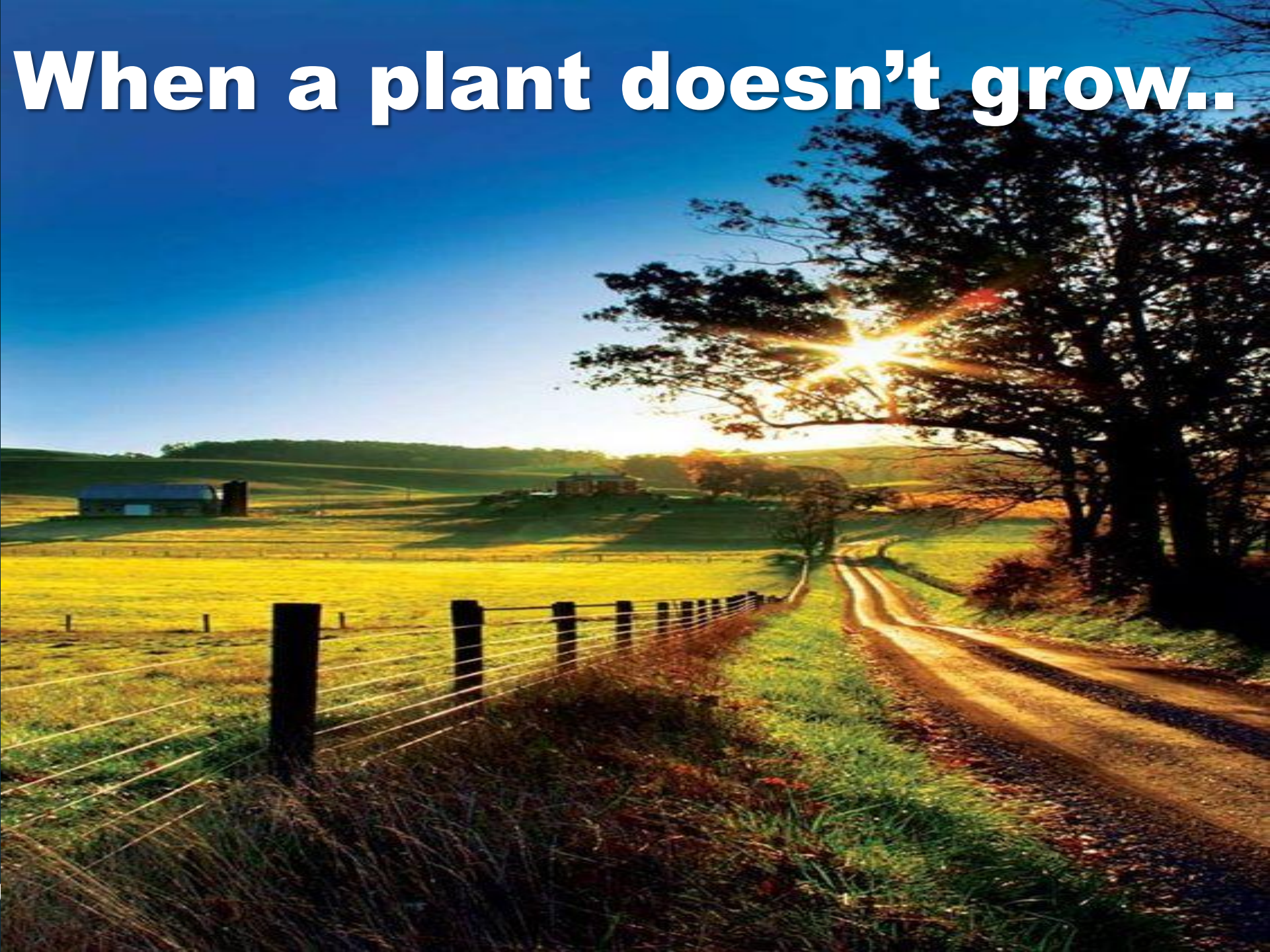
Human Kinetics 
APPLIED RESEARCH

“I Realized It Was a Different Kind of Culture to Other Sports”: An Exploration of Sport Psychology Service Provision and Delivery in Gaelic Games

Patricia C. Jackman,¹ Aoife Lane,^{2,3} David Tod,⁴ and Matthew D. Bird¹

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PATHWAY**

When a plant doesn't grow..



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PATHWAY**

GAA
Learning



..you fix the environment..

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PATHWAY**

GAA
Learning

**..in which
it grows..**



GAELIC GAMES

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PATHWAY**

GAA
Learning



..not the plant.

SÍOL NA NÓIGE

Síceolaíochas in an Oiliúint Lúthchleasaíocht
na nÓige sna Cluíchí na nGael (Jackman et al., under review)

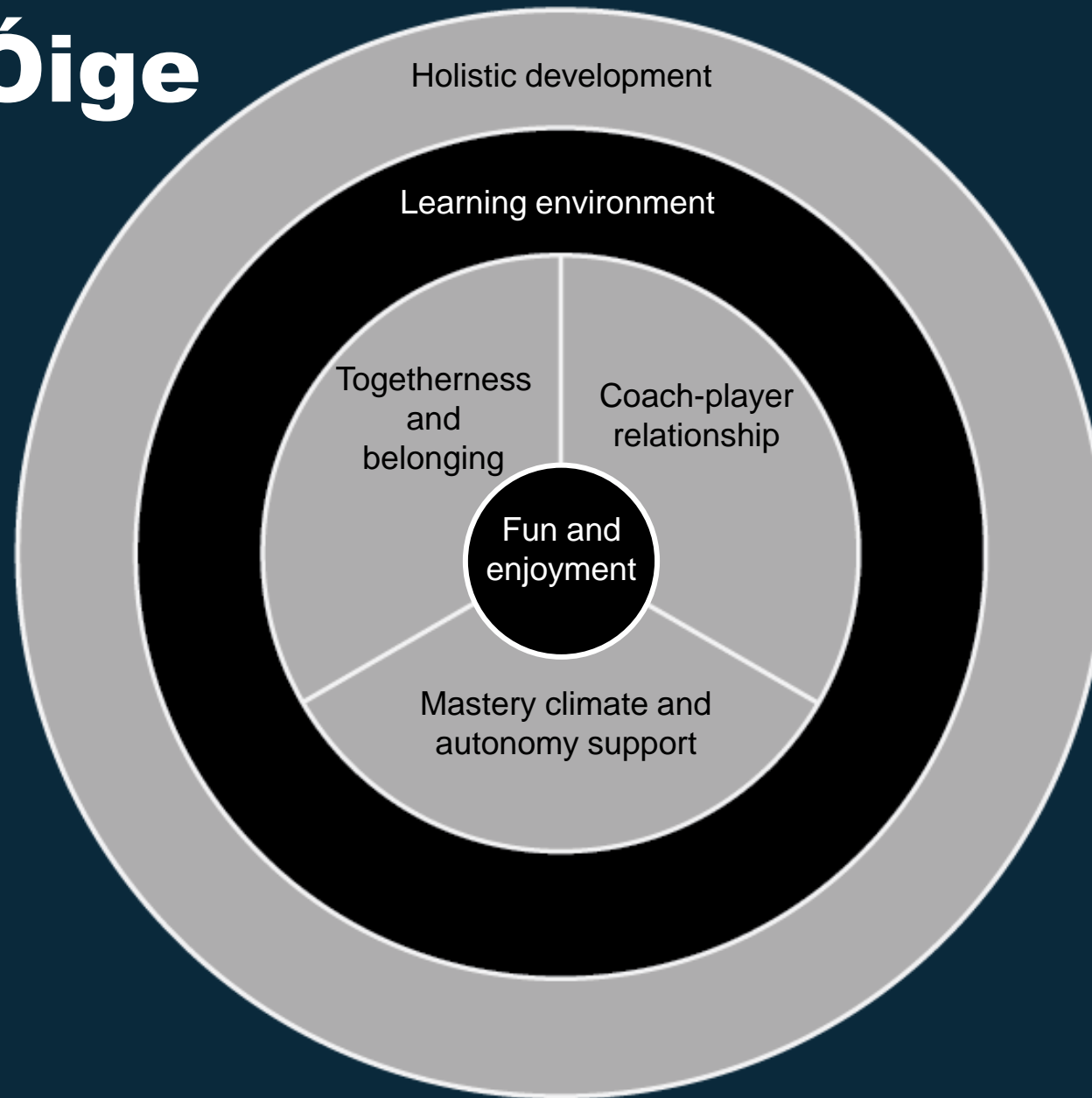


Psychologically-Informed Coaching

A coaching philosophy and way of practice in which psychological concepts are **understood, discussed, shared, integrated and contextualised** to address the needs of people coaches work with



Síol na nÓige



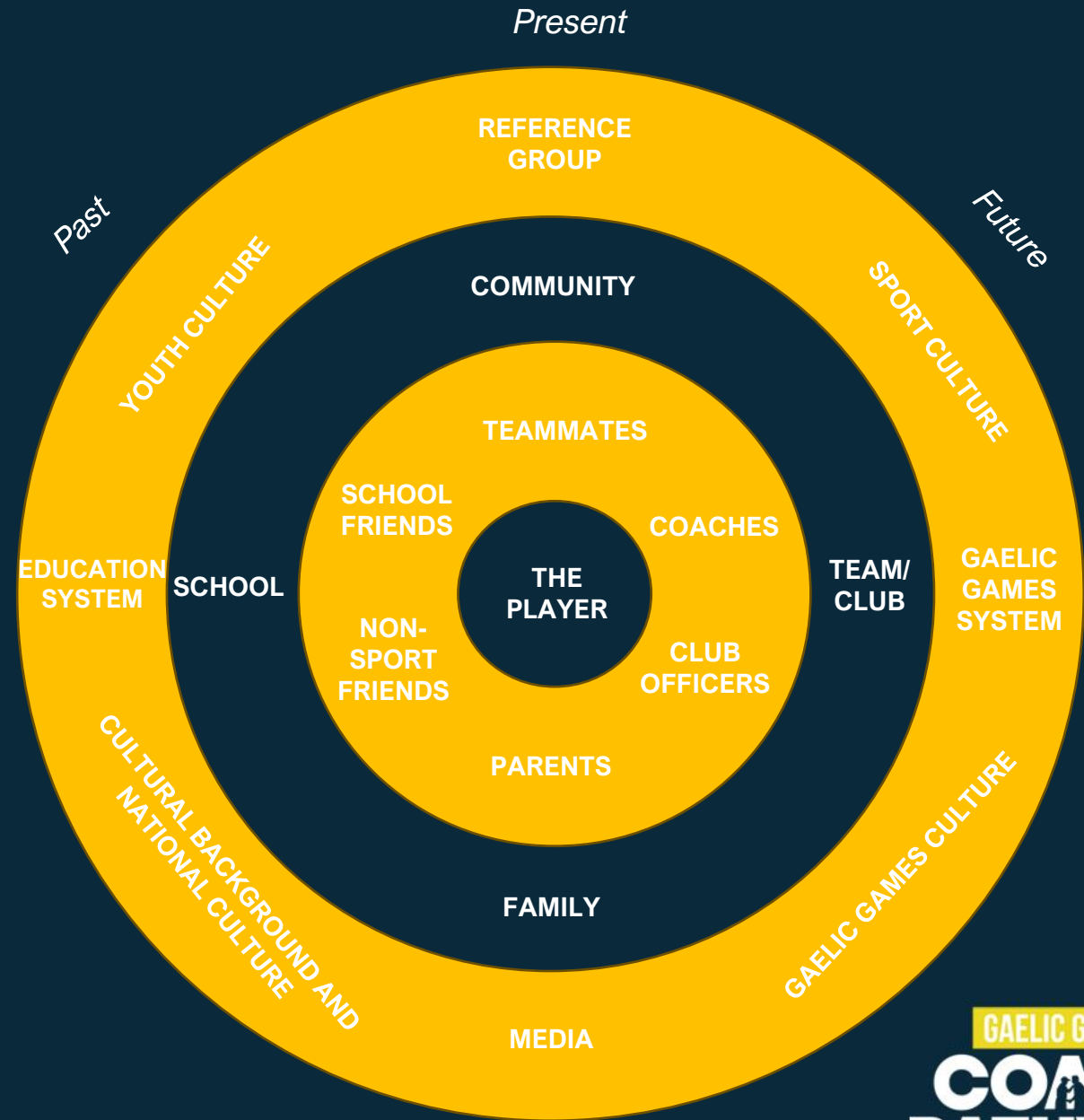


1: PROMOTING HOLISTIC DEVELOPMENT

THE PLAYER

Who is the (young) person?

Who is around the person in their sport and in other aspects of their development?



Features of Successful Development Environments

Integration of efforts and support

Role models

Focus on long-term outcomes

Knowledge sharing

Training that allows for novelty, variety and free initiative

Supportive playing groups

Support for development of psychosocial skills

Cultural sensitivity

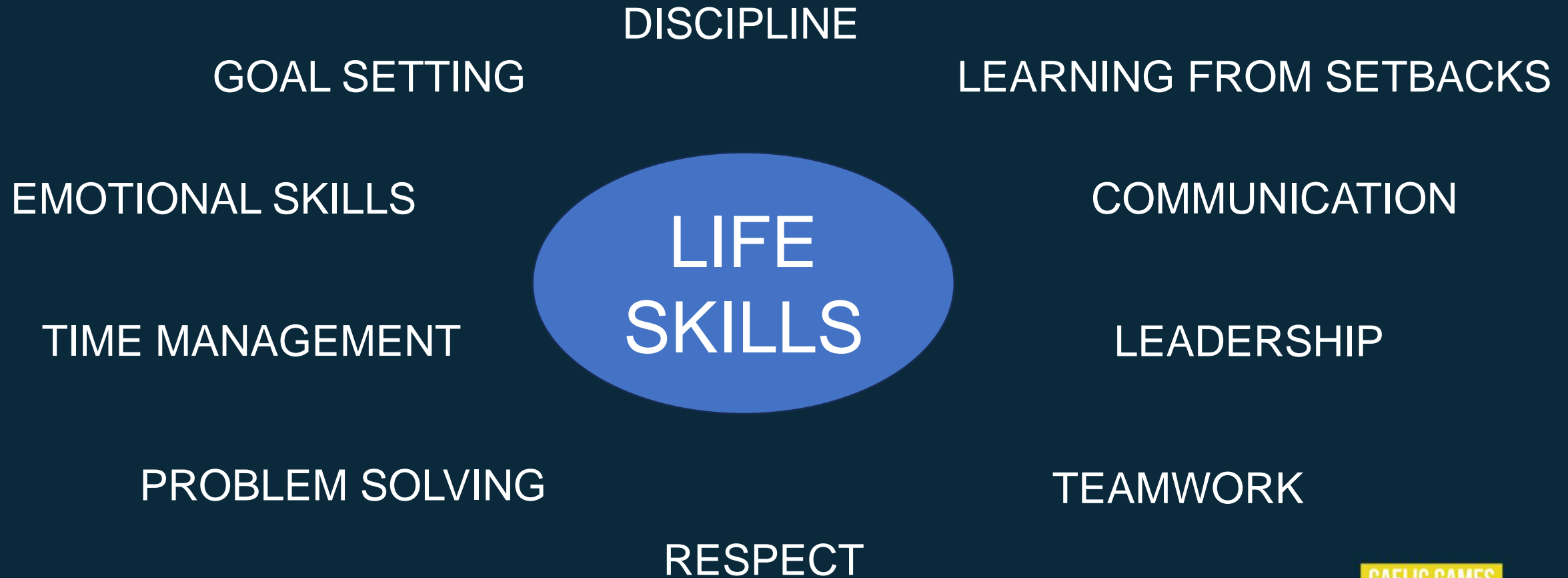


2. CONSTRUCTING A LEARNING ENVIRONMENT TO FACILITATE HUMAN DEVELOPMENT



In the last session that you coached, what skills did players use that they could transfer into other areas of their life?

Developing People and Players



Supporting Positive Youth Development

Focus on **human** development

Explicitly support life skill development in interactions with players

Encourage life-skills transfer

Planned approach to developing life skills

Facilitate reflection



3. DEVELOPING THE COACH- PLAYER RELATIONSHIP



*Think of a coach that stands out for you
in a positive way in your experience as a
Gaelic games player or athlete.*

What were the qualities of that coach?

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disciplined authentic interested emotionally-invested
inspiring happy see supportive fair dedicated
person-centred committed growth-focused
focused concise caring passionate
challenging positive calm guiding
humble motivational encouraging insightful
honest consistent personable clear fun empowering
smile listener communicable high expectations
knowledgeable communicator understanding
enthusiastic empathetic leader driven constructive
loyal belief respectful determined
compassionate organised

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- Developing high-quality coach-player relationships will benefit coaches and players':
 - ✓ Experience
 - ✓ Performance
 - ✓ Satisfaction
 - ✓ Wellbeing
 - ✓ Psychosocial development



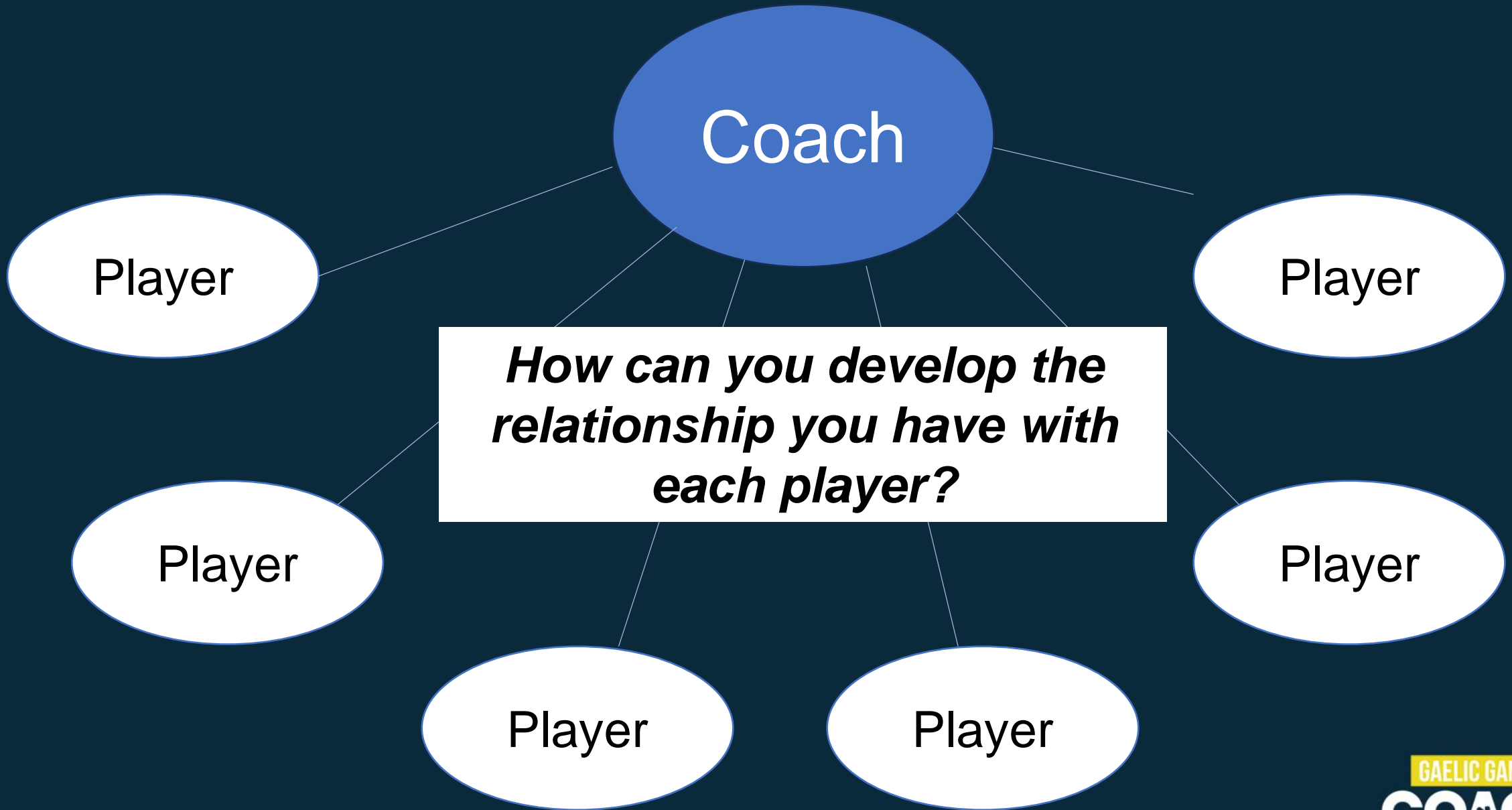
Commitment



Closeness



Complementarity





4. MASTERY CLIMATE AND AUTONOMY SUPPORT



Mastery
climate

*Emphasis on effort
and personal
improvement rather
than winning*

Coaching
climate

Autonomy
supportive

*Promote more self-
determined motives (“I
want to...”) for playing
rather than controlled
 (“I need to”)*

Better wellbeing
More enjoyment
Greater satisfaction of basic
psychological needs
Reduced dropout

What it looks like

- ✓ Variety, novelty, and progression
- ✓ Player voice and ownership
- ✓ Open lines of communication
- ✓ Recognise improvements in skills, effort, and persistence



What it doesn't look like

- × Sole focus on winning and bettering others
- × Taking control of player development and goals
- × Place excessive pressure on players
- × Drawing attention to mistakes and punishing players



5. TOGETHERNESS AND BELONGING

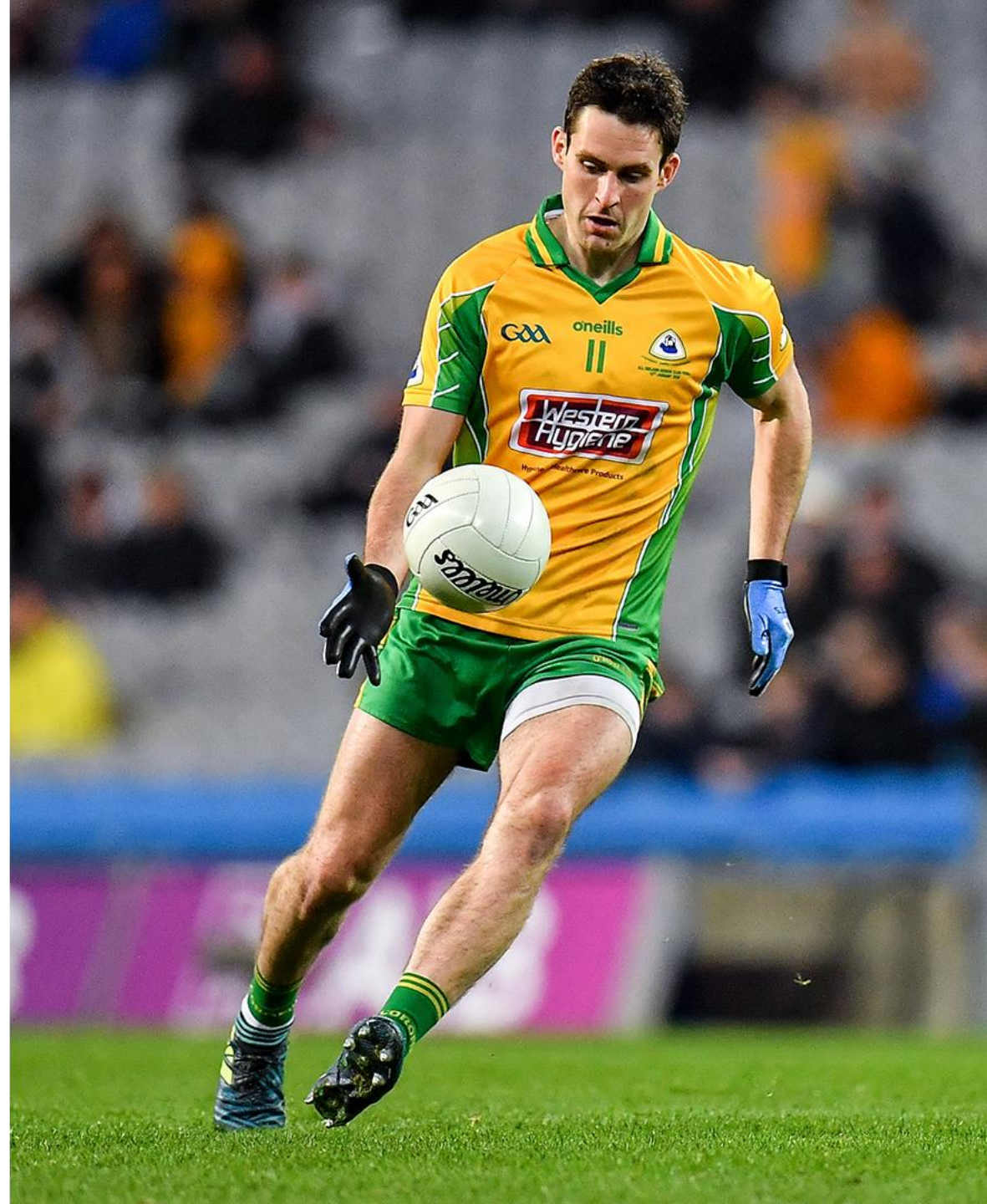




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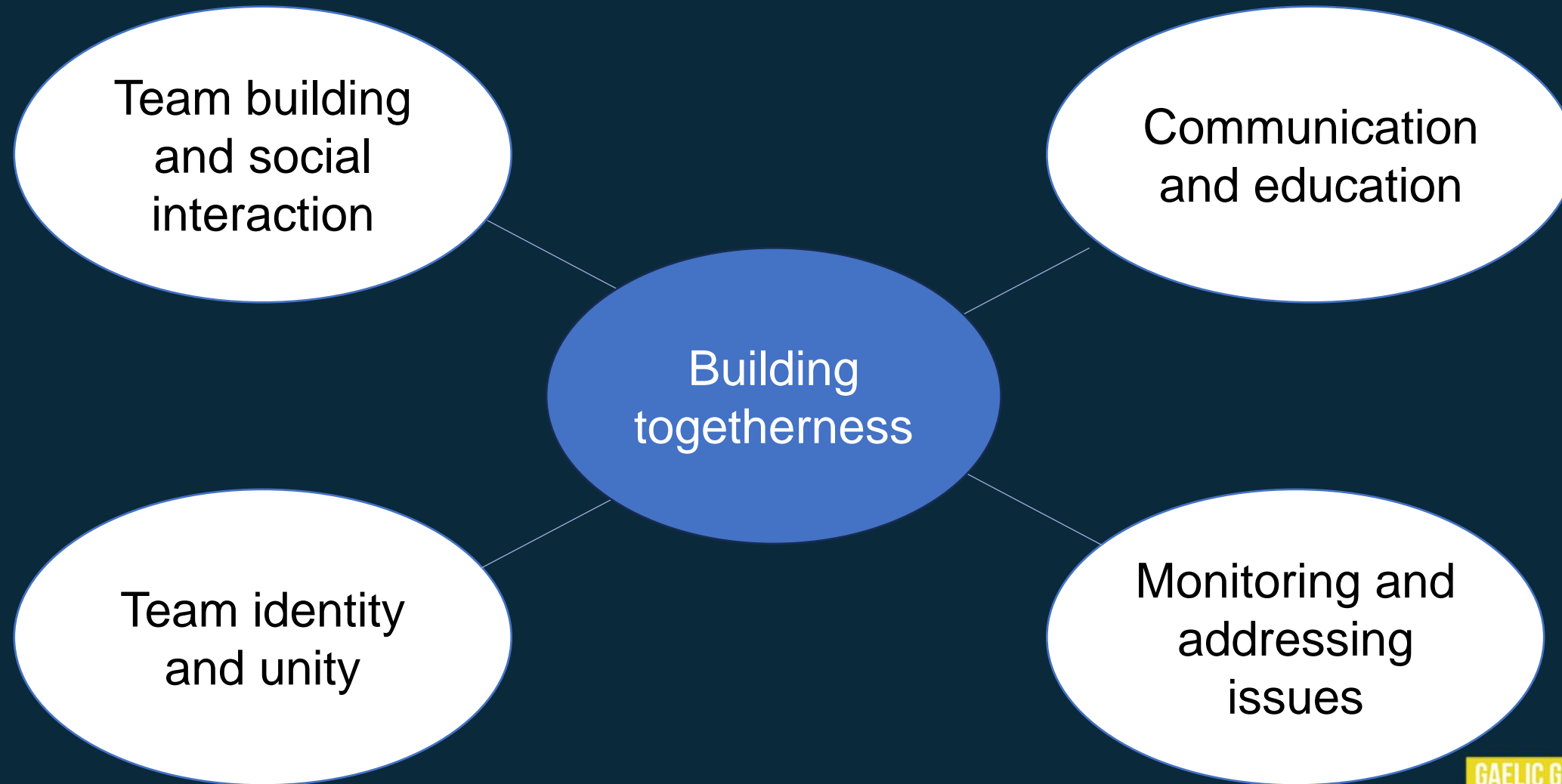
The Importance of Togetherness

- Players who feel strongly connected to their teammates will:
 - Exert more effort
 - Encourage teammates more
 - Believe in themselves and their team more
 - Have better wellbeing
 - Be less likely to drop out



Think about a time when you felt a strong sense of belonging in a group.

What specific actions or behaviours from others made you feel included, seen, heard and valued?



Team building
and social
interaction

Communication
and education

Building
togetherness

Monitoring and
addressing
issues

Team identity
and unity

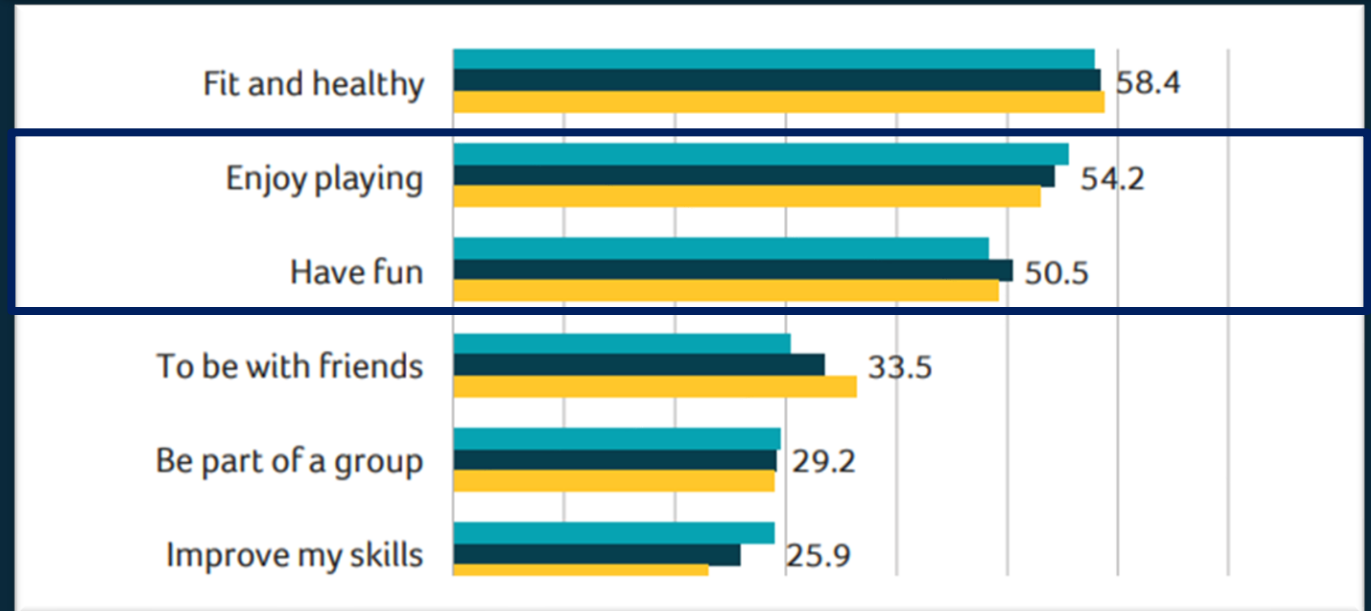


6. PUT THE EMPHASIS ON FUN AND ENJOYMENT



THE GAELIC GAMES YOUTH PARTICIPATION STUDY

*Why do young
people play Gaelic
games?*



Fun and Enjoyment

- Key determinants of long-term engagement
- A common misconception - fun and enjoyment are not compatible with competition
- What might facilitate fun and enjoyment in sport?

Mastery climate

Learning and improving, through stretching and supporting

Mental boosters

Welcoming environment

Team friendships

Team rituals

Bring enthusiasm, energy and playfulness to the session yourself

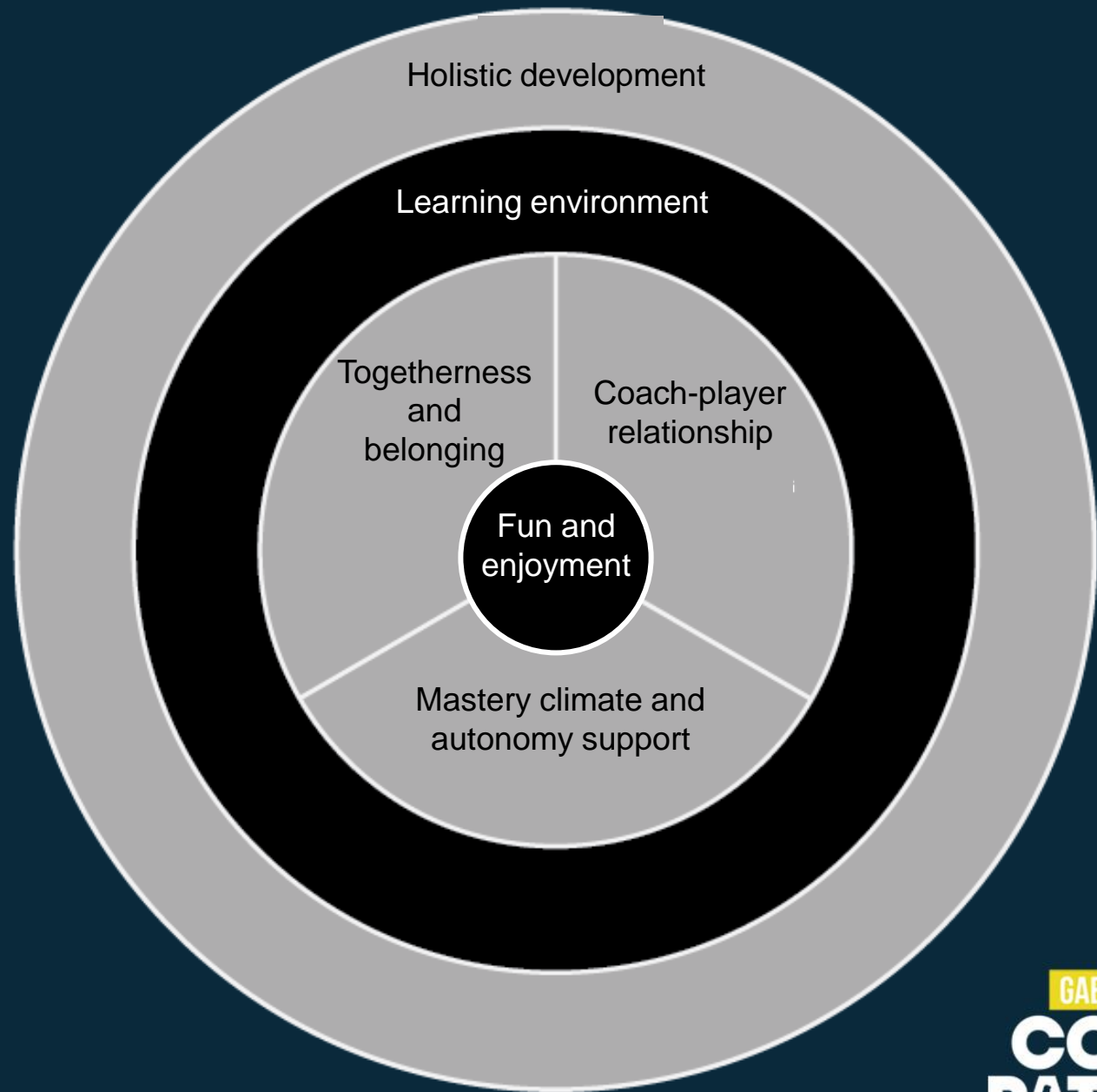
Avoid “over coaching”

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Síol na nÓige

What do you already do that aligns with the principles?



Coaching Voice

What challenges might there be with implementing these principles?

What could help coaches to put the principles into practice?

Connecting the Dots:
Psychologically Informed Coaching



<https://Incn.ac/GGConf24>

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Sport Psychology

is NOT apart from coaching.

It's A PART of it.



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