



*Gaelic Games Club Coaching  
Community of Practice...a  
peer facilitated approach*

**WELCOME**

*Coach Developer  
CCCoP Upskilling  
Session 2*

# Let's remind ourselves of our role...

Clubs to take more ownership of their own learning in their own time, in their own context!

Our role as CD's is help facilitate this!

Early support and guidance  
Less 'hands on' involvement  
Continue when we finish

# What is a Community of Practice?

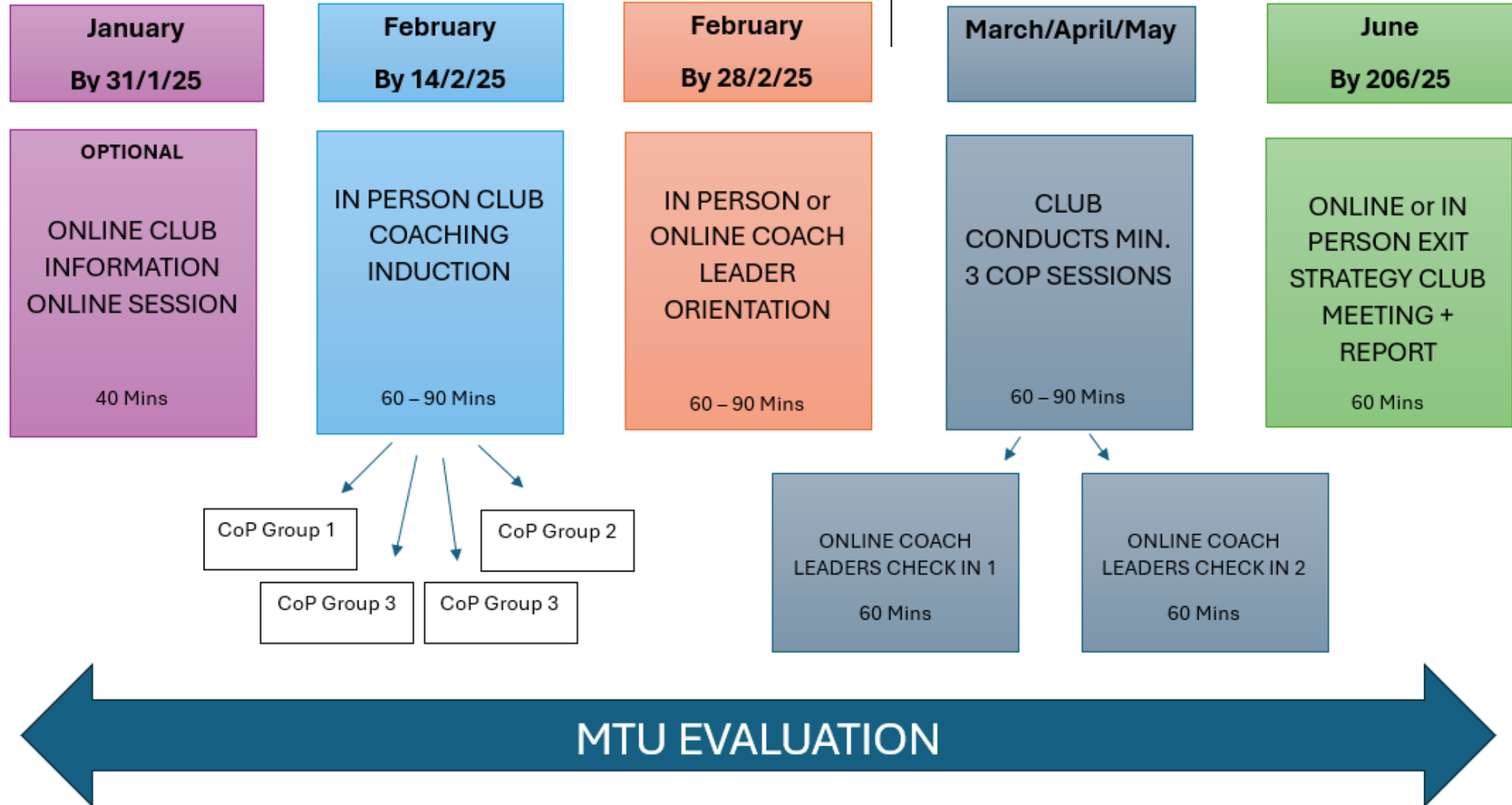
In **coaching terms**, a coaches' community of practice (CCoP) is a way to support coach learning through collaboration  
(Culver and Trudel, 2006)

**GAA**  
WHERE WE ALL BELONG

**LGFA**  
PEIL na mBAN


**THE CAMOGIE ASSOCIATION**  
An Cumann Camógachta

# Overview of GG CCCoP Programme





Progress to  
date...



In 30 seconds, please share where  
you are at currently with your club if  
applicable

# Gaelic Games Community of Practice

## CLUB INDUCTION

(CD Resource)



## Format

*Refer to Guide*

- Introduction's
- Outline what is a CoP and it's value
- Identify how to set up groups – Use voting system
- Set up Groups (max 5 per group)
- Identify Coach Leaders (arrange date to conduct training)
- Identify & Rank Topics for CoP Discussion for each group
- Groups set CoP dates
- Outline MTU Evaluation process

**Gaelic Games  
Community of Practice**

**COACH LEADER ORIENTATION**



Harmon, 2024

# GG CCCoP Coach Leader Orientation Session

## Format

*Refer to Guide*

Lets remind  
ourselves...

What is the  
Structure of  
CoP

- Catalyst initiate discussion (Culver and Trudel, 2008)
  - Video, article, tweet, webinar sent in advance...
- Explore Coaching Items/Issues /Topics
  - Coaches set the agenda (Jacobs, Diesktra & Sklad, 2015)
- Find Solutions
- Agree Action points
- Duration
  - Min. 60 mins – Max. 90 mins



# Catalyst / Discussion Starter

- Quick chat using the Catalyst sent out earlier in the week via text
- It is Important this is part of all coach CoP Sessions!
- The Catalyst acts as the Introduction to your sessions
- Let us discuss / Let me start / Let us begin with the article, video, quote etc. that I sent to you prior to the meeting.
- What are your thoughts? Do you agree with it? Tell me how it may be relevant to you as a coach



# Examples of a Catalyst/Discussion Starter



September 15

## Train hard, win easy.

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"I want to practice to the point where it's almost uncomfortable how fast you shoot, so that in the game things kind of slow down."  
- Stephen Curry

Your training should be much more competitive and more intense than games. The reason why you work so hard in training is to make the games easier. The more you sweat in peace, the less you bleed in battle. Go harder in training. Sweat more in peace. Train hard, win easy.



August 14

## Practice is a privilege.

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John Wooden never expected his players to win all the time or to play perfectly. As he put it, "Did I win? Did I lose? Those are the wrong questions. The correct question is: Did I make my best effort? If so, you may be outscored but you will never lose."

If John Wooden ever felt like his players were going through the motions, he would simply turn off the lights in the gym and leave: "Gentlemen, practice is over." His team had lost the opportunity to get better that day. To Coach Wooden, practice was not an obligation you could coast through. Rather, practice was an opportunity to get better, and you had better treat it as such. Coach Wooden could not tolerate getting outscored, but he would not tolerate taking an opportunity to get better for granted. Practice is a privilege, don't go through the motions. Practice as if you're grateful for another opportunity to get better; it's a privilege.



 UNIVERSAL

# Main Body of your CoP Sessions

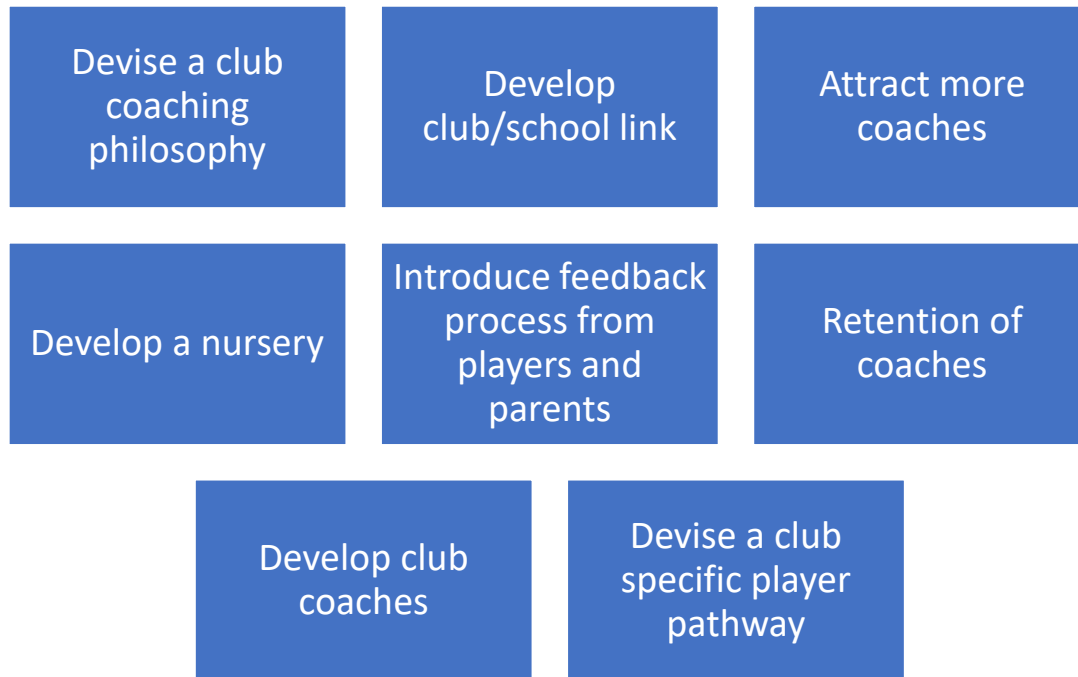
- **Items/Topics/Issues** — Organisational or Coaching
  - Refer to topics agreed at coaches induction or new
- Potential solutions
- Action plan
- 15mins max for each Topic
  - 2 mins – Coach gives context on their topic
  - 11 mins – Discuss potential solutions
  - 2 mins – Agree action points arising from discussion



# Identify Topics

## Organisational

## Coaching



- How do we cater for players of various ability in a session
- How do I plan my sessions more effectively
- How do I cater for a large/small number of players in my session
- How can I improve engagement with my player

# Issues conversation starters

- ISSUES conversation starters...
- Can I suggest the following order of conversation?
- What is the topic?
- What would you like to discuss regarding your topic?
- What is challenging about your topic?
- Why is this topic important to you at this point?



# Solutions conversation starters

- What have you tried?
- What worked?
- What didn't work?
- What are your thoughts on the topic just shared by x
- How can we assist x with solving, improving or enhancing the situation?
- How can we help you progress?
- Who else could we seek help from?
- What other options do we have to achieve this?
- What could be potential barriers to you achieving this?



# Action Plan conversation starters

- What are we agreeing that this is best course of action?
- What are you going to do as a result of this conversation?



# MOCK CoP SESSION

## Following the Mock CoP

- **Coach Developer gets coaches to reflect on the CoP Structure**
- **Important to inform/remind/reiterate coach leaders of the below items**
  - Selecting the topics or coaching/organisational issues
    - In advance via WhatsApp or prior to CoP
  - Agreeing rate of order of items/issues – may get through all!
  - **Catalyst** – how build up a bank of resources? Important this is part of all coach CoP Sessions!
  - **Session structure – Refresh conversation framework – Apply time to each!**
    - **Issues / Solutions / Action plan**





# What is Next?

- Agree NOW how will the coach developer liaise with coach leaders outside structured sessions? Group via WhatsApp? Etc.
- Agree how conduct coach leader Community of Practise sessions or how support each other during process
- It is Important Coach leaders meet between their CoP sessions to identify key learning moments and plan for next coaches CoP sessions based on learnings –formal or informal



# What is Next?

- Set up your CL WhatsApp groups (if you haven't already)
- Confirm your dates for CoP coaches sessions March, April and May if not completed already at coaches induction
- CD will forward you a Coach Leader support booklet
- CD is also available for up to 2 'check online meetings' if required.





Thank  
You

A blue paper cutout with the words "Thank You" in white, hanging from a string. The cutout has a scalloped, cloud-like border. The text is in a bold, rounded, sans-serif font. The word "Thank" is on the top line and "You" is on the bottom line. A small metal ring is attached to the top center of the cutout, and a light brown string is threaded through it.