

2025 Gaelic Games Community of Practice COACH LEADER SUPPORT



PLANNING FOR COMMUNITY OF PRACTICE SESSIONS

STEP ONE – PLAN

PRIOR to CoP session:

- **Coach Leader** sends a **text** to their respective coaches' community of practice group **approx. 5** days prior to coaches CoP Session to include:

A

If CoP group do have items/issues/topics agreed and ranked at coaches' induction session

- Remind coaches of topics agreed and order of discussion. *Please note, coach leader may not get through all topics in a CoP session.*

If CoP group don't have items/issues/topics agreed at coaches' induction session

- Identify items/issues coaches like to discuss relevant to their current coaching context. These items could be something positive or negative that coaches like to share with the group and explore more.
- When topics submitted, coach leader sends three topics to the group and the group rate 1-3 in order of what they would like to discuss at the CoP session. *Please note, coach leader may not get through all topics in a CoP session.*

B

If CoP group do have items/issues/topics agreed and ranked at coaches' induction session

- Provide a **Catalyst** for coaches to think about prior to the CoP Session as icebreaker discussion - Coach leader will send an article, video, something topical at the time.

If CoP group don't have items/issues/topics agreed at coaches' induction session

- Coach leader sends a text to group **2** days prior to CoP Session to:
 - **Confirm order of discussion** in advance of the CoP session
 - Provide a **Catalyst** for coaches to think about prior to the CoP Session as icebreaker discussion - Coach leader will send an article, video, something topical at the time.

STEP TWO – DO

DURING the CoP session:

- Coach leader commences session by having a quick chat with coaches on the catalyst - (10mins max.)

Discussion develops via questioning

- Coach leader commences session by asking open questions re discussion topics as per order agreed
 - **Explore the topic more** – see below possible questions that can be used.
 - **Find solutions on topics discussed** – see below possible questions that can be used.
 - **Agree action plan to topics discussed** – see below possible questions that can be used.

(Note – from second CoP onwards, an evaluation of solutions of previous CoP will be included after catalyst)

STEP THREE – REVIEW

AFTER the CoP session – REVIEW WITH PEER COACH LEADERS AS A GROUP

- Coach Leader discusses / reflects on strategies used to facilitate the CoP from with peer coach leaders in the club:
- **For example:**
 - Selection of the topics or coaching issues
 - Agreeing rate of order
 - **Selection of Catalyst** – Build up a bank of resources. Important this is part of all coach CoP Sessions!
 - **Session structure**
 - **Issues / Solutions / Action plan**
 - Importance of asking right questions – How can improve?

TIPS ON HOW TO FACILITATE DISCUSSION

Asking the right questions to promote discussion or ensure everyone is involved in the session is key.

Introduction – Catalyst

- **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?

Main Body of the CoP - Three main headings for CoP

- What are the issues in your current coaching? Or could be something good you like to chat about or like to improve?
- What are the potential solutions?
- What is the action plan?

ISSUES conversation starters...

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

SOLUTIONS conversations 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?

Evaluation (only applies from CoP session two onwards)

- Tell me, how did everyone get on since we last spoke re actions agreed?

SUGGESTION – Coach Leaders Support each other.

- Important Coach Leaders in the club support each other to identify key learning moments and plan for next coaches CoP sessions based on their learnings.
- **Support of Coach Developer is available also when required.**