



1ST STEP ON THE PATHWAY

GAELIC GAMES PLAYER PATHWAY



THE PATHWAY IS UNDERPINNED BY SIX KEY PRINCIPLES:

- **CLUB IS CORE** - Club is central to nurturing love and passion for our games and sustaining communities and lifelong participation
- **PLAYER CENTRED** - We develop the player and the person
- **QUALITY COACHING EXPERIENCES** - Our coaches create an enjoyable coaching environment to meet needs and welfare of the player
- **CONNECTION** - Our pathway promotes connection through relationship building opportunities, communication and teamwork
- **INCLUSIVE** - Gaelic Games are for All, regardless of abilities, background, beliefs or identities
- **AS MANY AS POSSIBLE FOR AS LONG AS POSSIBLE** - Our Pathway prioritises long-term development with a games programme that supports recruitment, development and retention of players

1ST STEP ON THE

PATHWAY

NURSERY PROGRAMME



F1
Fundamental
Movement Skills



AGES 4-6

STAGE FOCUS

FUNDAMENTAL MOVEMENT SKILLS

PHASE DESCRIPTOR

The emphasis during this phase should be placed on open play (general movement) with all children playing, exploring movement through new and fun experiences. Younger children will continue to participate in activities that are enjoyable and rewarding to them. The end product should be a fun and safe experience. Establishing a core set of motor skills related to Gaelic Games early in life enables children to gain a sense of achievement and establish a positive relationship with sport and physical activity.

CONSIDERATIONS FOR DEVELOPMENT AND LEARNING

The Player - Focus is on play and learning through the medium of play. General play at home, formalised play in the Club nursery and at school.

The Game - The game is non-structured and structured play that develops fundamental movements of agility, balance and coordination while also including running, jumping, throwing and catching, passing, kicking/striking

KEY SUPPORT PROVIDERS IN THE ENVIRONMENT

Coach - Ensure that FUN and enjoyment is central to all activities

Parent/Guardian - Supports the child and encourages play, exploration, enjoyment as well as some level of practice at home

Teacher - At this stage the teacher should provide structured learning through play as part of the P.E. curriculum

APPROX. AGE RANGE

4-6 years old

PHASE OUTCOME

Develop players ability to 'move well' via Fundamental Movement Skills (FMS)



WHY ARE YOU INVOLVED IN YOUR CLUB NURSERY?

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WHAT DO YOU HOPE TO LEARN FROM THIS WORKSHOP?

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NURSERY PROGRAMME



WHAT TO EXPECT

PLAYER CHARACTERISTICS

- ONLY GOES FLAT OUT – NO SENSE OF PACE
- IS SELF-CENTRED
- WILL WANT THEIR OWN BALL
- HAS LITTLE CONCERN FOR TEAM ACTIVITIES
- PHYSICAL + PSYCHOLOGICAL STATE OF BOYS + GIRLS IS VERY SIMILAR
- HAS LIMITED SENSE OF TIME + SPACE
- HAS A SHORT ATTENTION SPAN

THE CLUB ENVIRONMENT

- FUN IS NUMBER ONE PRIORITY
- ADEQUATE COACH TO PLAYER RATIO
- DISCOVERY/EXPLORATION
- TRIAL + ERROR
- VARIATION IN EQUIPMENT USING COLOURS + DIFFERENT SIZES
- EACH CHILD HAS THEIR OWN WATER BOTTLE AND GUM SHIELD

ACTIVITIES/GAMES

- SMALL SIDED GAMES 2V2, 3V3, 4V4 MAX
- CHALLENGE PLAYERS AT THEIR LEVEL
- INTRODUCE A KNOWLEDGE OF THE GAME
- RESEMBLES GAME MOVEMENTS
- ALL PLAYERS INVOLVED
- FUN FOR ALL

THE COACH

- VARIATION - COACH OPEN TO TRIAL + ERROR
- WELL ORGANISED/PLANNED SESSIONS
- GET TO KNOW CHILDREN'S NAMES
- MAXIMISE ALL COACHING RESOURCES TO INCREASE KNOWLEDGE
- GUIDE CHILDREN, DON'T TELL THEM
- BE A ROLE MODEL
- ENCOURAGE FUN ACTIVITIES TO BE PLAYED AT HOME



FUNDAMENTAL MOVEMENT SKILLS



SCAN HERE!





CONSIDERATIONS

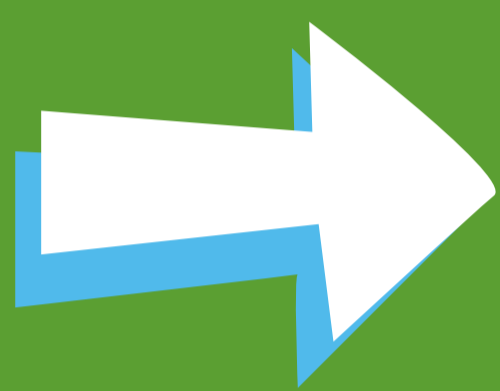
FOR YOUR CLUB NURSERY

- STATIONS MODEL
- COACHES STAY AT A STATION OR ROTATE WITH GROUP
- WARM UP TOGETHER
- HELMETS ON & OFF
- ALL CODES
- BOYS + GIRLS
- HOW WE GROUP CHILDREN, AGE & USE BIBS
- NAME TAGS
- LABEL DOMINANT FOOT & HAND
- REWARDS/ACKNOWLEDGEMENTS
- WATER BREAKS
- FREE PLAY AREA
- INCLUSIVE ACTIVITIES
- PARENT INVOLVEMENT, PARTNERING THEIR CHILD FOR ACTIVITIES
- HURL SIZE



STATIONS MODEL

STATION 1 SKILL



STATION 2 GAME



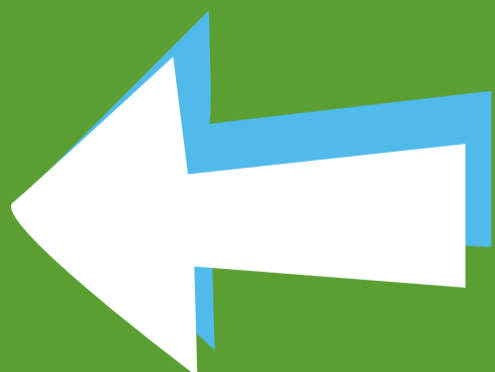
STATION 6 FUN GAME

WARM UP & FREE PLAY AREA!

STATION 3 FUN GAME



STATION 5 GAME



STATION 4 SKILL





HOW TO COACH

BUILD RAPPORT



1. SHOW INTEREST IN AND RESPECT FOR EACH PARTICIPANT AND OTHERS
2. SMILE AND MAKE EYE CONTACT WITH EACH PARTICIPANT
3. LEARN AND USE PARTICIPANTS NAMES

EXPLAIN

1. PLAN WHAT TO SAY
2. GAIN ATTENTION BEFORE STARTING
3. KEEP THE MESSAGE SIMPLE

DEMONSTRATE

1. POSITION SO ALL CAN SEE AND HEAR
2. PROVIDE CORRECT DEMONSTRATION THEN FOCUS ATTENTION ON 1-3 KEY POINTS
3. PROVIDE DEMONSTRATION MORE THAN ONCE FROM DIFFERENT ANGLES

OBSERVE

1. ONE POINT AT A TIME: HEAD, HANDS (CHURL) AND FEET
2. OBSERVE EACH PARTICIPANT FROM DIFFERENT ANGLES
3. OBSERVE EACH PARTICIPANT SEVERAL TIMES

SCAN-HERE!

