



Bringing Coaching back to the Game

Clíodhna O'Connor
Noelle Healy

In Association with





BRINGING COACHING BACK TO THE GAME

Clíodhna O'Connor

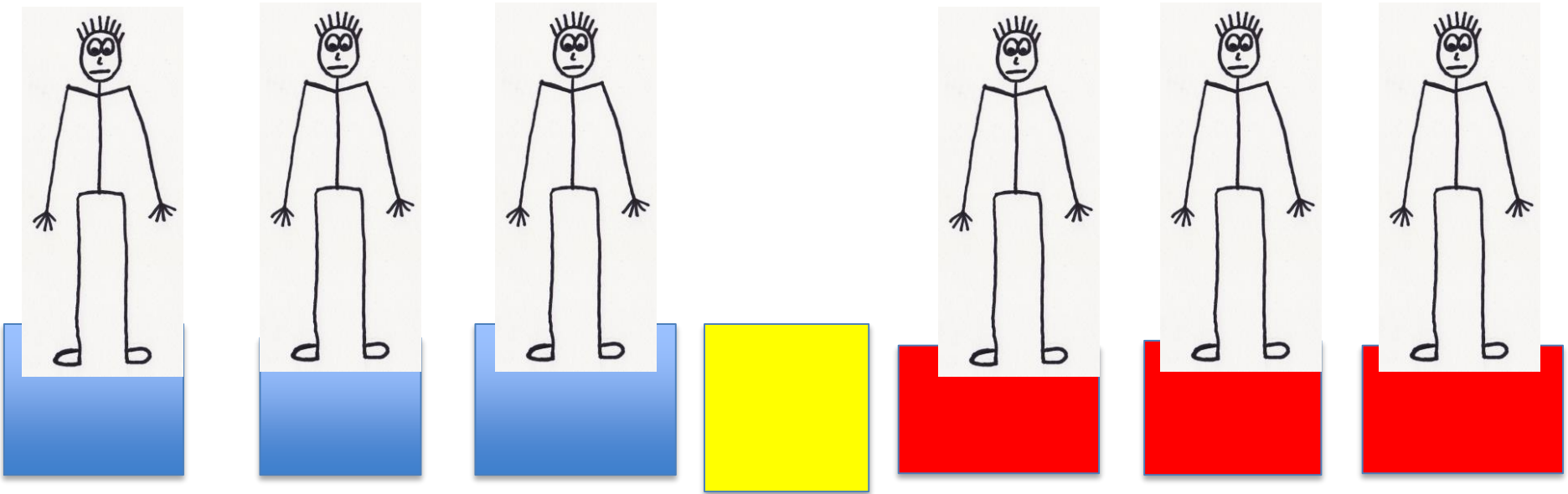
Coach Developer & Athlete Development Coach

Noelle Healy

Dublin Snr Footballer, 2017 Player of the Year

**HOW DID WE
GET HERE?**

THE IMPORTANCE OF A PATTERN



ONLY 1 PERSON CAN MOVE AT A TIME
YOU CAN ONLY HOP OVER ONE PERSON
YOU CANNOT GO BACKWARDS

WHAT HAPPENED

*OUTCOME BUT NO
ROAD MAP*

SUBSTITUTIONS

**WITHOUT
TALKING**

**REPEATABILITY –
THEY GOT THERE,
DID THEY KNOW
HOW??**

COMPETITION

F

IND IT

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EPEAT IT

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MPROVE IT

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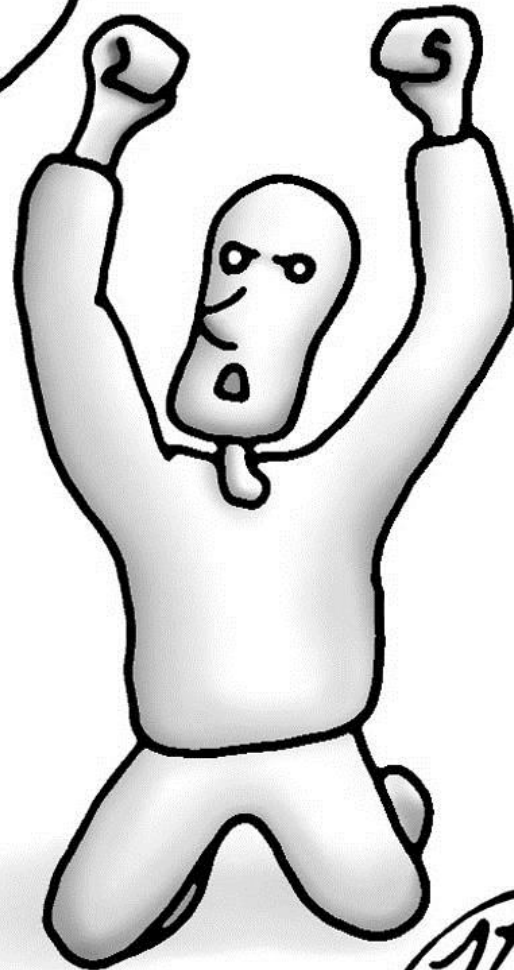
AIL IT

A

DAPT IT



But what
is it?



WHAT DOES A GOOD COACH DO...

What do PLAYERS do?

What Gear
do I need?
What Food
do I need?

PLAN
↓
WARM UP
↓
PLAY (VIA)
↓

When
Where
How Long?

Kick	Pick Up	Catch	Solo	Score a Goal	Score a Point
Block	Tackle	Disguise	Hand Pass	Evade	Create Space
Time Runs	Run, Jump	Change Direction	Stretch		

Find it, Repeat it, Improve it, Nail it, Adapt it

What do COACHES do?

What are my outcomes?

PLAN

LAYOUT

DELIVER (VIA)

How many players will I have?

What resources will I need etc.?

INTRO	DEMO	EXPLAIN	ATTEND/ACTION	LOOK/OBSERVE
Analyse		Position	Fun/Variety	Stop'
Adapt		Open Questions	Step In/Out	Voice
Review(Session)		Evaluate (Players)	First Names	Feedback
Progress		Use of Time	Use of Space	Resources

Find it, Repeat it, Improve it, Nail it, Adapt it



Sportsfile 29 January 2017; Noelle Healy of Dublin during the Lidl Ladies Football N
Round 1 match between Dublin and Monaghan at Naomh Mearnóg in Por
Photo by David Fitzgerald/Sportsfile

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ber 2017; Orla Conlin of Mayo in action against Noelle Healy of Dublin during the TG4 Ladies Football All-Ireland Senior Championship Final match between Dublin and Mayo at Croke Park in Dublin. Photo by Brendan Moran/Sportsfile



THE VALUE OF THE PATTERN

THERE ARE COMMON PATTERNS ALL OVER THE PITCH..

Off the shoulder run..

A diagonal ball..

A ball over the top of a dummy run into space



DRILLS – MODIFIED GAMES THIS IS A BRIDGE
MORE GAME LIKE, WITHOUT THE CHAOS

AGE: TEACH SPATIAL AWARENESS
‘WE PLAYED FOOTBALL’



S&C: DESIGN YOUR PATTERNS TO ACHIEVE YOUR CONDITIONING NEEDS

LITERATURE HAS SPELLING AND SYNTAX

MUSIC HAS SCALES AND CHORDS

SCIENCE HAS LAWS AND EQUATIONS

TEAM SPORT HAS PATTERNS

CREATIVITY COMES

WHEN YOU

DISCONNECT FROM THE

EXPECTED

Go raibh míle maith agat