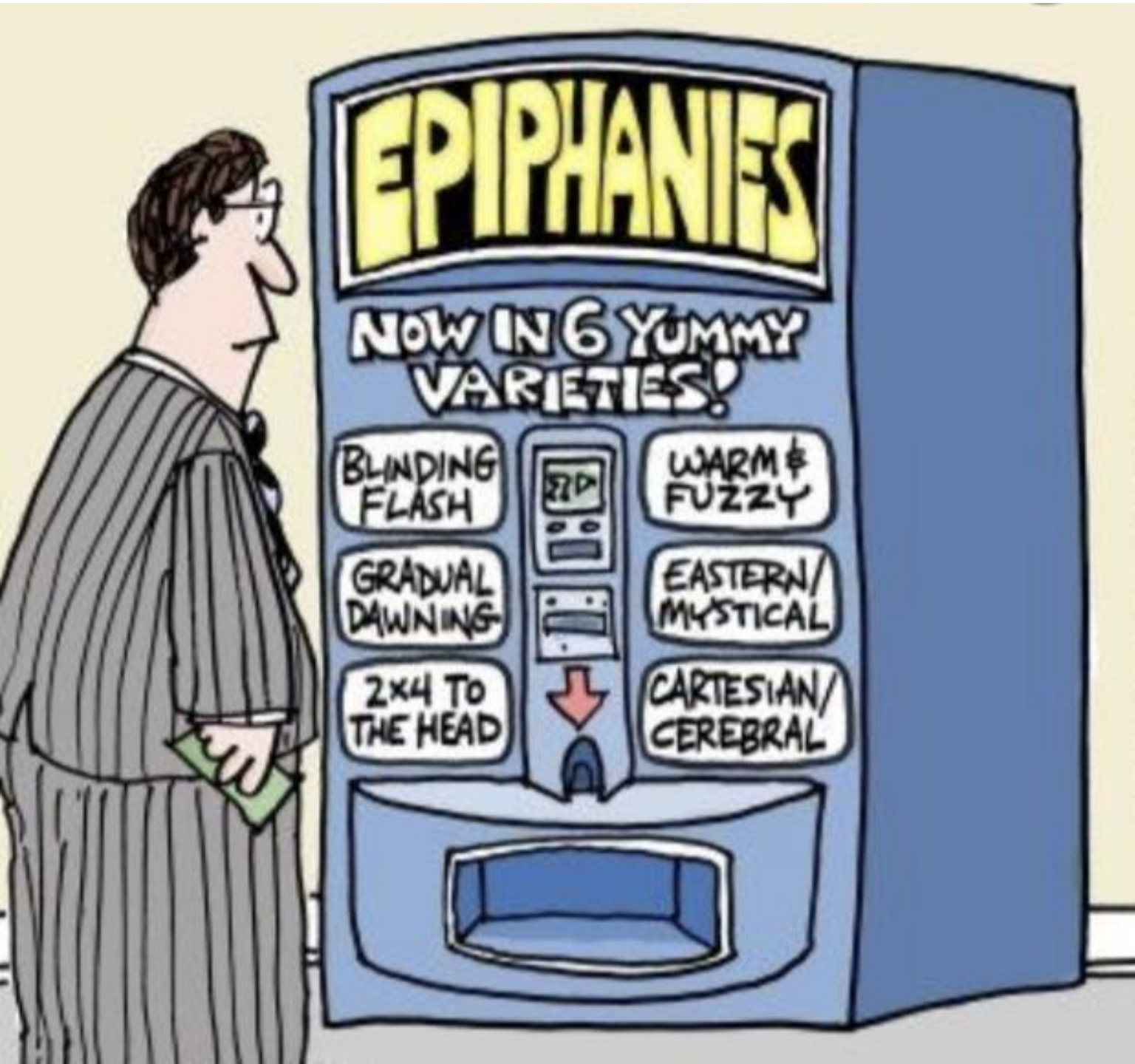


*Epiphanies
breathe life
into coaching*





An
illuminating
discovery
which
changes the
next part of
the story

What would I like coaches to take from the next 30 mins?

Be ready and willing to follow a coaching path, different to the one you are content with right now.



My Epiphany Sources

1. GAA People
2. Other People
3. Situations
4. Technology
5. Perceived Gaps



1. GAA People

School

Brian McIver

Brendan Convery

Sean O'Kane

Club

Aidan O'Brien

Ronan McCusker

Martin Duffin

Joe McQuillan

School

Kevin Coary

Sean Doyle

Paddy Flynn

Tutoring & Writing

Terence McWilliams

John Morrison



What I learned

Connect with as many GAA people as you can. You'll always pick up ideas. Often those who do not agree with you, will end up teaching you more.

2. Other People





Eric Mazur:

Confidence Scores

3 2 1 0

Opportunities for Peer Coaching



Trusting players to coach each other

Peer Observation & Coaching



Player(s) stepping out to look for specifics

What I learned

Be brave enough to experiment;
don't settle for comfortable....no
matter if others do

3. Situations

Master the
art of
observing



Tedious Observation

You did everything... and we just watched you do it.

Hectic Participation

Most of their attention was on the mechanics of whatever they were running

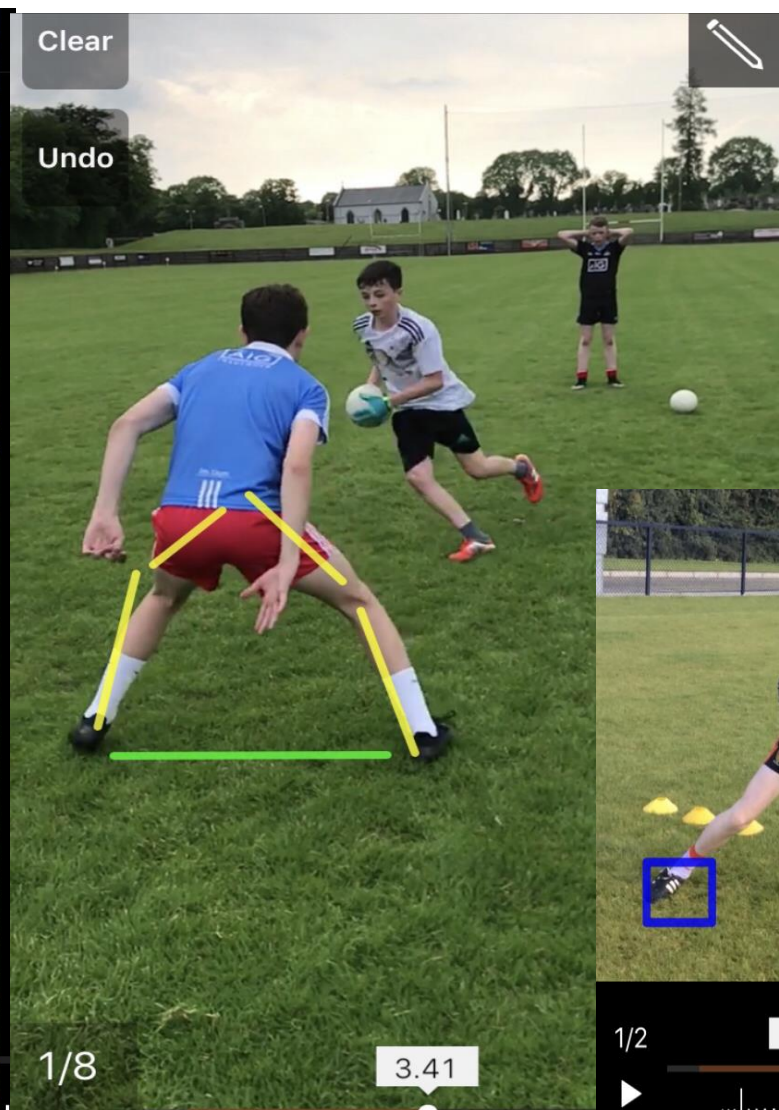
Directed Observation

*Encourage..
Watch for..
Take note of..
Discuss..
Work with..*

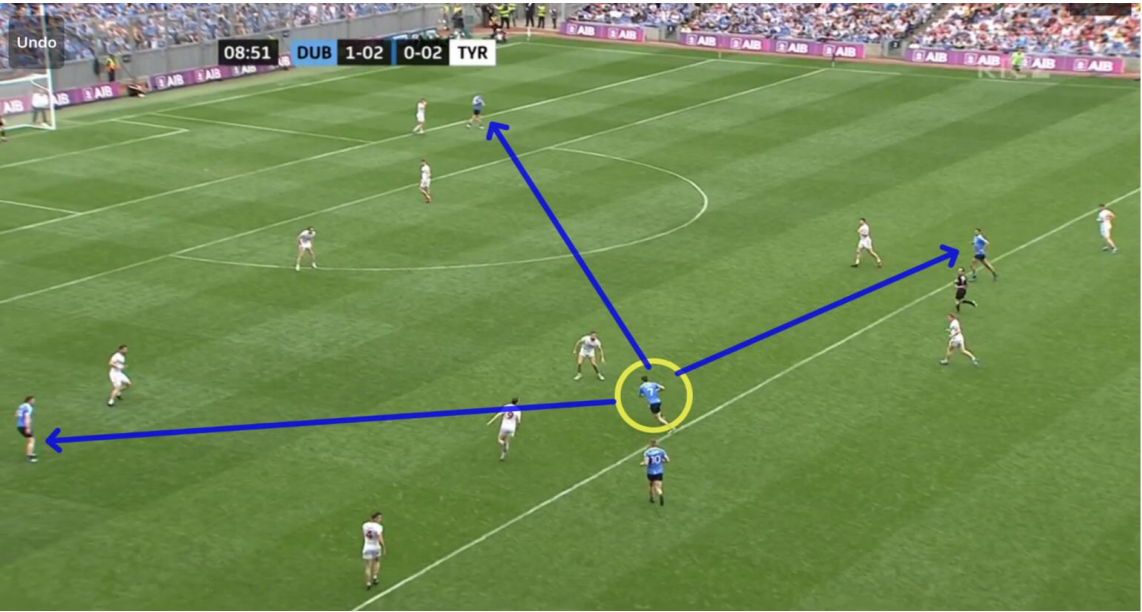
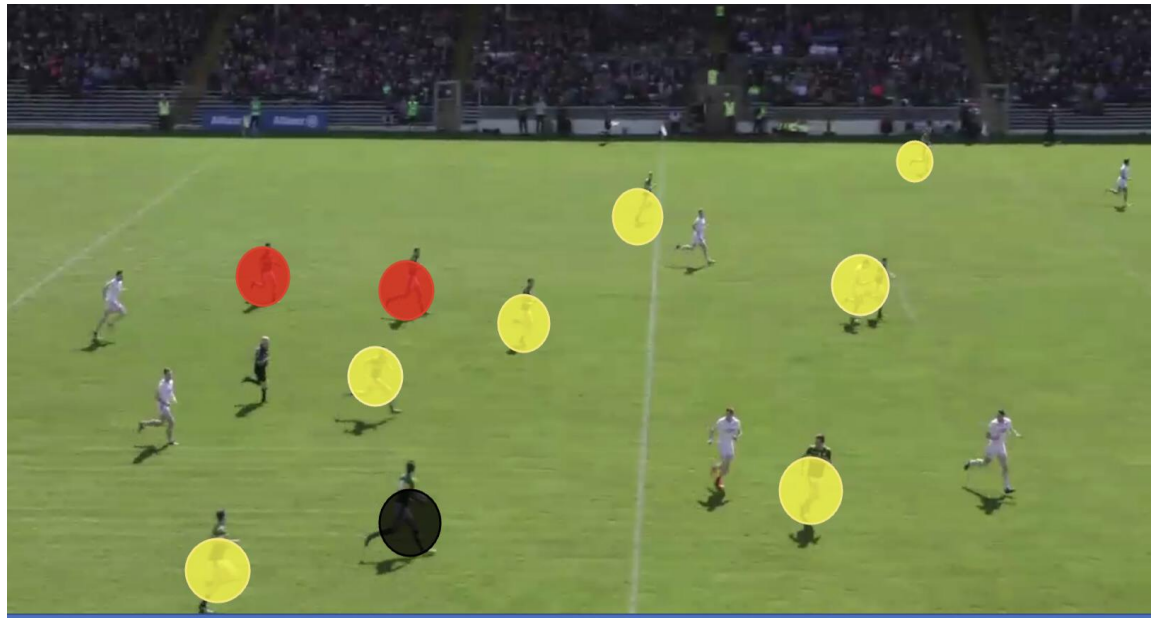
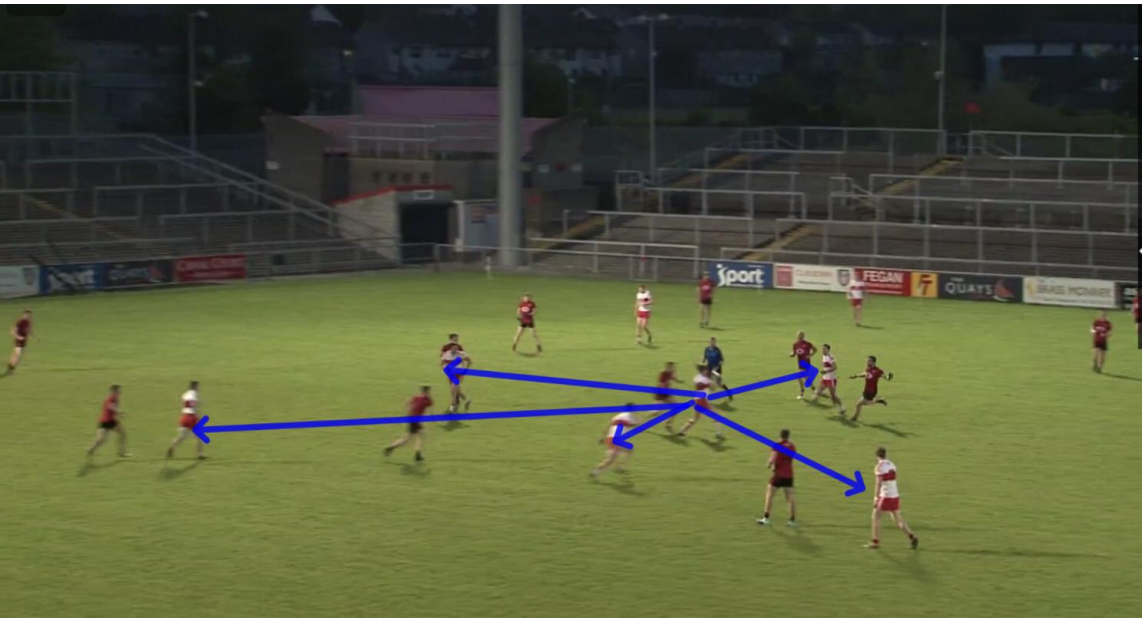
What I learned

When the evidence tells you it's not working, respond and find a new way.

4. Technology







What I learned

Embrace technology; use it to learn about player tendencies. It will add breadth and depth to your own coaching

5. Perceived Gaps



Player Development Coaching (PDC)

What I learned

This must become part of our fabric.
What better way to show players they belong, than to take an interest in them as individuals.

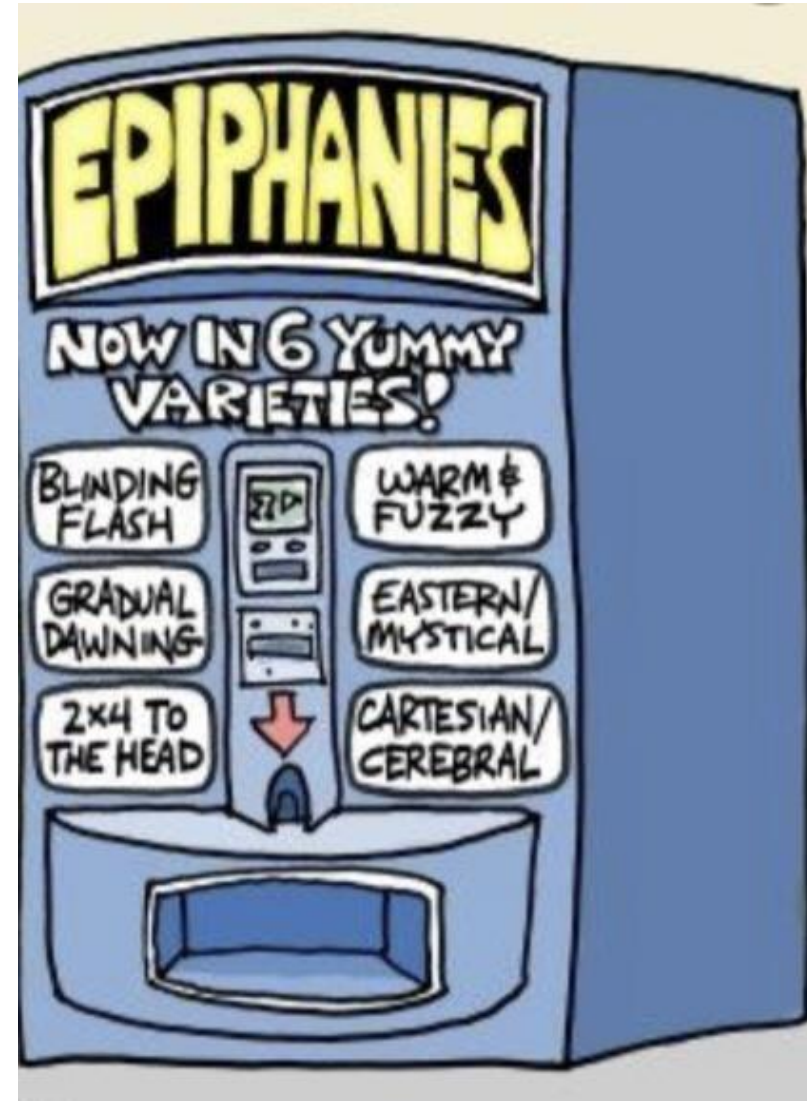
Currently?

- Exploring different ways that players learn and the psychology linked to achievement
- CAD Coaching – Controlled, Assisted and Delegated
- Fitting together different combinations of these
- Matching pitch examples to each.

What do I hope you've got from the last 30 mins?

An heightened awareness of epiphanies and an acceptance of them when they come your way...

...hopefully not via a 2x4 to the head!



Thanks for watching.