

GAA GAMES DEVELOPMENT CONFERENCE

in partnership with

sky sports

A Learning Journey

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WHERE WE ALL BELONG

GAA



GAA
HANDBALL

in association with

LGFA
LADIES GAAFC / FOOTBALL





My Background



GETS A GO

For more info visit gaa.ie/gogames



- Some practical take-aways for you today
- Ideas that you might be able to use with your own squads
 - I'm not here to preach

Standards: Promoting a Strong Team Culture/Spirit

Set initial standards for the players that require no talent such as:

- being on time
- giving a genuine commitment
 - giving your all
- being open to challenge to learn and improve (Being Coachable)
 - never ever giving up

Pat Reilly: The Innocent Climb v The Disease of Me

Can Players drive these standards?

Player Centric

Player Centric

- Leadership Group
- Player Led Video Analysis
- Scenarios at Training. Ask questions rather than give answers and solutions
- Promises Meeting

Lead the Way

- Lead by example. First there and last home with everything under your control meticulously undertaken
 - Be consistent. The group always comes first
 - Persist when things are going wrong, always display positive body language and be prepared to have a laugh
 - Be prepared to admit when you are wrong
 - Respect and Trust



“Fail to Prepare... Prepare to Fail!”

- Sessions / Meetings / Match preparation done to the best of your ability
- On Match Days “What Ifs” preparation invaluable
 - Video Analysis - Powerful Coaching Aid
 - Teams and Session ready beforehand

Training Session 40 - 1-5-2018 - Fitzgerald Stadium

Time	Activity	Coach
1825	<p>Pre Training Discussion Upstairs</p> <ul style="list-style-type: none"> Outlining the conditions and the detail for football - One Video Clip 	Éamonn
1835	<p>Warm Up</p> <ul style="list-style-type: none"> Activation in gym (10 mins) Warm Up Speed Tech 4xPos Spec Acceleration 2x40m Max Velocity 	Niall
1900	<p>Staggered Attack & Defence</p> <ul style="list-style-type: none"> Attackers aim to take on their man & go for goal. Support runners coming at pace. Must come away with a score, goal or point. Defenders aim to delay the attackers, dispossess them and attack. Extra points for turnover score. 	Pádraig
1910	<p>Skills Work</p> <ul style="list-style-type: none"> Kickpassing and Shooting 	Pádraig
1920	<p>Counter attack at pace v Scramble Defence</p> <ul style="list-style-type: none"> Attacking from a turnover. Head up, move the ball quickly & accurately. Take advantage of the extra man. Defending team aim to slow the play to allow extra defensive cover to arrive. 	Pádraig & Éamonn
1930	<p>Football</p> <ul style="list-style-type: none"> Move the ball at pace & with accuracy and by making good decisions. Wolf Pack Mentality without the ball. Force them down one side and keep them there to allow weak side cheat and help. When we have bodies back push at the ball aggressively. The ball is the danger. Full forward line shape for counterattack. Backs playing from in front and goalkeepers playing as sweepers Consequences for Turnovers, Tackling (Lack of or selling yourself) and Lack of Communication. 	Éamonn
1955	<p>Warm Down</p>	Players
2000	<p>Session Finishes</p>	95 minutes



Own Your Decisions

- Collaborative decision making process but there has to be someone to make the final call.
- We consulted as a management group and then came to a decision.
 - Outside opinions that I trusted if required
- When you get it wrong at least it is your decision. Much easier to live with. Important to learn from mistakes though!

Key Lessons

- Inexact Science that requires Persistence and Humour
 - Empower the Players
 - Treat everyone with Respect
 - Keep telling them that “Yes we can”
- When a group realises it’s potential with everyone pulling together it is immensely fulfilling



Q & A