



# *Expression and Freedom for Learning & Development – Let Them Be Children*

Owen Mooney – Rockland GAA Games Development Officer  
GAA Games Development Conference - Saturday 12<sup>th</sup> January 2019



# *My Short Story*





# *Today's Road Map*

- ✓ **Our Coaching Philosophies**
- ✓ **What Children Need from their Coach**
- ✓ **How & Why?**
- ✓ **RESPECT Expectations**



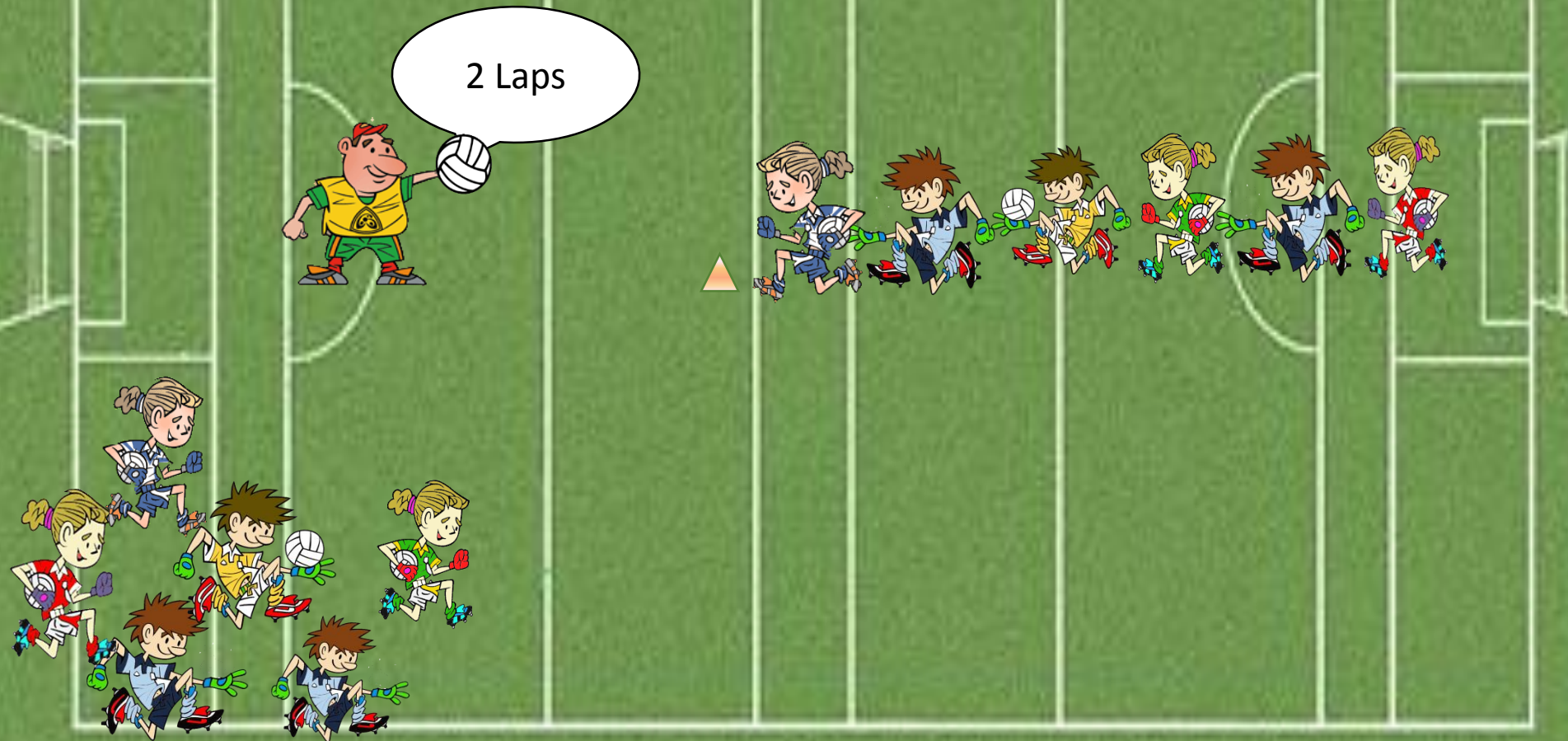
# *The Child*



First Word that YOU  
Associate with  
Children?



# BAD PRACTICE



# *Philosophy / Motto*

What is **YOUR** Coaching Philosophy?



Learning, FUN with a  
Holistic Approach

Child/Player/Person  
ALWAYS Comes First;

Winning Comes Second

# **Planning For Fun**

**FUN, Enjoyment & Creativity**

**One Concept at a Time**

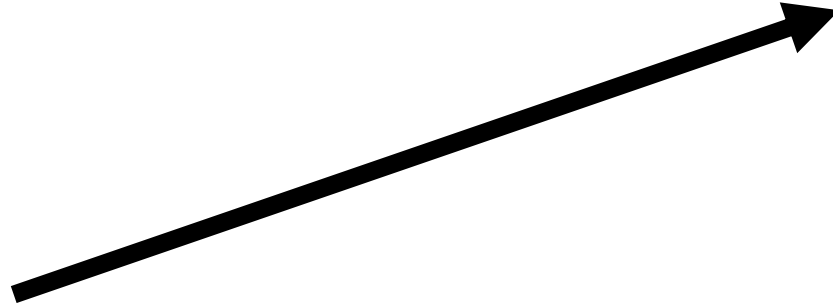
**Relate To The Child**

**Show Me**

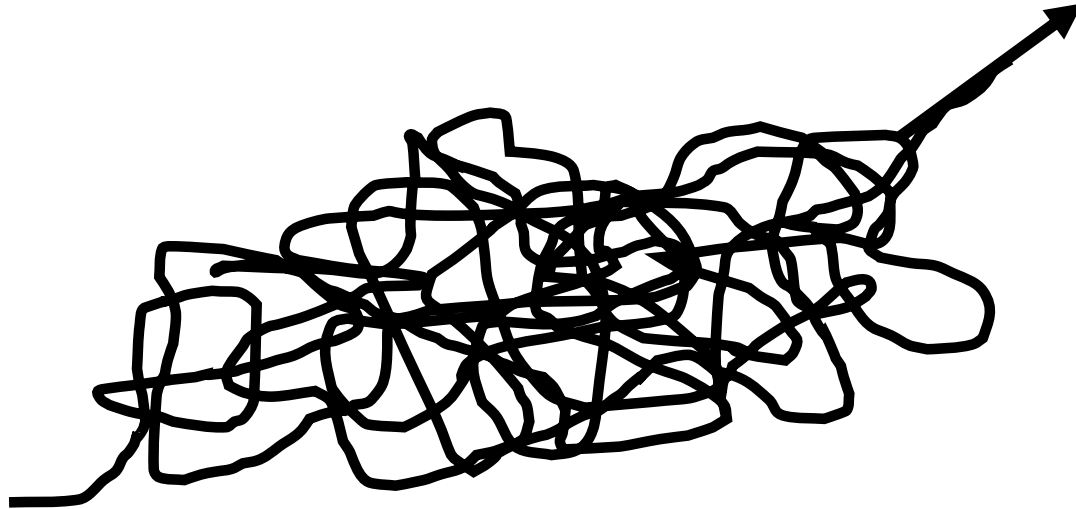
**Questioning Vs Telling**

**Have A Go & You Will Know**

# *Child Development*



**Adult Plan**



**Reality**



# **How & Why?**

- ✓ **RGAA Child Development Programme – U6 To U12**
- ✓ **Magic Principles**
- ✓ **Game Sense Approach through the Family Of Games**
- ✓ **5 C's – Holistic Super Powers**
- ✓ **RESPECT Expectations**

# RGAA Child Development Programme

Area Of Focus	U6/U8/U10/U12 Combined – FUN, Participation & Learning
<b>PHYSICAL LITERACY</b> ( <i>ABC's &amp; RJT's</i> )	Agility, Balance, Coordination, Running, Jumping, Throwing, Pathways, Directions, Speed Levels, Acceleration, Deceleration, Stopping & Starting
<b>TECHNICAL DEVELOPMENT</b> ( <i>CPK's</i> ) Both Sides, Both Hands, Both Feet	Handling/Kicking/Striking Ball Pick Up, Body Catch, Low Catch, High Catch, Grip/Ready/Lock/Swing, Hand Pass, Fist Pass, Ground Strike, Strike from Hand, Soloing, Ground Kick, Punt Kick, Hook Kick, Bounce, Crouch Lift, Roll Lift, Jab Lift, Near Hand Tackle, Frontal Tackle, Evasion, Side Step
<b>TACTICAL DEVELOPMENT</b>	Spatial Awareness, Creating & Exploiting Space, Principles of Defence & Attack, Different Positions, Co-Operation, Team Work, Communication, Target/Court/ Field/Non/Part & Full Invasion Games, Rules & Ethics
<b>PSYCHOLOGICAL DEVELOPMENT</b>	Positive Attitude to Sport, Social Relationships, Creativity, Imagination, Questioning, Build Self Confidence, Introduction to Mental Preparation Respect to Coaches, Respect to Referees, Respect to Other Players
<b>PHYSICAL DEVELOPMENT</b>	Effect of Exercise on Body, Push/Pull Exercises, Speed Development
<b>ANCILLARY CAPACITIES</b>	Health, Nutrition, Hydration, Happiness

# *Lay The Foundations*



**ABCs**

**RJT's**

**CPKS**

**LEARNING to MOVE**

**MOVING to LEARN**



# ***Magic Principles***

AREA OF FOCUS	MAGIC PRINCIPLES EXPLAINED
<b>M</b> OTIVATIONAL	<ul style="list-style-type: none"><li>Children will be motivated to participate if the activities are <b><i>VARIED &amp; FUN</i></b></li></ul>
<b>A</b> GE APPROPRIATE	<ul style="list-style-type: none"><li>Activities must be appropriate to the <b><i>DEVELOPMENTAL</i></b> level of each child</li></ul>
<b>G</b> ROWTH	<ul style="list-style-type: none"><li>Activities must take into consideration the <b><i>PROGRESS</i></b> of each child.</li><li>They must be carefully pitched at the <b><i>APPROPRIATE LEVEL</i></b></li><li>Activities are neither too difficult or too easy, but ultimately provide a <b><i>CHALLENGE</i></b></li></ul>
<b>I</b> NDIVIDUALISED	<ul style="list-style-type: none"><li>Activities must target <b><i>ALL ABILITY LEVELS</i></b></li></ul>
<b>C</b> HILD CENTRED	<ul style="list-style-type: none"><li>Activities should allow <b><i>ALL CHILDREN</i></b> the experience of playing in a variety of <b><i>PLAYING POSITIONS</i></b></li></ul>

# *Game Sense Approach*



It's Not WHAT They Do  
It's HOW & WHY They Do It

Pose Questions –  
Instead of Telling

# *Game Sense Approach*

## Game Appreciation:

Focus on PLAYER rather than GAME

## Tactical Know How:

Allow Players To SOLVE PROBLEMS  
Posed By The Game

Awareness On/Off the Ball

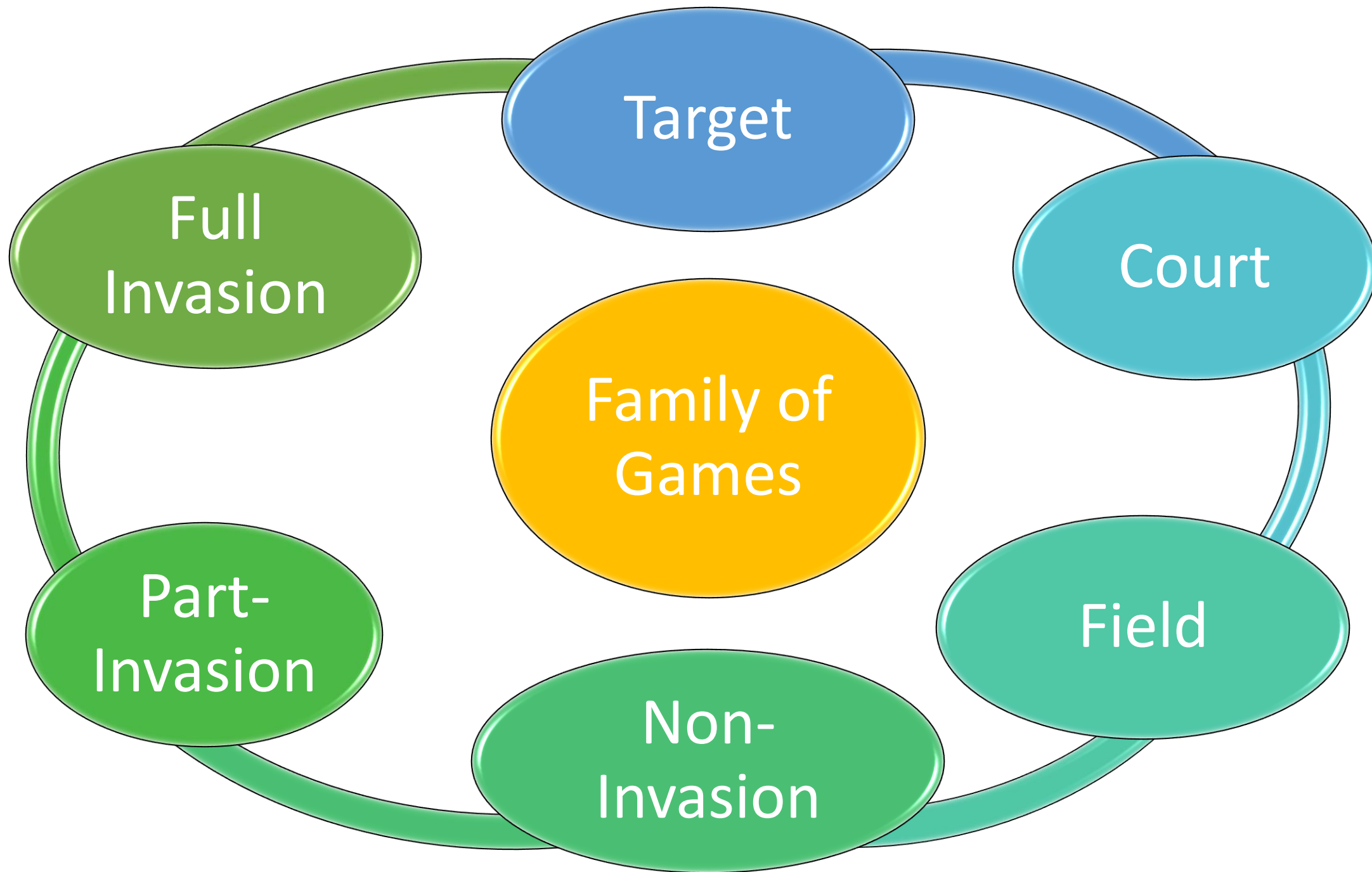
Player Movement

Decision Making

Problem Solving...and much more







# *Family Of Games*

1a. Target (1's/2's)  
Ball Familiarisation  
Co-Operation + Competition  
Aiming – At/Between/Into Objects

1b. Target (3's/4's)  
Unstructured Group Work  
3's Aiming into a hoop held by a child

4a. Non Invasion  
Team ball Pass  
4v0

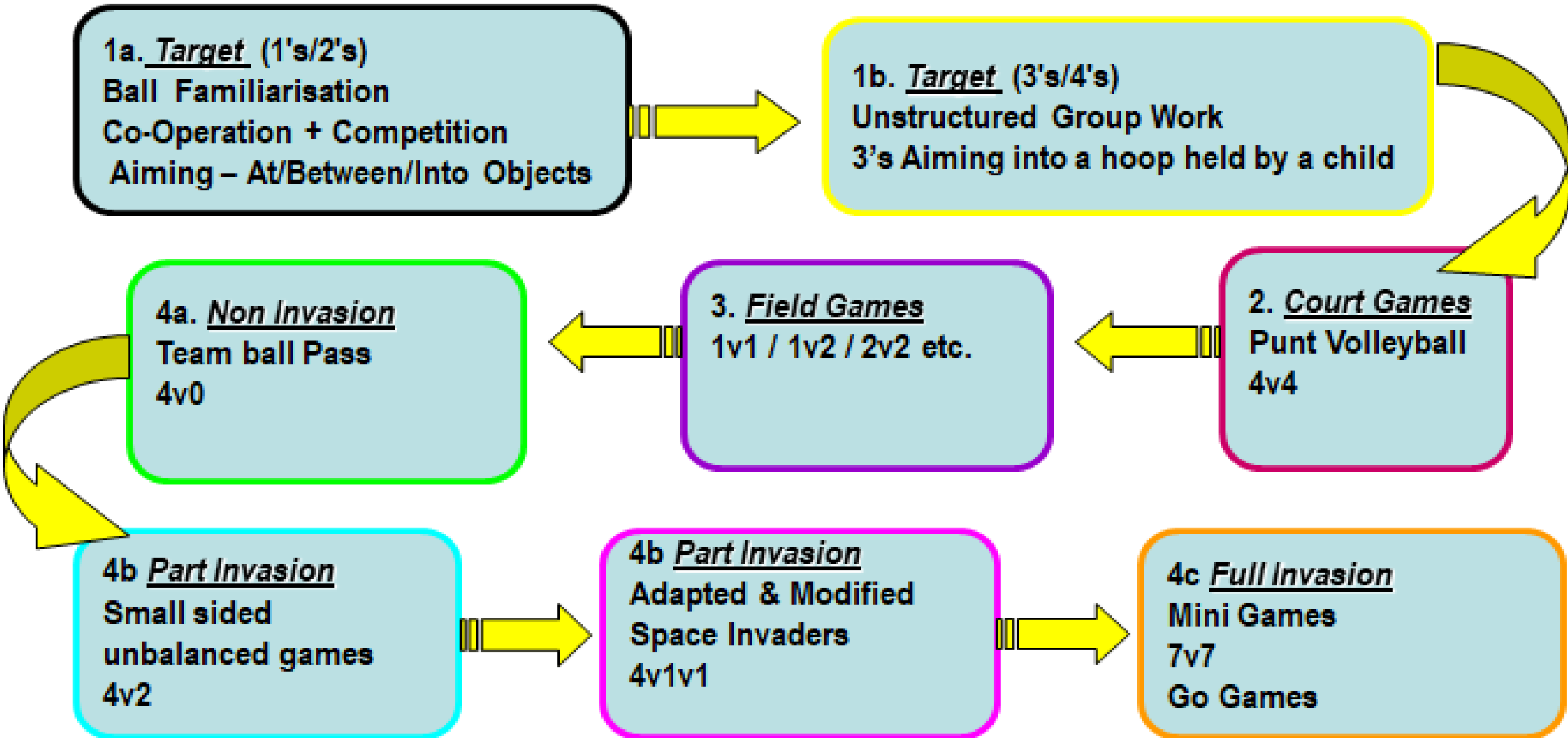
3. Field Games  
1v1 / 1v2 / 2v2 etc.

2. Court Games  
Punt Volleyball  
4v4

4b Part Invasion  
Small sided  
unbalanced games  
4v2

4b Part Invasion  
Adapted & Modified  
Space Invaders  
4v1v1

4c Full Invasion  
Mini Games  
7v7  
Go Games



# *Holistic Approach*

Unleash YOUR  
COACHING  
Super Powers



Coach the  
Person  
FIRST...ALWAYS



# **5 C's – Being Holistic**

**COMPETENCE – *Physical/Technical***

**CONFIDENCE - *Psychological***

**CONNECTION – *Psychological/Social***

**CREATIVITY - *Tactical***

**CHARACTER & CARING – *Psychological/Social***

# **RESPECT Expectations**

**Be Responsible**

**Be Encouraging**

**Be Supportive**

**Be Positive**

**Be Enabling**

**Be Considerate**

**Be Tolerant**



Rockland GAA

**GIVE RESPECT GET RESPECT** GAA  
Our games. Our choice.

**PLEASE REMEMBER**  
The **PLAYERS** Are **CHILDREN**  
The **COACHES** Are **VOLUNTEERS**  
The **REFEREES** Are **HUMAN**

**RESPECT ALL**  
PLAYERS, COACHES, OFFICIALS & SUPPORTERS  
OUR GAMES OUR CHOICE - ENJOY

**#LetThemPlay**

For More Info Contact Owen - [rockland.gdo@gmail.com](mailto:rockland.gdo@gmail.com)

**NOTHING BEATS BEING THERE** [WWW.ROCKLANDGAA.COM](http://WWW.ROCKLANDGAA.COM)

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# Shoot For The Stars

THIS IS TO CERTIFY THAT

OWEN

HAS BEEN AWARDED U6

***PLAYER OF THE WEEK***

THIS AWARD IS GIVEN TO THE PLAYER WHO HAS SHOWN ONE OR MORE OF THE FOLLOWING CHARACTERISTICS:-

- ✓ HELPING OTHERS
- ✓ SHARING WITH OTHERS
- ✓ FAIR PLAY & RESPECT
- ✓ EXCELLENT LISTENING
- ✓ EAGERNESS TO LEARN
- ✓ WONDERFUL IMAGINATION, ATTITUDE & EFFORT

DATE:- 12<sup>TH</sup> / Jan / 2019



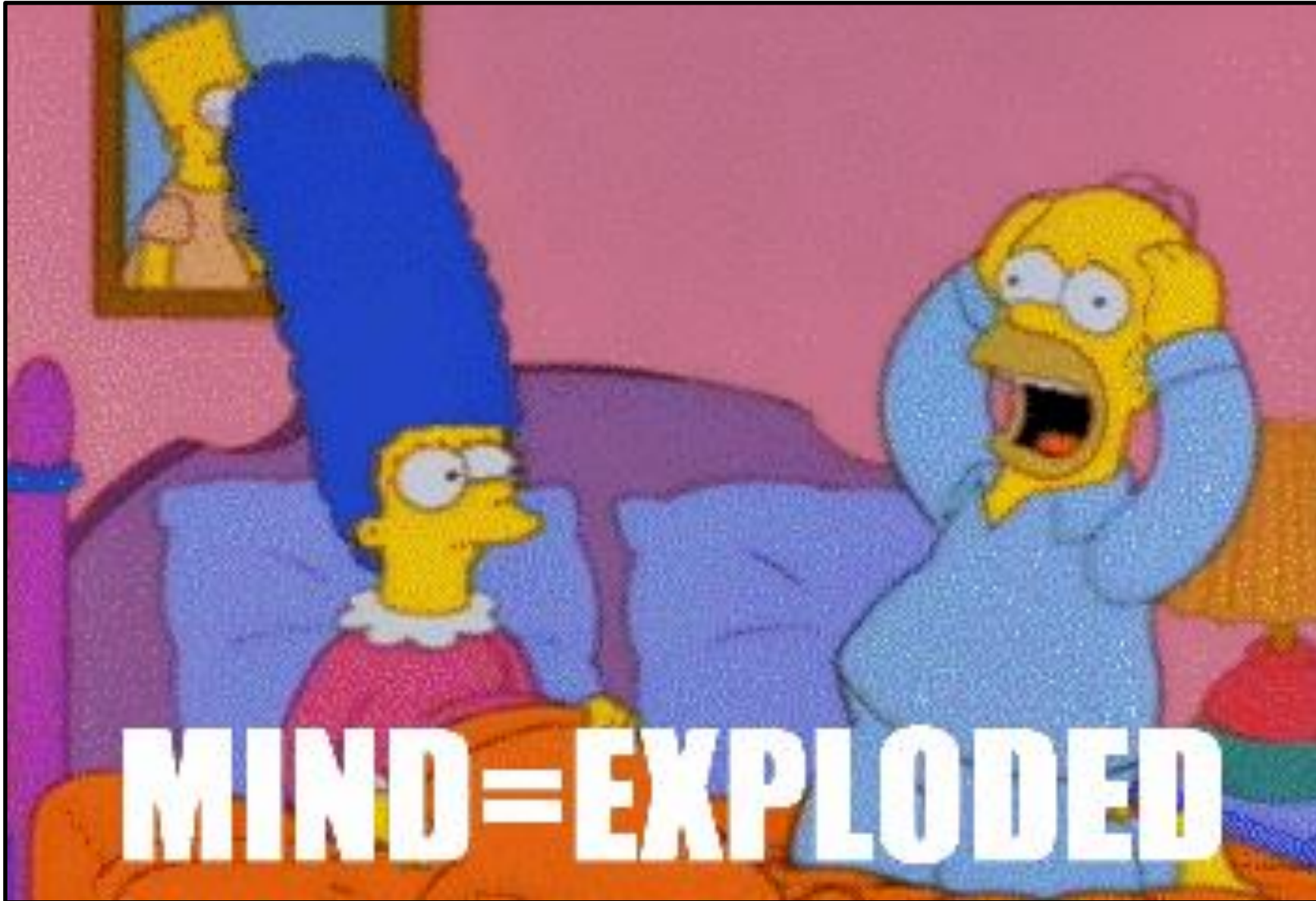
Signed:

*Owen Mooney*

Rockland GAA Games Development Officer



# *Take Home Messages*




# Think Like The Children You Coach

- ✓ **Be Inquisitive & Curious**
- ✓ **Unlock Your Creative Imagination**
- ✓ **One Concept at a Time**
- ✓ **Be Open & Honest**
- ✓ **Smile & Have FUN**

# **Please Remember**

- ✓ **Children Develop at Very Different Rates – Be Patient**
- ✓ **Include Everyone...ALWAYS**
- ✓ **Coach The Person In Front Of You**
- ✓ **Try New Things – Let Them Teach You**
- ✓ **Let The Children Be Children – Plan For FUN**
- ✓ **Pose Questions Instead Of Telling**
- ✓ **Lay the Foundations & Enjoy the Journey**

# *The Coach*

A close-up of Michelangelo's marble statue of David. The statue is shown from the chest up, looking upwards and to the right with a contemplative expression. Its right hand is raised to its chin. The background is dark and out of focus.

“Every block of stone has a statue inside it. It is up to the sculptor to discover it.”

Genius of  
**Michelangelo**



# Go Raibh Míle Maith Agat



**@MooneyOwen**

**Question time**

**Be nice 😊**

**Expression and Freedom for  
Learning & Development –  
Let Them Be Children**