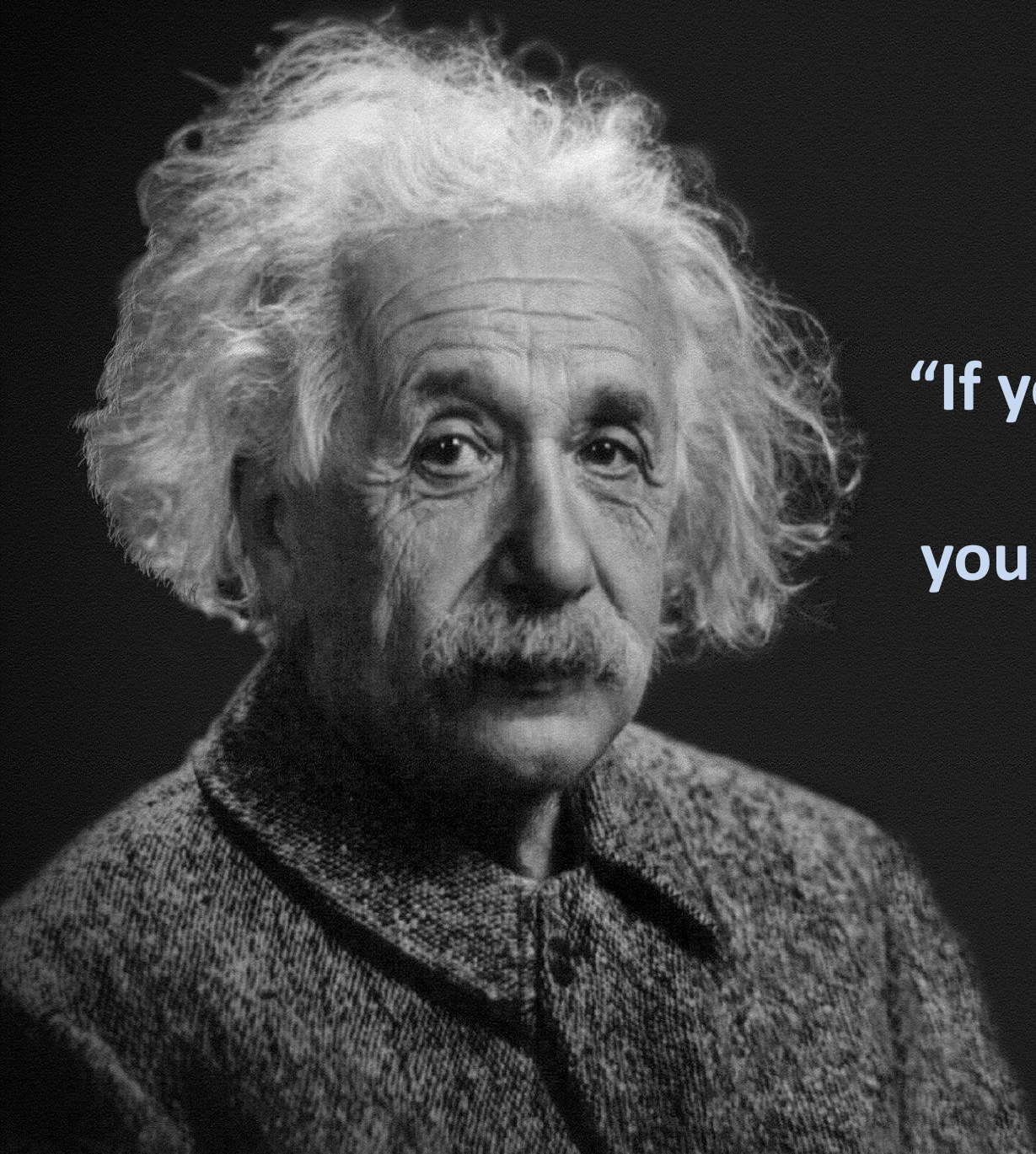




Coaching through Wellbeing

Pat Daly
Director of Games
Development & Research



**“If you can’t explain it
to a six year old,
you don’t understand
it yourself!”**

Going **Well**?



Player Development Pathway

Child

Nursery	Early Go Games	Late Go Games
4 - 6	7 - 9	10 - 11



Youth

All Teenagers
Under 13 to 17s



Adult

Adult
18+



Player Development Pathway

Child

Nursery	Early Go Games	Late Go Games
4 - 6	7 - 9	10 - 11



Youth

Early Teenage	Mid Teenage	Late Teenage
12 - 13	14 - 15	16 - 17



Adult

Early Adult	Adult	Re-Engage & Replenish
18 - 19	20 - 26	26+



Player Development Pathway

Child

Nursery	Early Go Games	Late Go Games
4 - 6	7 - 9	10 - 11

Play to Learn



Youth

Early Teenage	Mid Teenage	Late Teenage
12 - 13	14 - 15	16 - 17

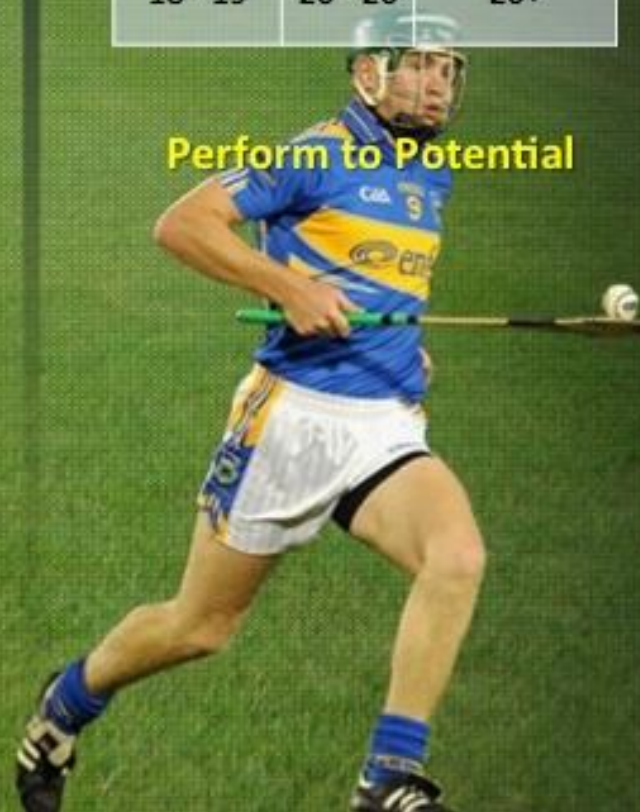
Learn to Perform



Adult

Early Adult	Adult	Re-Engage & Replenish
18 - 19	20 - 26	26+

Perform to Potential



Player Development Pathway

Child

Nursery	Early Go Games	Late Go Games
4 - 6	7 - 9	10 - 11

Play to Learn



Dependence

Youth

Early Teenage	Mid Teenage	Late Teenage
12 - 13	14 - 15	16 - 17

Learn to Perform

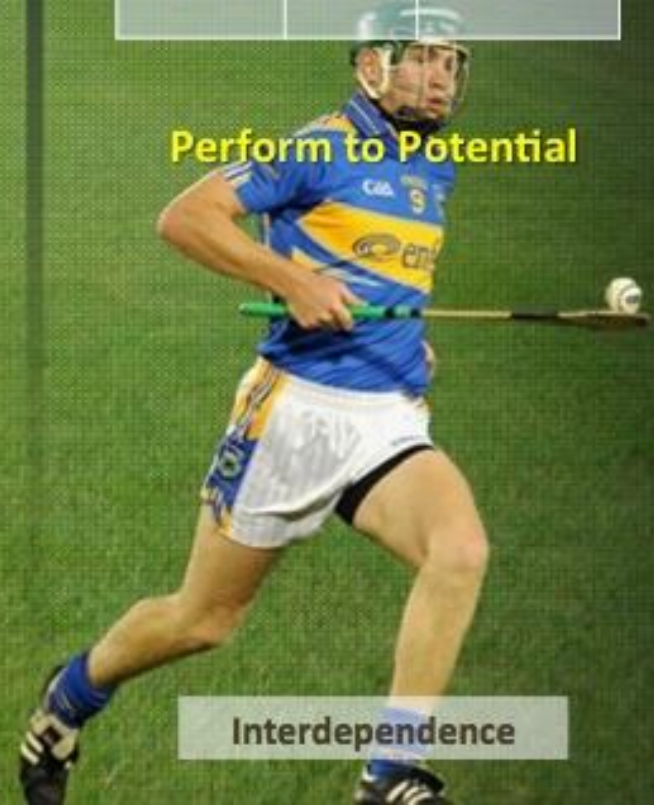


Independence

Adult

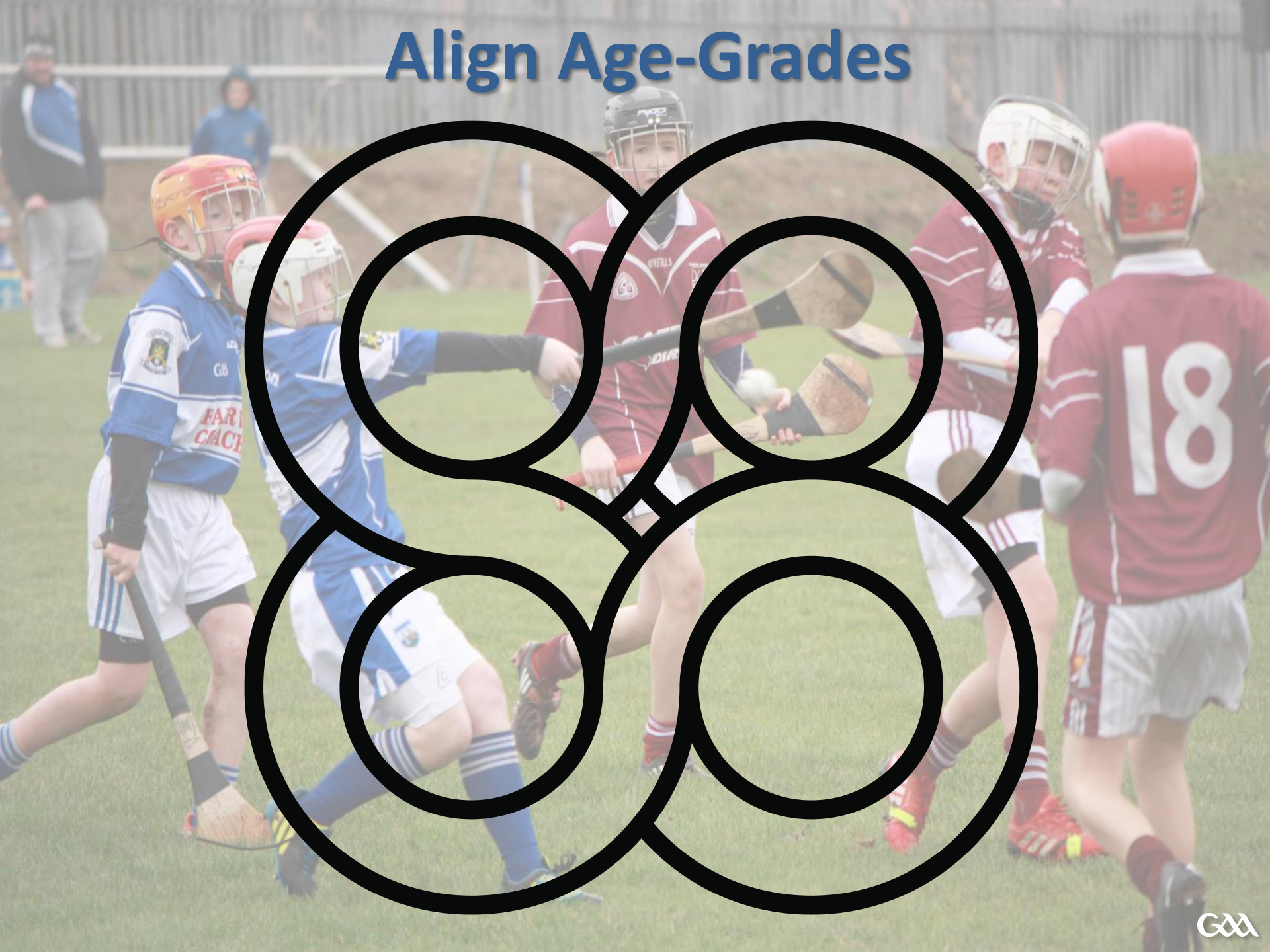
Early Adult	Adult	Re-Engage & Replenish
18 - 19	20 - 26	26+

Perform to Potential



Interdependence

Align Age-Grades



Align Age-Grades

Hurling

Align Age-Grades

Hurling

Football

Align Age-Grades

Hurling

Football

Club

Align Age-Grades

Hurling

Football

Club

County

Align Age-Grades

Hurling

Football

Club

County



Align Age-Grades

Hurling

Football

Club

County



Key Principles

Player Pathway

Person-Centred

Games-Based

Learner-Led

Effort-Driven

Mastery-Oriented

Value-Laden

Fun-Filled

Child

Nursery	Early Go Games	Late Go Games
4 - 6	7 - 9	10 - 11

Play to Learn

Dependence



Youth

Early Teenage	Mid Teenage	Late Teenage
12 - 13	14 - 15	16 - 17

Learn to Perform

Independence



Adult

Early Adult	Adult	Re-Engage & Replenish
18 - 19	20 - 26	26+

Perform to Potential

Interdependence







COACH

Align



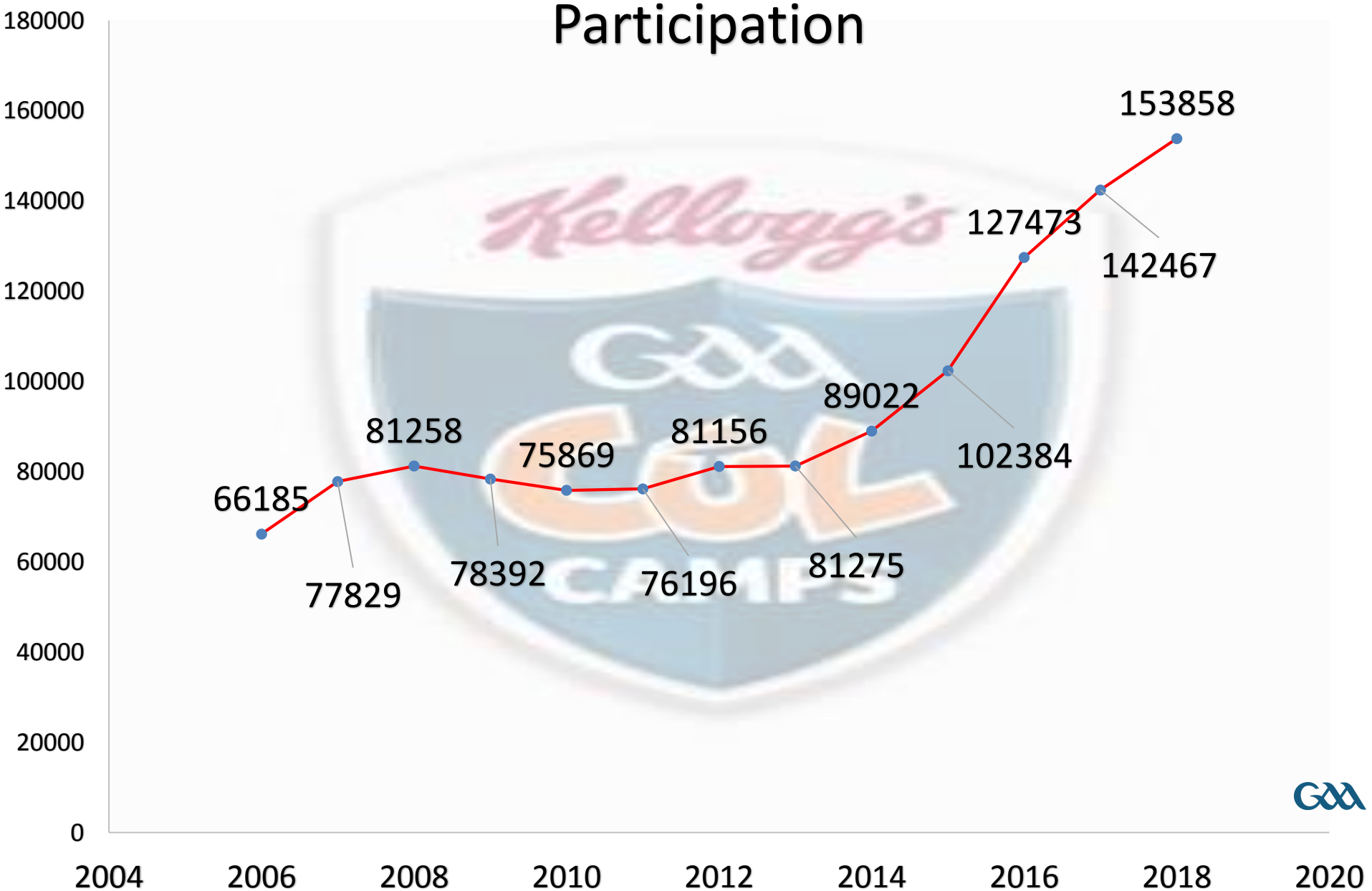




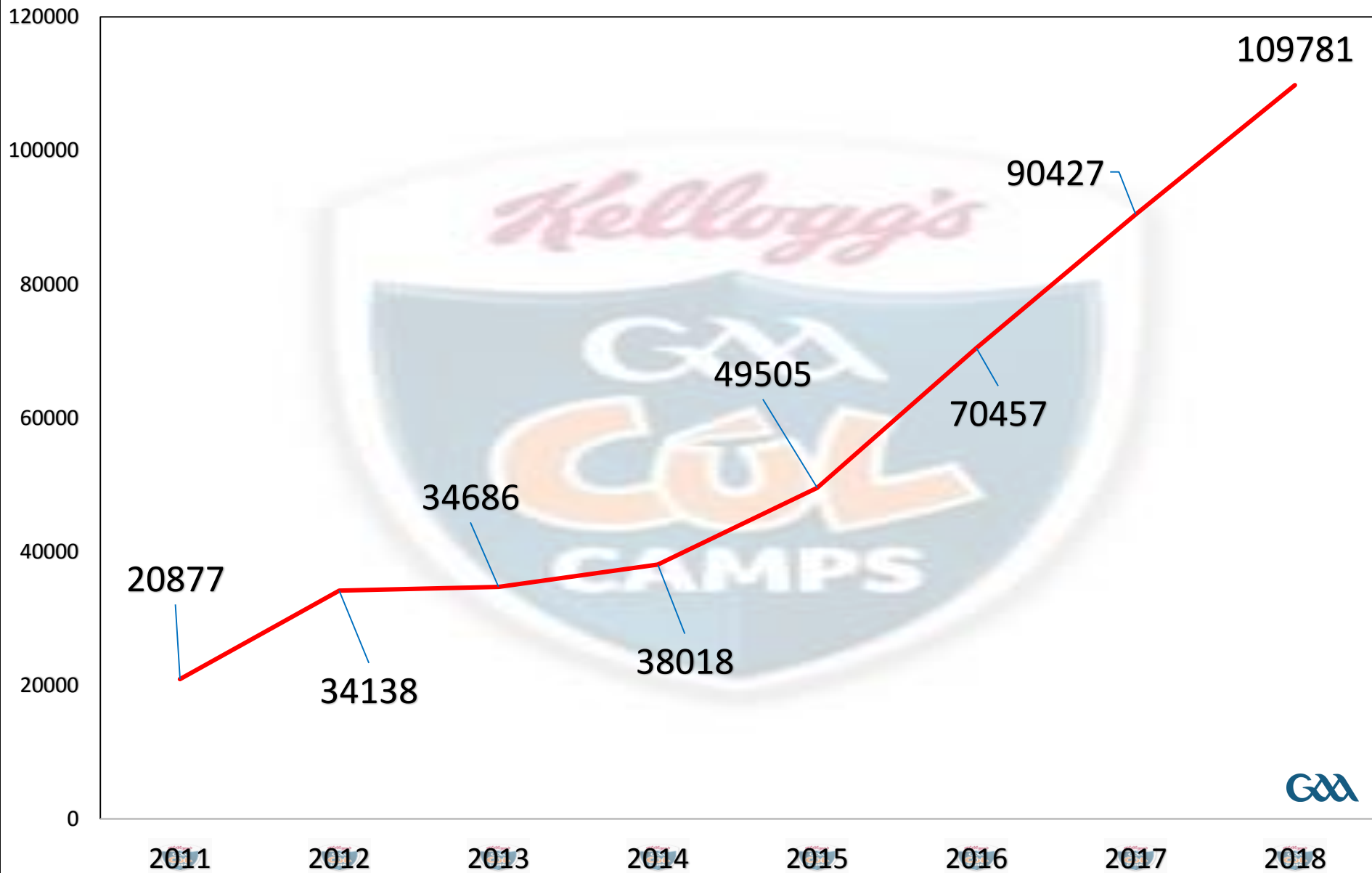
Populating Pathways



2006 – 2018 Kellogg's GAA Cúl Camp Participation



Online Bookings 2011- 2018





Search



Admin

Website Content & Options

Classification

Media Library

Registrations

Camps & Co-Ordinators

Competition

Reports



GAA Cúl Camps 2018 Homepage

1234

Camps

View more

1163

Venues

View more

394

Coordinators

View more

3,847

Kits to be delivered

view more

109,781

Kids at camps

65,236

BOYS

44,538

GIRLS

6351

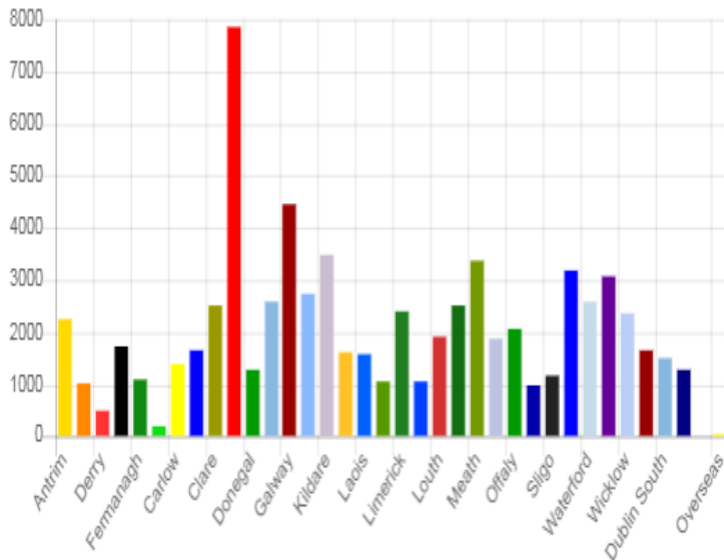
Competition Entries

View more

Total Registrations by Registrant County

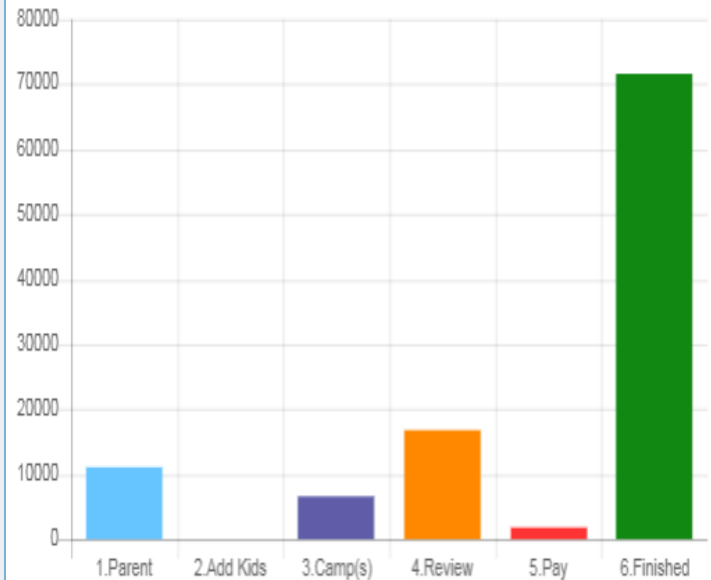
7111

Registrations based on customer county, not camp county



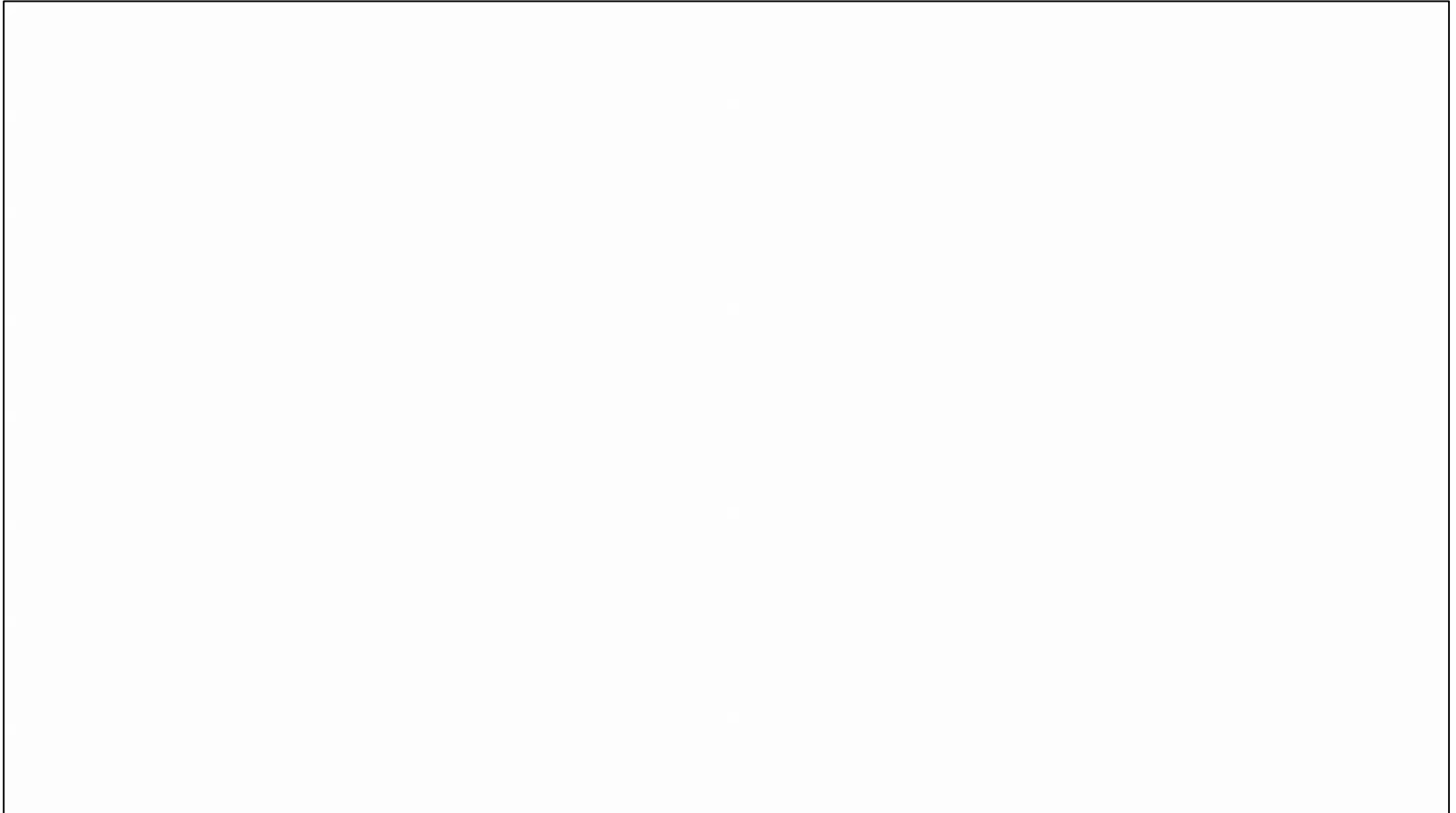
Booking Process Steps

For Paid and Pending - Where do people get to in the booking process





GAA Fun & Run Video



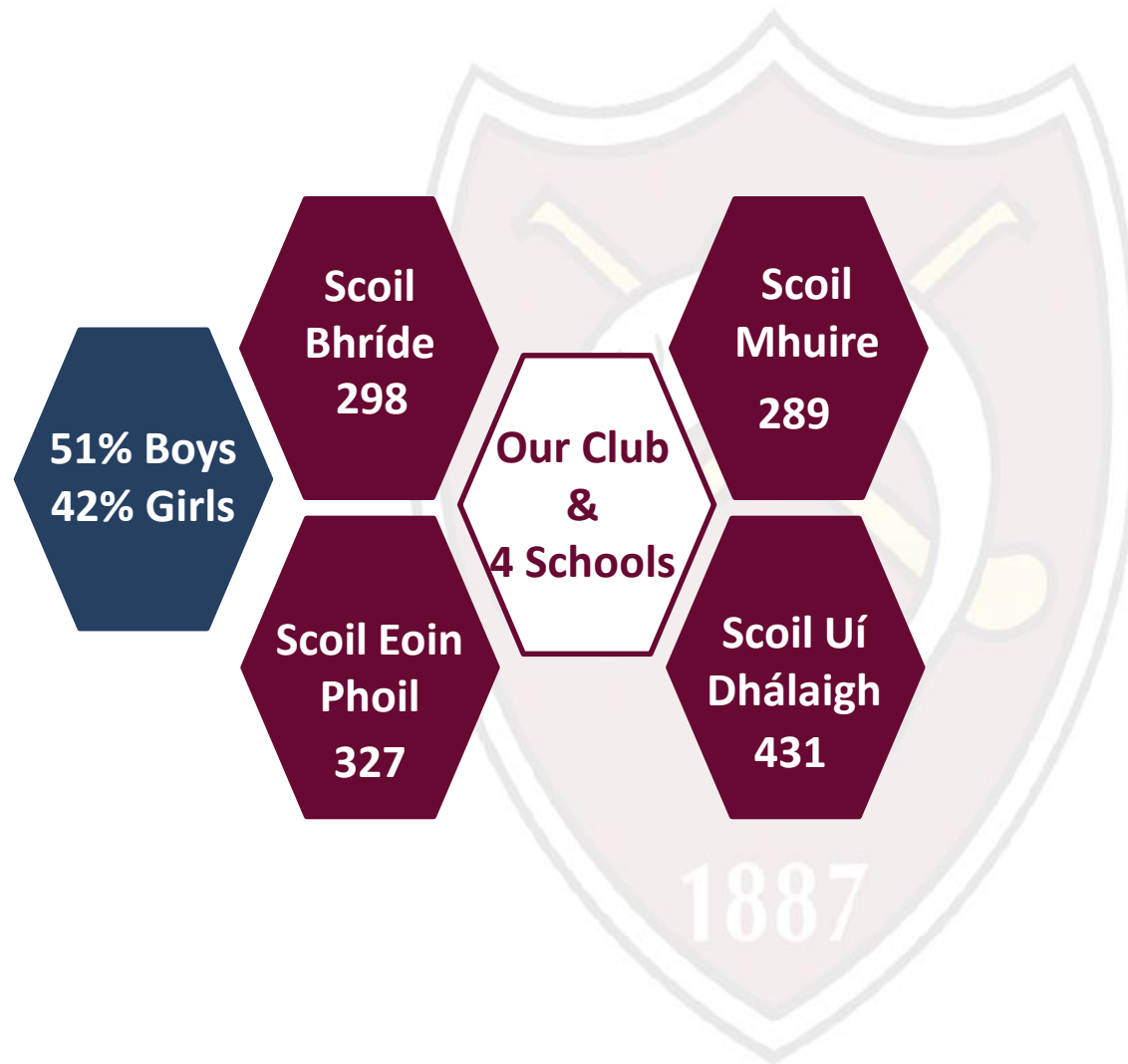


Conor Reilly – Leixlip GAA Club

Urbanisation – Increasing Participation



Our Audience – 1,345 Children

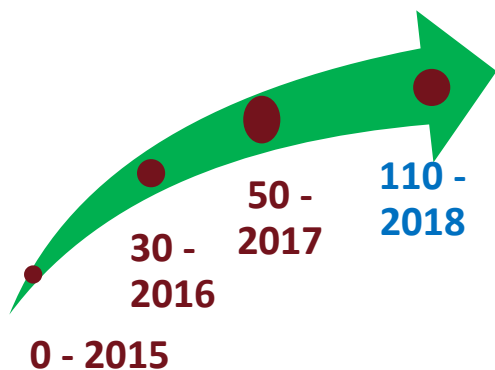




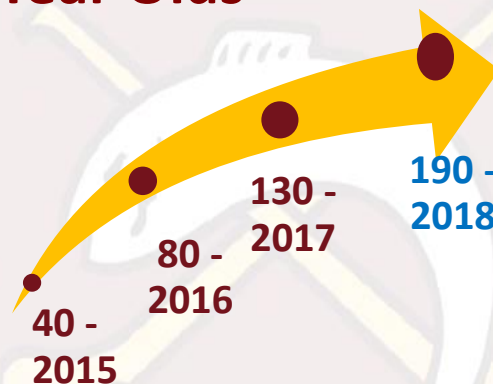
Urbanisation - Increasing Participation



Buntús 2 to 4 Year Olds



Pathway for 5 to 7 Year Olds



Prepare to



Play to



The Product of Our Success



©Austin Crowe

#GAAYouth Forum 2018

- 5th Annual Youth Forum
- 27th October in Croke Park
- 400+ young players aged 12 - 21
- Interactive workshops for 3 age cohorts (12/13; 14/15; 16 – 21)
- Held a Youth Congress with 180 of the 16 – 21 year olds. Round-table discussions and voting.



**Do you think there is too much emphasis on
Development Squad players ahead of Club players at
Youth level?**



Yes 72%



No 23%



Don't Know 5%



As part of your regular training sessions, do your coaches/ managers explain the Playing Rules of the games to you?

- Yes 28%
- No 70%
- Don't Know 2%

**Have you ever
experienced verbal
abuse from your
coach/es?**

Yes 67%

No 33%

Don't Know 0%

Have you ever experience verbal abuse from
parents/supporters in the crowd?



Yes 77%



No 22%



Don't Know 1%

Do you think
there is too
much of an
emphasis on
'winning' at
Youth level?

1

Yes 48%

2

No 50%

3

Don't Know 4%



CONNACHT
GAA



Super Games Format



Format

- Small Sided Games
- 7-a-side & 9-a-side
- 10 minutes a half
- Goals only
- Clubs & Schools
- Open Format
 - Players from different clubs are mixed to form teams

Age Groups Catered for:

- U12
- U13
- U14
- U15
- U16
- U17



CONNACHT

GAA



Dates

2018 December 7th - Completed
2018 December 14th - Completed
2019 January 18th - Scheduled
2019 January 25th - Scheduled



Feedback

“Cillian had a brilliant time, himself and Dylan Connolly were the only 2 from Glaveys. Cillian's team won 3 and lost 1. He can't wait for next week. Thank you” Text from Micheal Glaveys GAA Parent

“Well done and thank you on a great evening, very well organised and ran. I spoke to my lad's last night after the game's and all were very happy with it and how it went. I tried to watch the game's where the weaker lad's from my group were playing and they got on very well simply because the better lad's from other clubs were unaware of their ability therefore had no problem passing to them where this would not always be the case in our own training or school training. It's amazing what a few games like that will do for a young fellas confidence” Email from Claremorris GAA Coach

“Thanking you sincerely for the great organisation and commitment to all the young players. It's a brilliant initiative and should be rolled out to more ages. As we are a small club and struggling with numbers it's a great way for our players to get mixed training and to play with a lot of different skilled players” Email from St Croan's GAA Coach



Shane Farrell
@farrellsc

Replying to @cathalcregg

Needs extending countrywide a fantastic initiative. Kids love the lights and Friday night means plenty of time for everything and everybody else over the weekend. Well done.

Tweet



John O'Mahony
@omahonyjohnno

Brilliant to see over 200 young boys and girls playing Gaelic football at @ConnachtGAA Centre of excellence on a December night and not a blanket Defence in sight! Well done to Cathal Cregg Charlie Harrison and coaches for Friday Night #SuperGames #GAA



Connacht GAA @ConnachtGAA

Friday Night Lights Super Games underway here at the @ConnachtGAA Centre with over 200 players from all 5 counties taking park #GAA #supergamescentres



8 7 68



Fintan Kennedy
@KennedyFintan

Replying to @cathalcregg

Well done all a great initiative 🙌🙌🙌

Connacht GAA @ConnachtGAA

Friday Night Lights Super Games underway here at the @ConnachtGAA Centre with over 200 players from all 5 counties taking park #GAA #supergamescentres



8 7 68



colmreilly
@colm1reilly

Replying to @cathalcregg and @ConnachtGAA

Well done Cathal great evening.



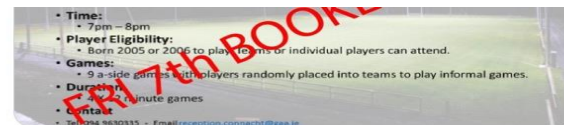
Michael Glaveys GAA
@glaveys

Thanks to @cathalcregg and all involved @ConnachtGAA for organising such a brilliant event. Our lads thoroughly enjoyed the whole experience. #ConnachtGaa #RosGaa #Gaa

Connacht GAA @ConnachtGAA

Brilliant to see such huge numbers of 13 and 14 year old kids playing football in such a fun environment tonight at the inaugural "Friday Night Lights NRG Hug" at the Connacht GAA Centre!

Anyone interested in next weeks edition click the link connachtgaa.ie/news/friday-ni...



1 4 39



Cathal Cregg @cathalc... · 06/12/2018
For more information on Super Games Centre please read this link supergamescentres.gaa.ie/about-us @GAAlearning @officialgaa @RTEgaa

1 1 3



John Lafferty
@johnindonegal

Replying to @cathalcregg @KilmoveeGAA and 3 others

It's great to see @officialgaa realising that kids just want to play football. Great initiative well done to all involved and best of luck with the rollout.



Vision for the Future

Full-Size Indoor Playing Pitch



Steps to Better Coaching...



1

Command Action & Choice



1

Command Action & Choice



Vertical Relationship?

2 Control Activities & Change



2 Control Activities & Change



Horizontal Relationships 1

3

Consult Advise & Challenge



3

Consult Advise & Challenge

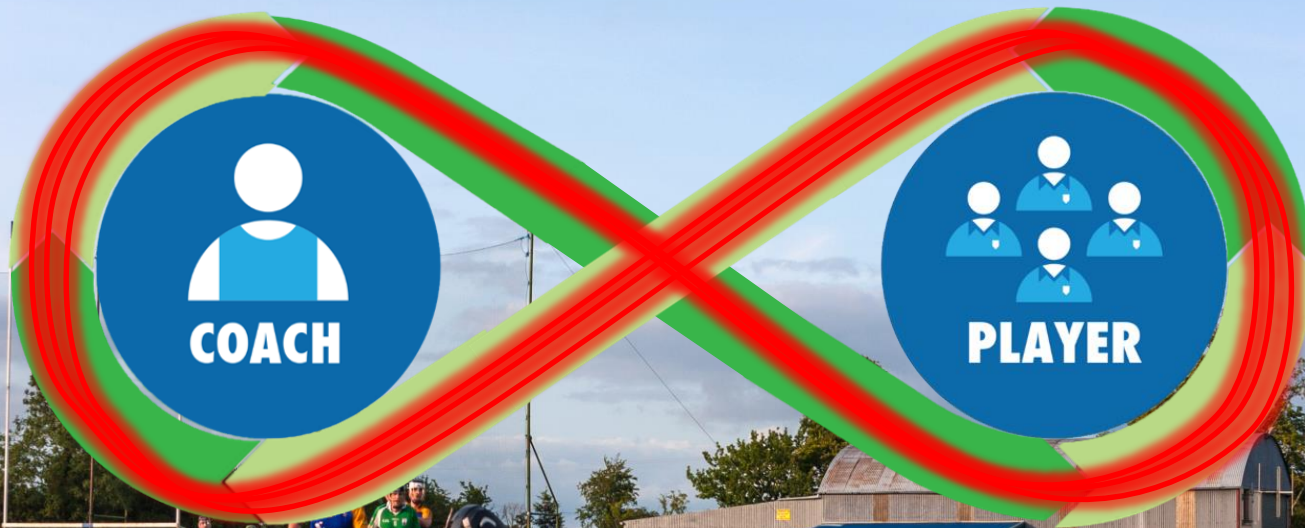


Horizontal Relationships 2

4 Co-create & Assist Character Building



4 Co-create & Assist Character Building



Horizontal Relationships 3

Raising Standards



Think of **Coach** as a
Farmer...





The Farmer cultivates **Plant** Growth



The Farmer cultivates **Plant** Growth
Coach cultivates **Player** Growth



Soil is the most essential ingredient for the Farmer



Soil is the most essential ingredient for the Farmer
Values are the Human equivalent



What **Seeds** are to Plants...

A close-up photograph of a person's hand planting a small, light-brown seed into dark, rich soil. Several other similar seeds are scattered on the soil surface in the foreground. In the background, a row of small green seedlings with thin stems and tiny leaves is visible, growing from the soil. The lighting is soft and natural, highlighting the textures of the skin, soil, and seed.

What **Seeds** are to Plants...
Behaviours are to Human Development



Farmer then **Ploughs** the Field



Plough the Field = **Development** of Skill



Farmer **Harrows** the Field



Harrow the Field = Build **Fitness**



Farmer **Sows** the Field



Sow the Field = **Psychological** Focus



Farmer **Sprays** the Field



Spray the Field = Performance **Analysis**

A glass globe, resembling a terrarium or a small planet, is the central focus. It is resting on a bed of vibrant green moss. The globe's surface is highly reflective, mirroring the surrounding forest environment, including the silhouettes of trees and the dappled sunlight filtering through the canopy. The background is a lush, out-of-focus forest with various shades of green foliage and trees, creating a sense of depth and immersion in nature. Sunlight is visible as bright, hazy patches in the upper left, adding a warm, ethereal quality to the scene.

Environmental Requirements...

A glass globe of the Earth is the central focus, resting on a bed of green moss. The globe is transparent, showing the continents and oceans. It is surrounded by lush green foliage, including ferns and other plants. Sunlight filters through the trees in the background, creating a soft, dappled light effect. The overall scene is a vibrant, natural setting.

Environmental Requirements =
Light, Air, Heat, Water & Nutrients



Human Requirements...



Human Requirements = Build Trust, Self-Esteem, Family Feel, High
Morale & Team Spirit *(Empowering & Energising Engagement Enthusiasm & Excellence)*



Farmer **Harvests** Crops



Coaching cultivates **Human Capacities**



Coaching cultivates **Human Capacities**
Competence, Confidence, Commitment, Conviction & Connection
Management & Leadership Capability, Experience & Reflection





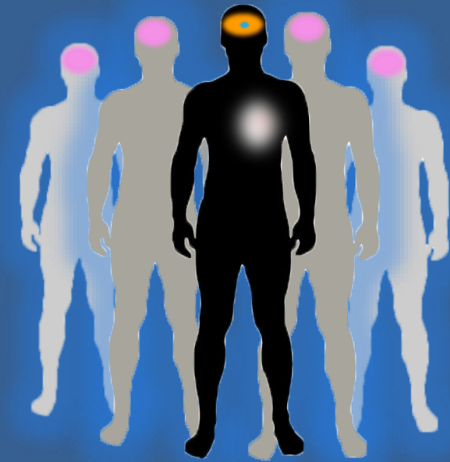
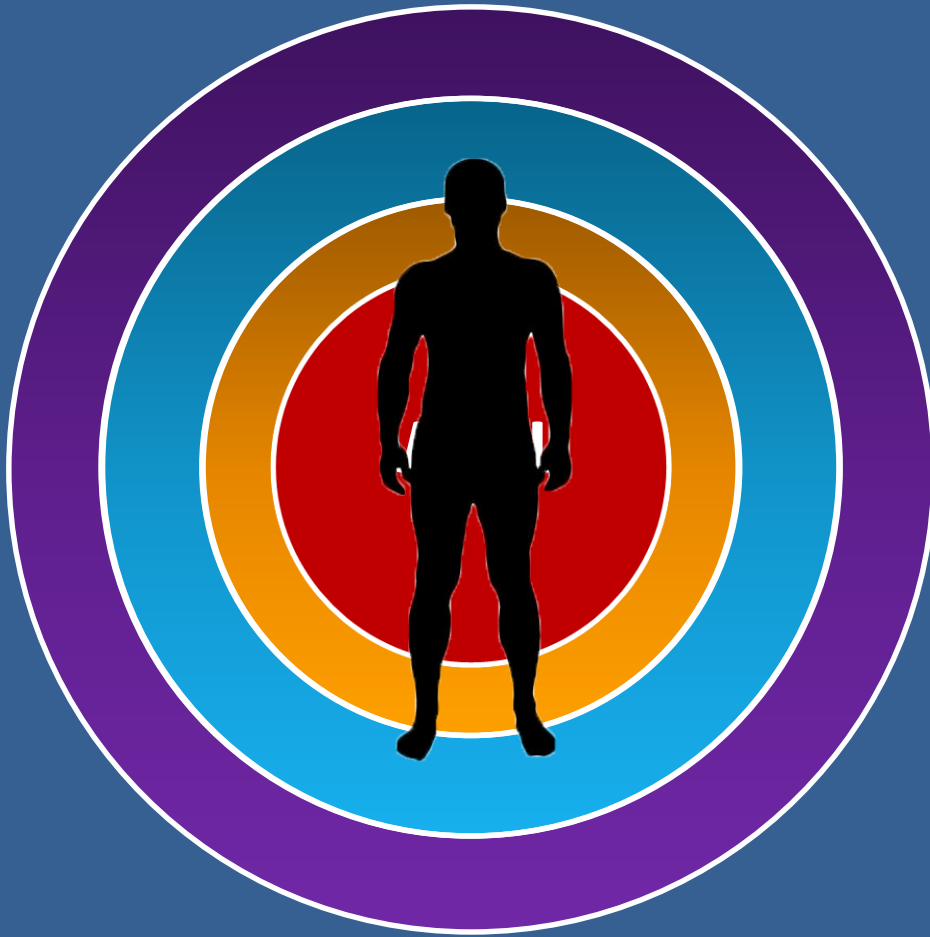
COACH

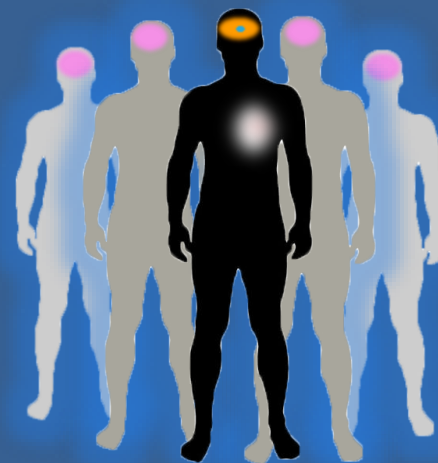
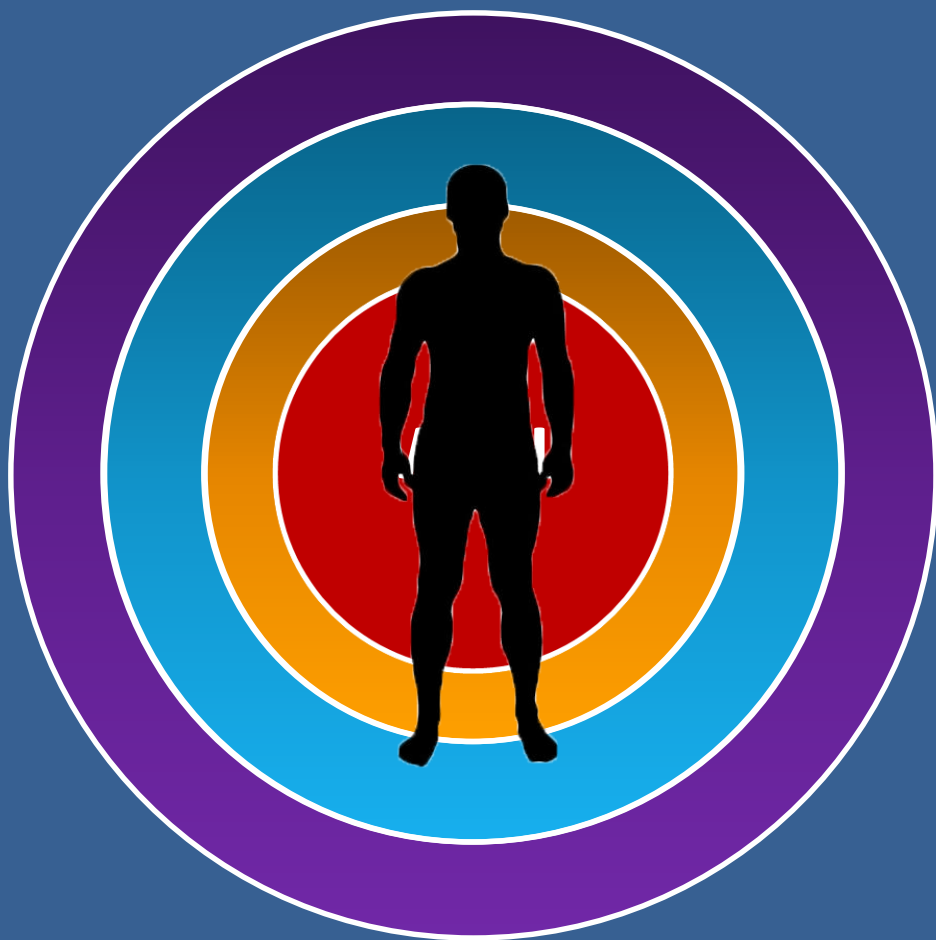
Align











Evolve Your Coaching Style to Achieve Wellbeing & Lifelong Learning



Going  **!**



Thank you.