

GAA GAMES DEVELOPMENT CONFERENCE



Implementing a Games Based Approach in your coaching

Paul Kinnerk

National GAA Coaching Conference Saturday, January 7th.

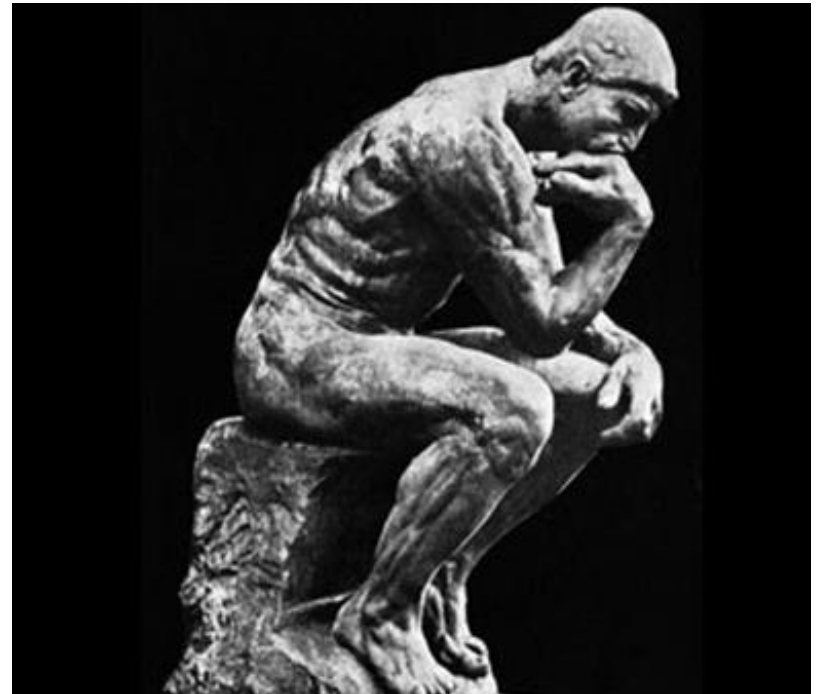


This presentation will seek to.....

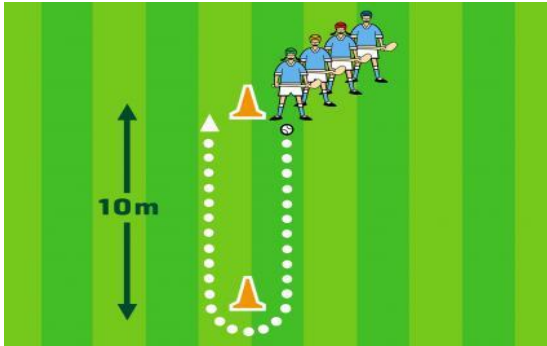
- Challenge your current practice
- Provide a description of Games based coaching
- Rationale for using this approach
- What a games based approach session looks like
 - Creating games
 - Creating links
- How to promote a player-centered culture

Self reflection and challenging your own practice

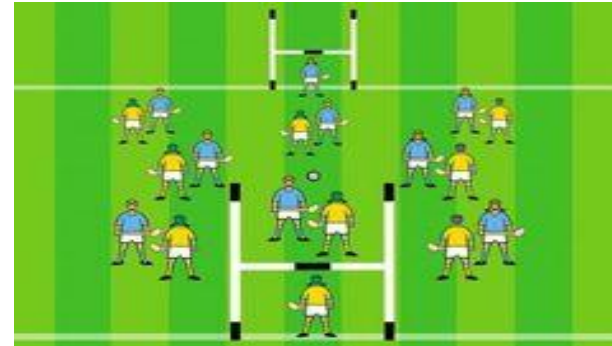
- My Coaching Journey
- How have you engaged in this practice?



Traditional



Games Based



<u>Traditional</u>	<u>Games Based</u>
Drills > Games Ratio	Games > Drills Ratio
Linear	Flexible
Focus on opportunities for high repetitions of skills practice	Focus on opportunities for Decision making
Coach Centered	Player Centered

Traditional vs Games Based

Traditional Session	Games Based Session
1. Warm -up	1. Warm-up
2. Drills	2. Game – Establish context Discussion with players about area(s) of focus
3. Drills/Isolated skills practice	3. Game Scenario/ mini Games/ Overload games Discussion
4. Modified Game(s)	4. Flexibility to practice skills in isolation – e.g. long striking, first touch : Drills
5. Full Game	5. Small Sided Games/Conditioned games Discussion
	6. Return to initial Game Discussion

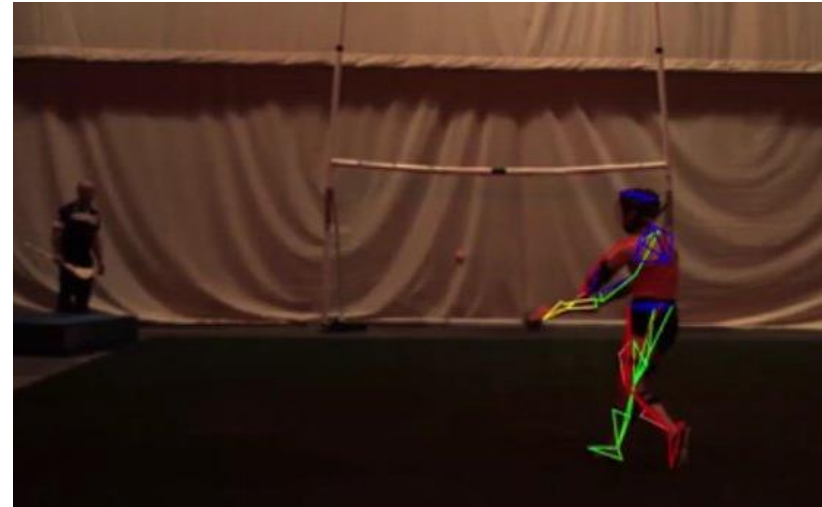
What does the research say.....

“The greatest improvements in fitness and performance occur when training stimulates the physiological and technical demands of competition” Gabbett, Jenkins & Abernethy (2009)

“In team-sport environments, significant expert-novice differences have been demonstrated in pattern recognition, decision-making, dual-task performance, and anticipation”

Gabbett, Jenkins & Abernethy (2009)

Analyse these statements in the context of your own coaching, and Drills vs Games



Study of Junior Elite Australian rules football players

Compared the Physiological and skill demands of Drills and random game like activities

Results

- Games Based activities were more physically demanding (e.g Greater distance, higher heart rate + efforts)
- Drills offered more skill executions
- Decision making opportunities;
 - Drills = 0
 - Games = 535

Farrow, Pyne & Gabbett (2008)

Another Study

Examining the practices of an Elite Rugby Union coach – Spent average of 58.5% and In Peak season 83.8% in activities deemed as Games

Hall, Gray & Sproule (2015)



Creating a games Based session

- Pre-Identifying a theme/area of focus – e.g support play
- Developing an initial activity to exemplify the theme
- Creating appropriate content to explore and emphasise the theme in game context
- Creating isolated drills content that can be used if needed
- Spend time planning questions and discussions to explore the theme

Example of games based session

- Broad theme – Support play
- Sub Theme – “3rd Man Runs”

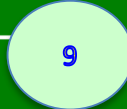
Video - examples



3rd Man Runs in attack



3rd Man Runs in Defense



Initial Game



1

2 15

3 14

4 13

5 12

6 11

7 10



8 8

9 9

10 7

11 6

12 5

4 13

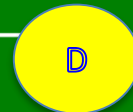
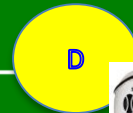
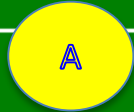
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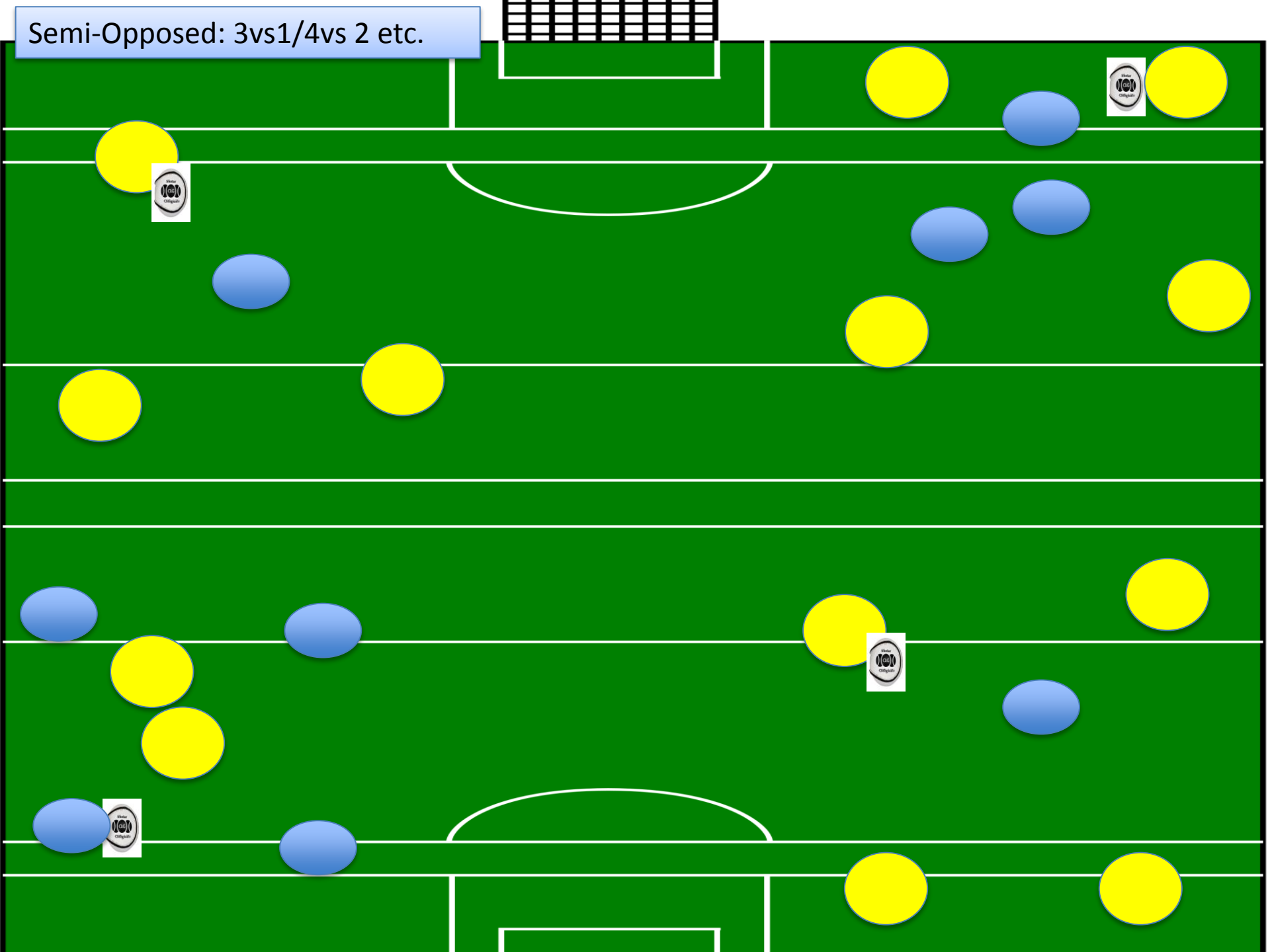


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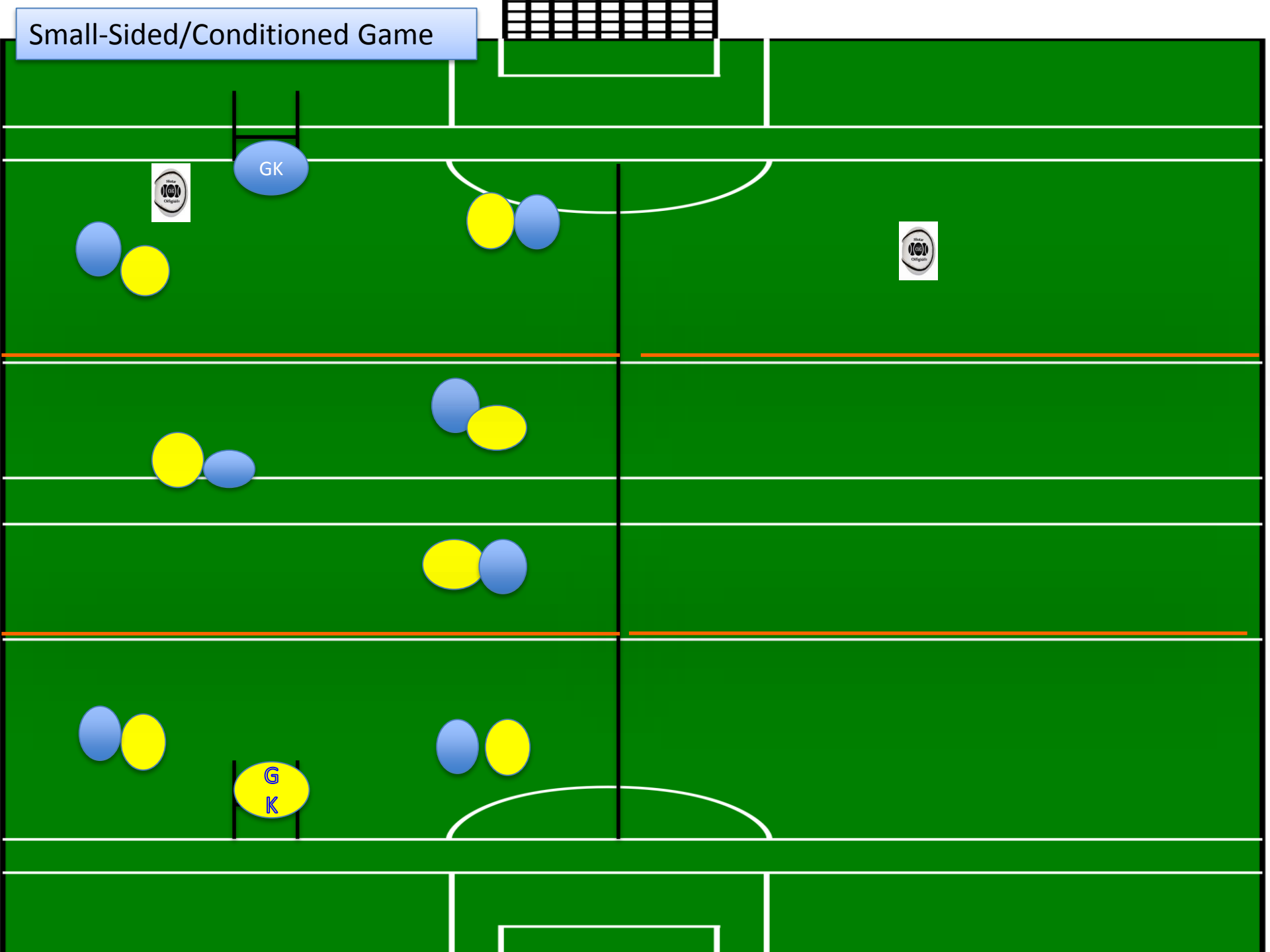
Unopposed activity



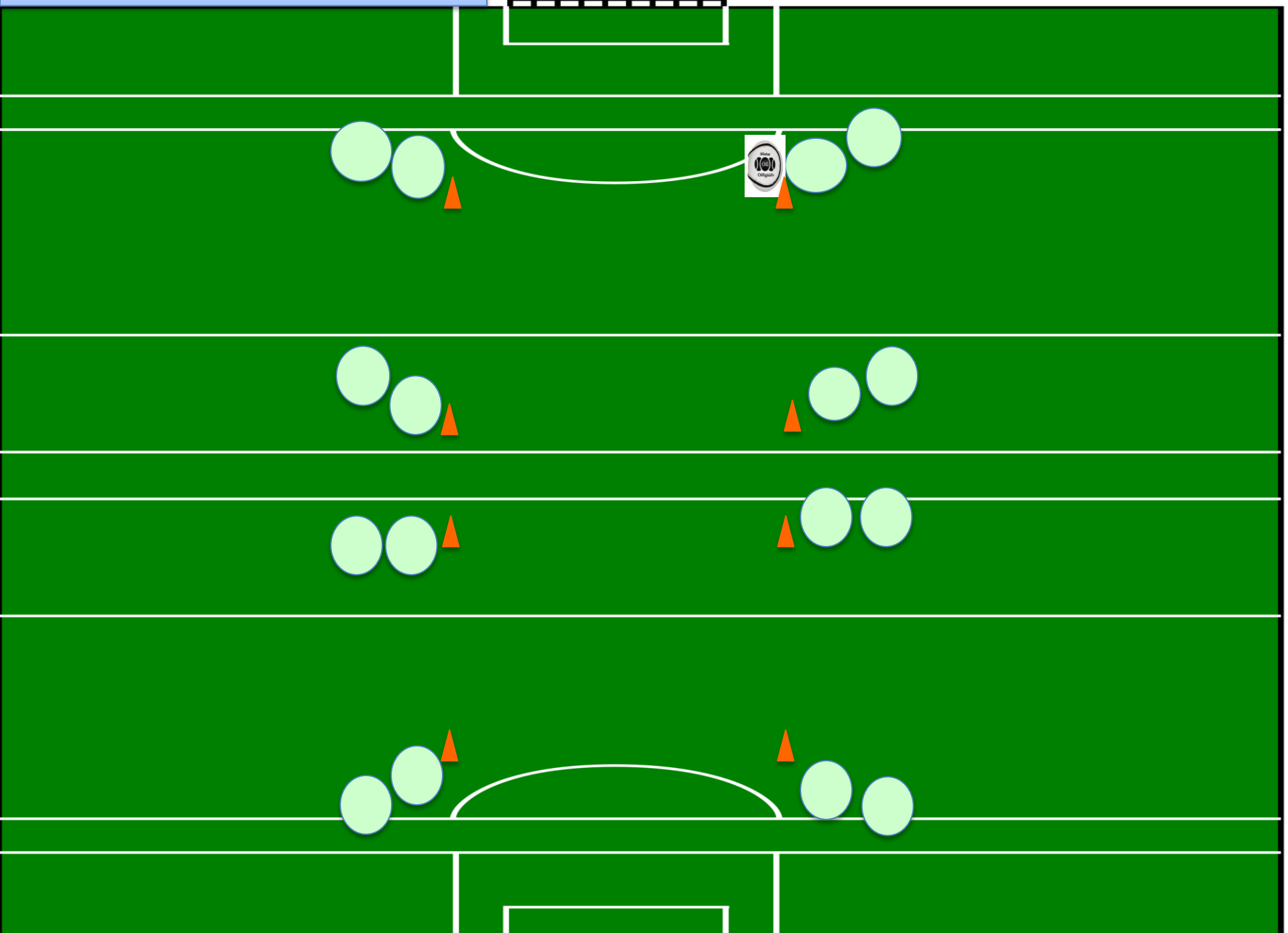
Semi-Opposed: 3vs1/4vs 2 etc.



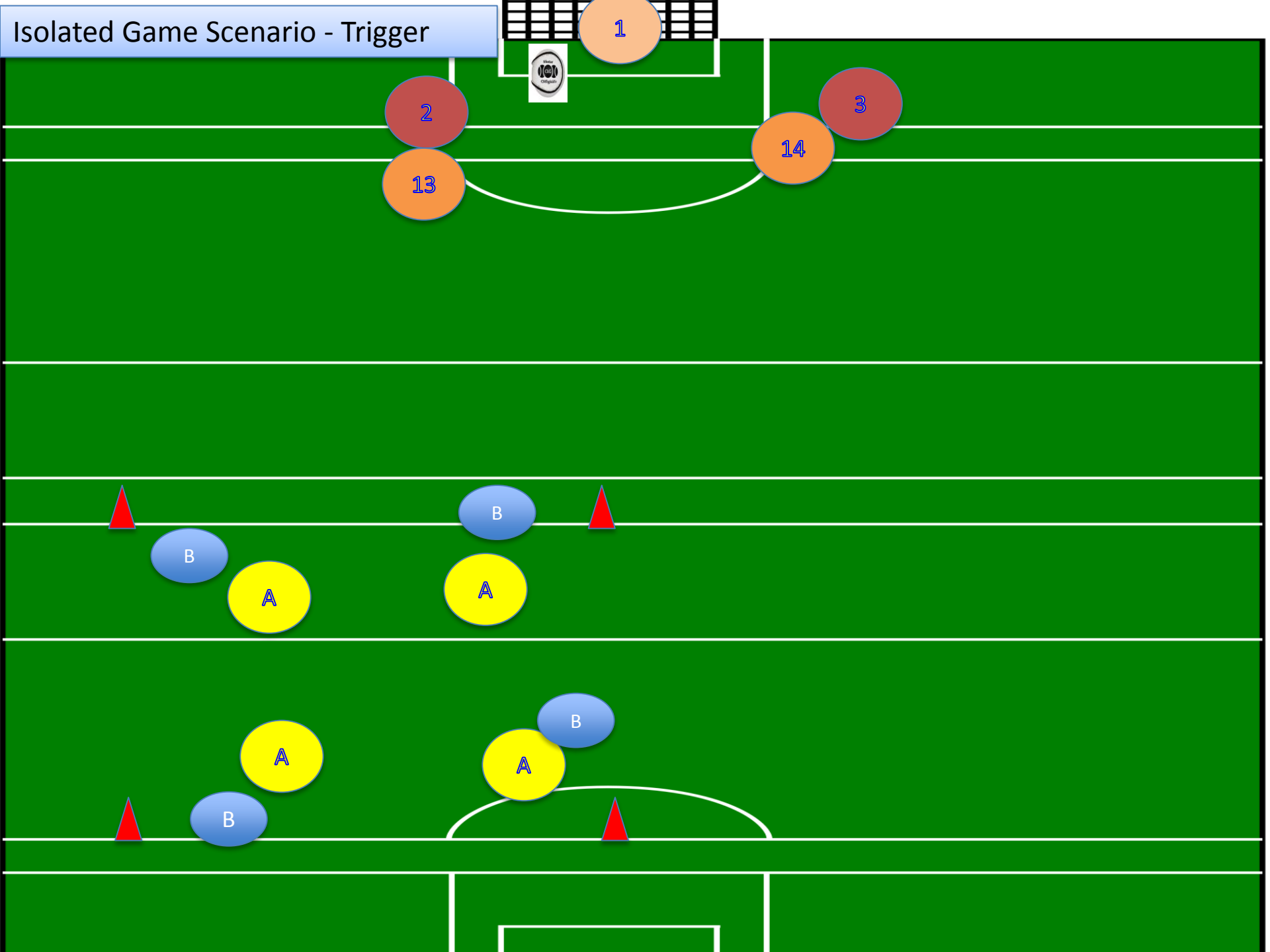
Small-Sided/Conditioned Game



Line drill with inbuilt 3rd Man Runs



Isolated Game Scenario - Trigger



Player-Centered culture



“There was a desire to produce more intelligent players with enhanced perception and decision making skills” Evans (2012) speaking about the All Blacks drive towards a Player-Centered Culture after disappointing in world cups

“This allowed them to think for themselves on the pitch and become better decision makers” Graham Henry

WE BELONG



**TEAM
ALL BLACKS**

Player Centered

- The inclusion of game like activities empowers players to make decisions
- The use of questioning at frequent intervals i.e. water breaks
- Providing opportunities for player discussions for upcoming plays.
- Developing a culture where players are expected solve problems within sessions – e.g. uneven numbers in a drill, they have 30 seconds to find a solution

Challenges do exist....

- Creating new content
- When “the game doesn't work”
- Delivery of questioning
-

Accept, embrace and persist!!

Take Home Messages

- Reflect and Challenge your coaching approach
- Take the time to plan – session content, sequence, questions
- Introduce a game at an early point in the session and return to it.
- Awareness of the array of game like activities that can be used
- Using questioning and developing a player-centered culture

Thanks for listening

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