

Putting Together a Sustainable Coaching Programme



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Kilmacud Crokes GAA Club

Presentation Objectives.....

Mapping the Journey through the GAA Club

Developing the Player

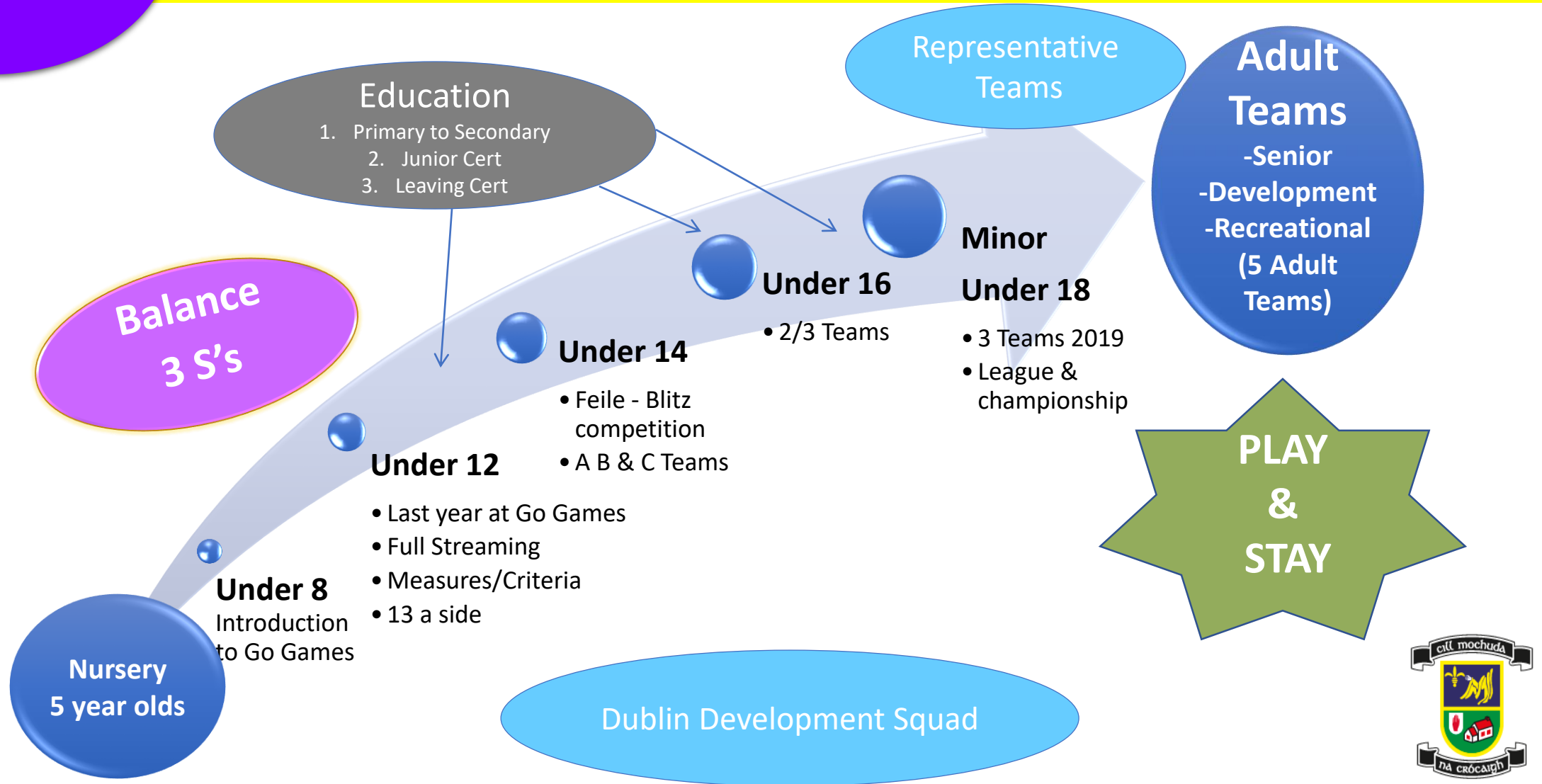
Building A Sustainable Club Coaching Programme

In the Short term.....



“Enjoy the Journey”

Mapping the Journey Through Kilmacud Crokes

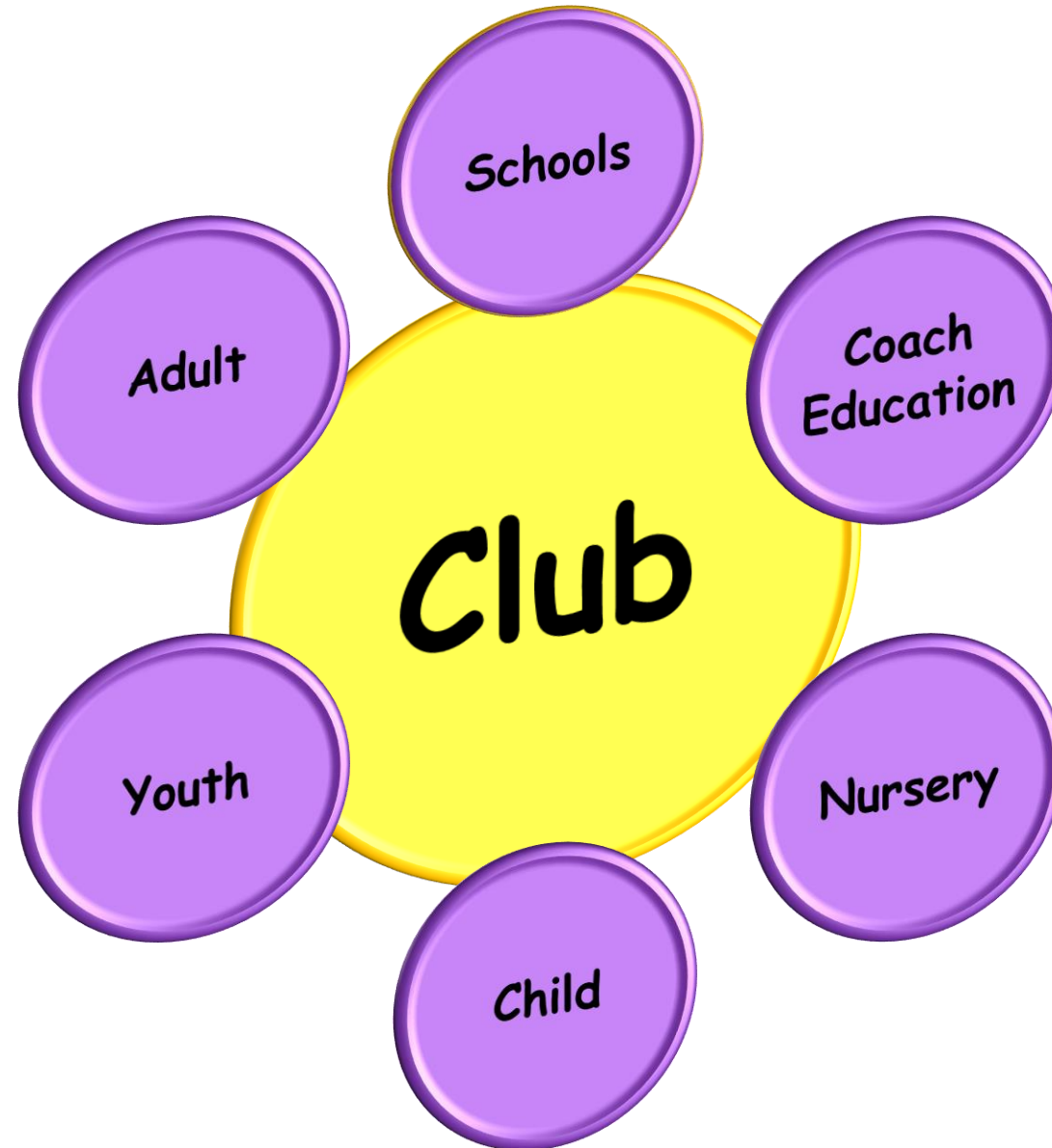


Kilmacud Crokes Player Pathway



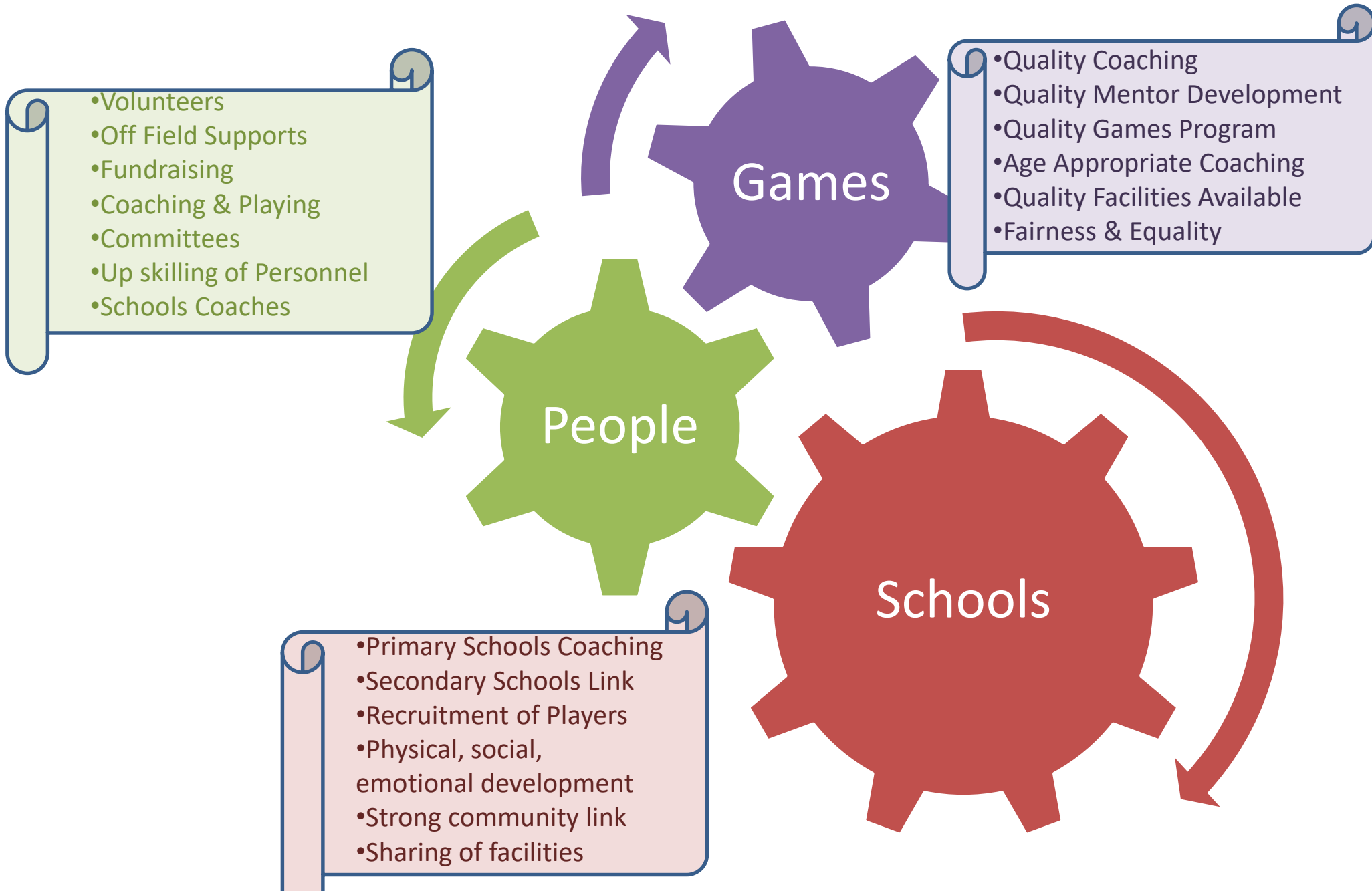
FUNDamentals Under 6, 7 & 8	Learning to Train Under 9, 10, 11, & 12	Training to Train Under 13, 14 & 15	Training to Compete Under 16 & Minor	Training to Win Under 21 to Senior
Chronological age Males: 6 – 9 Females: 6 – 8	Chronological age Males: 9 – 12 Females: 8 – 11	Chronological/Biological age Males: 12 – 16 Females: 11 – 15 (Age ranges are PHV dependent)	Chronological-Biological age Males: 16 – 23 +/- Females: 15 – 21 +/-	Chronological age Males: 19 +/- Females: 18 +/-
<p>FUN and Participation</p> <p><u>Physical Literacy</u></p> <ul style="list-style-type: none"> •Agility •Balance •Co-ordination <p><u>Warm up principles</u></p> <p><u>Athleticism</u></p> <ul style="list-style-type: none"> •Running •Jumping •Throwing •Speed <p><u>Technical</u></p> <p>Introduction to basic Gaelic skills</p> <ul style="list-style-type: none"> •Catch •Pass •Kick •Strike <p><u>Tactical</u></p> <ul style="list-style-type: none"> •Spatial awareness •Small sided games 7v7, 6v6,5v5 •Non invasive games •Simple rules and ethics <p><u>Mental</u></p> <ul style="list-style-type: none"> •Positive attitude to Sport •Develop self confidence <p><u>Physical</u></p> <ul style="list-style-type: none"> •Own body exercises <p>Multi Sport Development</p> <p><u>Periodisation</u></p> <ul style="list-style-type: none"> •No periodisation •Well structured programmes <p>Coaching/Competition Ratios 50:50</p>	<p>Overall sports skills broad base</p> <p><u>Advanced Physical Literacy (PL)</u></p> <ul style="list-style-type: none"> •Incorporate the ball into key PL components: ABC' S, RJTS, CPKS <p><u>Technical</u></p> <ul style="list-style-type: none"> •Major Skill Learning Phase •Develop skills under competitive conditions <p>All basic sports skills should be learnt before entering next phase</p> <p><u>Tactical</u></p> <ul style="list-style-type: none"> •Spatial awareness – Creating & Exploiting Space •Small sided games: 5 v 3, 4 v 2 •Go Games: 6 v 6 (First Touch) 9 v 9 (Quick Touch) 11v11 (Smart Touch) •Defense & Attack Principles (Width & Depth) <p><u>Mental</u></p> <ul style="list-style-type: none"> •Introduction to Mental preparation •Concentration •Cognitive Development •Emotional Development <p><u>Physical</u></p> <ul style="list-style-type: none"> •Medicine Ball, Swiss Ball •Own body strength exercises •Speed & Agility development <p><u>Ancillary Capacities</u></p> <ul style="list-style-type: none"> •Hydration practices <p><u>Periodisation</u></p> <ul style="list-style-type: none"> •No periodisation <p>Coaching/Competition Ratios 70:30</p>	<p>Broad base skills & sports specific skills – Major fitness development phase: Anaerobic and Strength (PHV is the reference point)</p> <p><u>Technical</u></p> <ul style="list-style-type: none"> •Advanced Technical skill development •Skills developed under pressure •Fitness within skills drills <p><u>Tactical</u></p> <ul style="list-style-type: none"> •Understanding the principles of Play in grids and small-sided games. •Application of skills in game •Attacking Styles, System of play •Introduce “Crokes” style <p><u>Mental</u></p> <ul style="list-style-type: none"> •Understanding the use of psychology •Use skills based goal setting •Use mental imagery training <p><u>Physical</u></p> <ul style="list-style-type: none"> •Development of Strength in body parts •Fitness within the games •Speed & Speed endurance •Flexibility <p><u>Ancillary Capacities</u></p> <ul style="list-style-type: none"> •Monitor PHV – posture •Nutritional awareness •Video feedback <p><u>Lifestyle</u></p> <ul style="list-style-type: none"> •Balance Sports/Studies/Social •Manage training loads <p>Single or Double periodisation</p> <p>Coaching/Competition Ratio 60:40</p>	<p>Sports position specific skills</p> <p><u>Technical</u></p> <ul style="list-style-type: none"> •Position specific technical playing skills preparation •Skill development within small sided games leading to full games <p><u>Tactical</u></p> <ul style="list-style-type: none"> •Position specific tactical and playing skills under competitive conditions •Refining game SENSE •Creative thinking <p><u>Mental</u></p> <ul style="list-style-type: none"> •Advanced mental preparation •Mental rehearsal •Focusing & refocusing •Relaxation techniques <p><u>Physical</u></p> <ul style="list-style-type: none"> •Specific physical conditioning •Light weights •Flexibility •Core stability, Hip & Shoulder Stability <p><u>Ancillary Capacities</u></p> <ul style="list-style-type: none"> •Optimise ancillary capacities •Hydration and Nutrition •Managing training loads •Managing competition loads •Performance analysis •Recovery methods <p><u>Lifestyle</u></p> <ul style="list-style-type: none"> •Balance Sports/Studies/Social •Awareness of alcohol..... <p>Double/Triple periodisation</p>	<p>Position specific and team play skills</p> <p><u>Technical</u></p> <ul style="list-style-type: none"> •Further refinement of technical skills •Development within full games <p><u>Tactical</u></p> <ul style="list-style-type: none"> •Further refinement of position specific tactical and playing skills in full games <p><u>Mental</u></p> <ul style="list-style-type: none"> •Modelling all possible aspects of training and performance <p><u>Physical</u></p> <ul style="list-style-type: none"> •Weights program •Core Stability •Flexibility •Build rest into program <p><u>Ancillary Capacities</u></p> <ul style="list-style-type: none"> •Training diary •Food diary •Heart rate monitoring •Fatigue monitoring •Recovery Strategies •Hot and Cool/Pool •Health Check <p><u>Periodisation</u></p> <ul style="list-style-type: none"> •Double, Triple or multiple

Club Coaching Model



Sustainability...





In the Short term.....

- An Opportunity for Self Reflection:

Why am I coaching?

- What are my strengths as a coach?
- Where can I improve as a Coach?
- What do my players / team think of me as a coach?
- What do I like / dislike about coaching?

How can i become a better coach and engage with my players over the next few weeks ?

U9 Coaches - Child & Parent Feedback

Kilmacud Crokes GAA 2011 Boys Feedback

Please take 5 mins to sit with your son and get his feedback on GAA at Kilmacud Crokes.

* Required

Why does your son play GAA? *

Your answer

What does he like about GoGames matches? *

Your answer

What does he not like about GoGames matches? *

Your answer

On a scale of 1-5 how much does your son like 2011 GoGames matches? *

Not at all 1 2 3 4 5 Super!

What does he like about training? *

Your answer

What does he not like about training? *

Your answer

On a scale of 1-5 how much does your son like 2011 GAA training? *

Not at all 1 2 3 4 5 Super!

What is FUN for your son? *

Your answer

Name one thing that your son would like the coaches to do more. *

Your answer

Name one thing that your son would like coaches to do less. *

Your answer

Lastly, a question to parents: Do you play or practice GAA with your son at home? *

- Never outside Crokes activities
- 1-2 times a week outside organised Crokes activities
-

In the Short term.....

Weekly Skills Challenges

Zoom Training Sessions



Weekly Session Plans

???

Player Profiling

A background image showing two hurlers in action on a grassy field. The player in the foreground is wearing a purple and yellow jersey with the number 15, a red helmet, and is in a crouched, ready position. The player behind him is wearing a blue and white jersey and a blue helmet. Both are holding hurley sticks. The background is slightly blurred, showing a fence and some trees.

- Create Self Awareness
- Great way of starting the conversation
- Build a greater understanding between coach & player
- Develop an Action Plan

	A	B	C	D	E	F
1	Name		Player PRI	Player Score	Coach PRI	Coach Score
2	Technical Ability					
3	Good first touch		5	9	5	5
4	Doesn't spill ball in contact		8	7	6	9
5	Hand-Passing - Proficient off dominant Side		6	5	6	6
6	Hand-Passing - Proficient off non dominant Side		7	6	5	8
7	Striking - Proficient off dominant side		8	8	7	5
8	Striking - Proficient off non dominant side		9	5	8	6
9	Blocking		5	8	5	5
10	Hooking		7	6	6	6
11	Catching - Can execute overhead catch		8	7	8	7
12	Catching - Can execute body catch		9	6	5	5
13	Catching - Can execute low catch		5	5	6	8
14	Passing -chooses the right pass for the situation		6	8	7	6
15	Defensive Game					
16	Ability to tackle in game situation		7	6	5	5
17	Deny Space to attackers		5	5	8	7
18	Delay opponents		8	8	5	5
19	Develop Play from defense to attack		4	4	8	8
20	Running/attacking play					
21	Can score of either side		9	6	4	5
22	Sees space and gets into good positions.		6	8	5	4
23	Beats opponents with a variety of footwork		5	4	4	6

25	Game understanding					
26	Communicates Clearly & Accurety		6	7	7	6
27	Reads the game well - (Good anticipation of how plays will develop)		7	8	5	5
28	Plays "heads up" (always looking for options)		6	9	8	7
29	Doesn't waste support runners		6	8	4	5
30	Doesn't get isolated on the ball		4	5	5	5
31	Position Specific - knows the requirements of positions		5	4	5	5
32	Components of Physical Fitness					
33	Strength/Core		7	6	8	7
34	Speed		8	5	4	5
35	Agility		5	7	6	7
36	Flexibility		4	6	6	5
37	Endurance		6	7	8	6
38	Speed Endurance		7	6	5	5
39	Psychological Focus					
40	Confidence (Belief that you are able to perform at the required standa		8	7	7	8
41	Concentration (Ability to remain focussed during training/games)		5	6	5	5
42	Control (Ability to manage your aggression and/or anxiety before, duri		4	5	6	4
43	Commitment (to be the best that you can become)		5	8	8	8
44	Refocusing after errors (when you make a mistake you do not let it ef		8	4	5	6
45	Enjoyment		6	6	8	7
46	Knowledge of the rules -					

Summary

Player PRI Player Score Coach PRI Coach Score

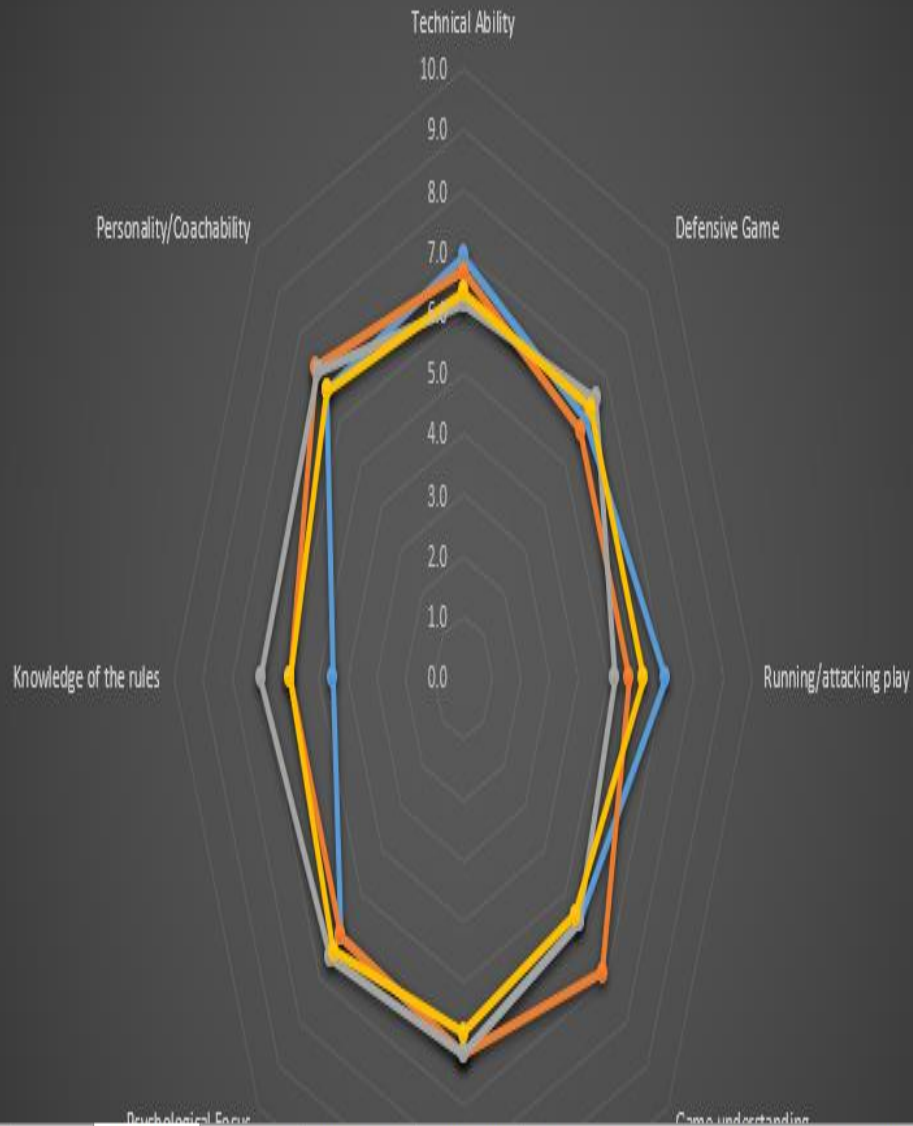
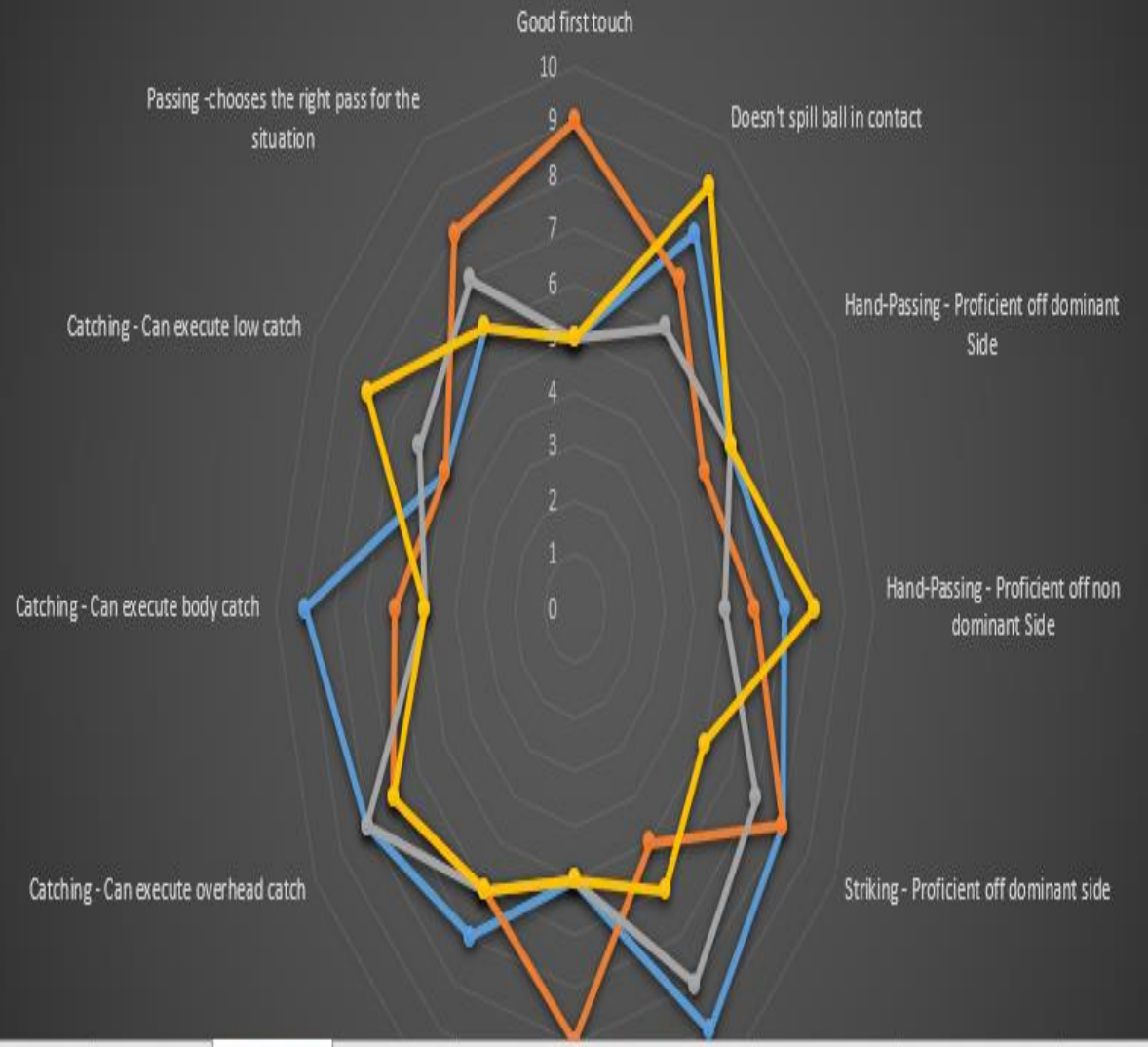


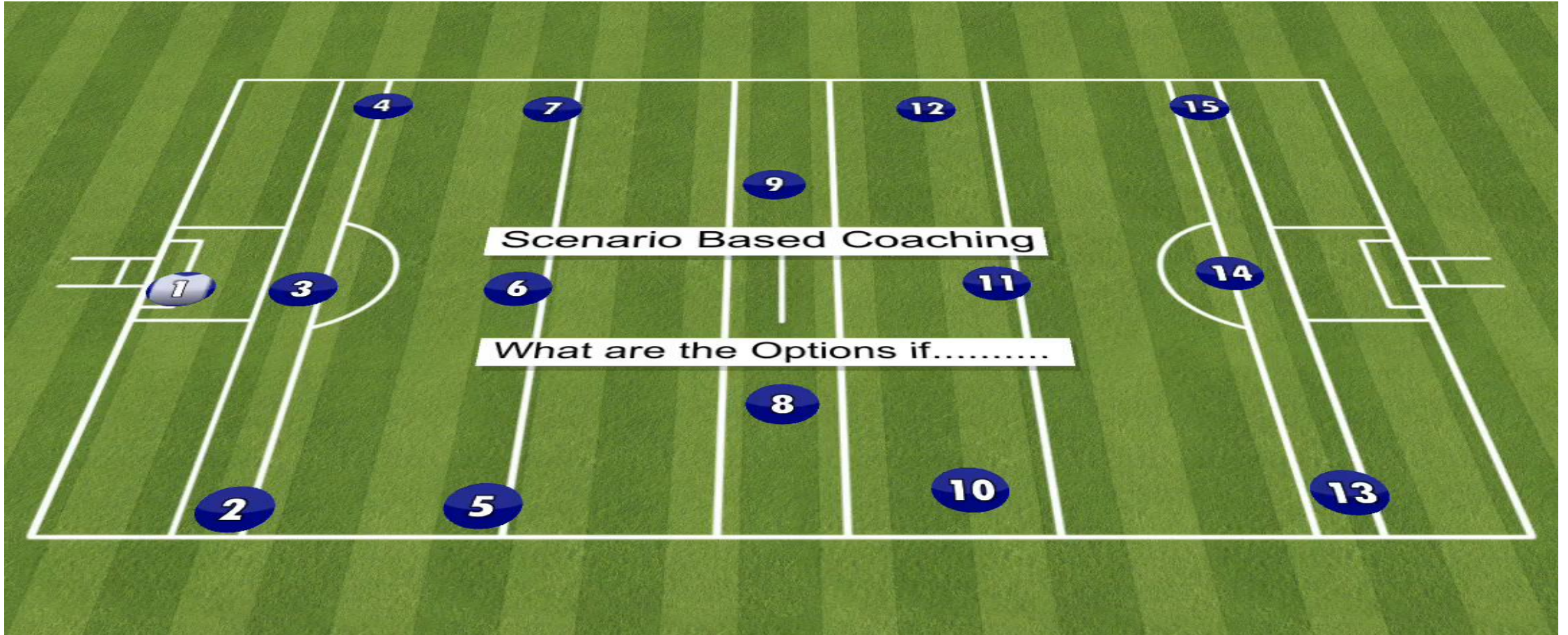
Chart Area

Technical

Player PRI Player Score Coach PRI Coach Score



Tactical Pad



Task – Group 1

Defenders are being dragged all over the place by quick running forwards resulting in lots of space in front of goal

How will you:

- Create a ploy to deny space in defence

Task – Group 2

All the forwards are bunching with the result that when they get the ball they are bottled up by defenders and the ball is being turned over too often

How will you:

- Devise a team play to create space in the forwards

Task – Group 3

The team is not winning possession in the midfield / half forward line from own puck outs.

How will you:

- Devise a tactical ploy to help team gain possession from own Puck outs

Task – Group 4

The forwards are shooting from very difficult positions and the conversion rate is much lower than it should be

How will you:

- Create a tactical ploy to increase the conversion rate in the forwards

Freeze Framing



Hudl Technique



Useful Resources

- <https://learning.gaa.ie/>
- <https://www.scoilnet.ie/pdst/physlit/>
- <https://www.icoachkids.eu/>
- <https://ulster.gaa.ie/pals/resources/>
- <https://www.sportireland.ie/institute/performance-service/nutrition/nutrition-faqs>
- <https://www.sportireland.ie/coaching/coach-support/coach-resources>
- <https://coaching.dublingaa.ie/>

Hudl Technique

