

Gavin Webb

Games Promotion Officer



Members of the Coaching Committee


- ▶ Football/LGFA: Eddie Cronin (SL), Tony Leen (UA), Tom Sheehan (Adult), Keith Burke (LGFA), Christine McCarthy (LGFA)
- ▶ Hurling/Camogie:, Mark Barry (SL), Mark Dolan (UA), Willie Coveney (Adult), Teddy O'Donovan (Adult), Kieran Morrison (Camogie)



What has been achieved


- ▶ 4 Primary Schools and will be starting in 4 Secondary Schools .
- ▶ Workshops for Football/LGFA for ages 5-8s and 9s-12s
- ▶ Coaches' workshops x 3
- ▶ Personalised coaching books with games/drills
- ▶ 2 summer fun camps and 4 skills camps.
- ▶ Current players as helper Coaches to Specific age groups
- ▶ Relationship building
- ▶ First draft player pathway
- ▶ Physical Development plan -Long Term thinking


YouTube [™] Search


 **Douglas Hurling & Football Club**
2 subscribers

HOME VIDEOS PLAYLISTS CHANNELS

Uploads ▶ PLAY ALL

 **Coaching Ball Alley Paudie Butler Edited 23 6 22**
1:20:09
2 views • 3 weeks ago

 **Free Taking Shane Brick 21 7 22**
29:36
6 views • 3 weeks ago

 **Club Dev**
372 views



DOUGLAS
HURLING & FOOTBALL CLUB
CUMANN IOMANAÍOCHTA agus PEILE na DUBHGLAISÉ



Common characteristics of a good coach

- ▶ Must be a Caring adult- Must have positive social skills , must have positive interactions with there peers and must allow a child to feel safe physically and emotionally
- ▶ Must facilitate the growing of friendships- This is key when keeping children in sport for longer. It is always a key reason given by kids when asked why they play
- ▶ You must be willing to allow structured and unstructured play- Sometimes we can be over structured , organised chaos can help develop creativity in kids
- ▶ Provide children an opportunity to practice and master- Sessions need to be developmentally appropriate for the age and ability of the kids taking part
- ▶ Keep session flowing- lots of movement , lots of use of equipment, motivate and allow kids to do things for themselves
- ▶ Sessions must be planned and tracked in order to improve as a coach
- ▶ Coach must be punctual and have good time management skills



Difference between criticism and coaching

- ▶ Recognising this is the only way to develop trust with a group of players
- ▶ Mistakes are good
- ▶ Allow kids to solve their own problems , learn by doing
- ▶ Allow kids to answer questions rather than just tell them the answers



Proactive Coaching

- ▶ A coaches' voice should never have to compete for attention
- ▶ If you must talk over or repeat yourself then you are basically telling your team what your saying doesn't matter
- ▶ Have an attention getter e.g., whistle, clap hands, raise hurley
- ▶ Don't speak until you have full attention
- ▶ Speak in as few words as possible and then get back to the activity



What to base success on

- ▶ If we base coaching success on winning, we are destined for failure
- ▶ Number retention- How many players started the year and how many finished , How many years came back for the next year
- ▶ The players are learning life lessons as well as sporting lessons
- ▶ Players listen to you and are willing to share thoughts and opinions
- ▶ There is clear improvement from start of year to end of the year , levels will be different for every child
- ▶ Parents are starting to ask for help to allow kids to improve at home



Do's and don'ts for coaches

- ▶ Do's – Encourage players – Allow players to make their own decisions – Ask questions to your players – Listen to what your players say – Get to know your players
- ▶ Don'ts – Put down or embarrass players – Constantly shouting and telling players what to do – Ignore players when they are talking to you – Try to control how they play games – Assume that all players are the same



Tips for new coaches

- ▶ Get to know your players
- ▶ Never stop learning
- ▶ Keep it simple
- ▶ Make it fun
- ▶ Plan your sessions
- ▶ Observe other coaches
- ▶ Be aware of learning styles
- ▶ Be yourself



COACHING CHECKLIST

- ▶ Physical training plan
- ▶ Understanding of plan by all coaches
- ▶ Number of participants Taking part
- ▶ Club Training Gear
- ▶ Hurley
- ▶ Watch
- ▶ Whistle
- ▶ Sufficient Equipment to execute plan e.g. at least a ball
- ▶ Sufficient space to execute plan



Games Based Coaching v Drills Based Coaching



- ▶ GAMES BASED COACHING is the philosophy of using a variety of games to teach something as opposed to drills. Instead of teaching a skill in a drill setting, games are designed to teach the athlete the same concept as they play in an actual game situation
- ▶ A drill is something we do repetitively , without thinking. That doesn't allow the athlete to develop the perception of when and where to use it .
- ▶ KEY DIFFERENCES :
 - ▶ FUN V BORING
 - ▶ STRAIGHT LINES V MULTI DIRECTIONAL MOVEMENT
 - ▶ NUMEROUS REPETITIONS V FEWER REPETITIONS
 - ▶ LOADS OF DECISION MAKING V NO DECISION MAKING
 - ▶ MOVING V STATIC
 - ▶ ALLOW FOR FLEXIBILITY V LITTLE FLEXIBILITY
 - ▶ PRESSURE V NO PRESSURE



Coaching Resources

<https://douglasga.com/downloads/#coaching-resources>

Coaching Resources

| Document | Published | Link |
|-------------------------------|-----------|--|
| Douglas Match Template | 08/09/22 |  |
| Douglas Session Plan Template | 08/09/22 |  |



**WE OVERESTIMATE WHAT WE
CAN DO IN A DAY AND
UNDERESTIMATE WHAT WE
CAN DO IN A YEAR**



Questions

