



Shrule/Glencorrib GAA Club



Shrule/Glencorrib Bord Na nOg Coaching Development Plan 2018





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Bord Na nOg Coaching Policy

Shrile-Glencorrib GAA Club has a good number of juvenile football teams from U6s through to minor. The most important section of our club is the juvenile section and it is vital that we as coaches ensure there is an accepted coaching policy in all codes. We at juvenile level are laying the foundations for Shrile/Glencorrib to become more successful club at adult level. This coaching policy provides guidelines to help coaches make progress with their teams and it is imperative that these guidelines are adhered to the best of our ability.

1. Qualifications:

It is **MANDATORY** that all mentors are qualified at foundation level coaching and Garda vetted. Particular attention must be paid to instilling the highest levels of discipline in players, mentors and parents/supporters alike. Any abuse of players, mentors or officials will not be tolerated. Ideally a high percentage of mentors will then progress to Level 1 coaching over the coming year. Each underage team should try have a mentor present for every Bord Na nOg meeting.

2. 1 Ball per two children:

It is obvious that if children are to improve their football game, they need as much practice with the ball as possible. The more ball contacts our players get in training, the more improvement there will be in their handling and overall skills. It is recommended that for each player to improve their skill level, they need a minimum of 200 ball contacts per session. To achieve this figure, you need a minimum of one ball per two children.

3. Structure of a session:

While children love playing games, they will not continue to improve if they come to training and the ball is just thrown in for a match. It is beneficial to allow the children a few minutes of each session for creative practice, where they are encouraged to practice a particular skill in whatever way they choose. Modified games, such as 2v2 or 3v3 etc, scoring or possession games, are a great way of improving a players' performance. The basic structures of a session which must be followed are: Warm-up, Skill drills, Modified/conditioned games, Full match. (more details on page 6-7)

4. Fun games at start of session:

The importance of children having fun at training cannot be overstated. Children get bored very quickly if not having fun and they will be far more likely to come back to training if they are having fun. All training sessions should be fun and one of the easiest ways to have fun is with the warm-up game. Fun games are a perfect way to start a training session and should involve as much movement jumping/changing direction and pace etc. as possible. Fun games like tag-ball, call the number, bulldog, tag, catch the tails, stuck in the mud etc. are also beneficial for the following reasons: They are all about fun so the children love them The movements involved in these games mimic exactly the movements involved in match situations. They also provide good stimulation for players at beginning of sessions.



5. Minimise fitness training for juveniles:

The vast majority of top senior inter-county teams use the ball for at least 80% of all their sessions throughout the year. This percentage should be even higher for juvenile teams, where the physical aspect of the game is far less relevant. Juvenile players are neither physically or psychologically matured yet and 'running' them without a ball is far from enjoyable. As we saw in point 2, children need 200 ball contacts per session and taking into account children can work as hard in a drill using the ball, there is very little need for purely fitness training until at least U16 (Even then minimise time spent without ball).

6. Working with beginners:

Shrúle/Glencorrib GAA Club are always actively looking to increase the number of juvenile members involved with the club. Children of all ages are encouraged to come along and are tempted with the prospects of making new friends, being part of a club and learning the skills of a new game. Obviously a lot of these children won't already have the basic skills and it is our responsibility as coaches to encourage these children and work extra hard to help them to develop these skills. Even though this takes extra time and effort from coaches is it fair of us to say "he/she is no good..." etc. and to just by-pass them?

7. Have clear targets/goals for sessions/season and review regularly:

How are you supposed to know what you're doing and how you're progressing etc. without setting any objectives/goals? You need to have specific targets. If you don't know where you're going, how are you going to get there? All aims and objectives should be: S.M.A.R.T.

Specific: goals should be very specific. For example, it is our goal to ensure that all of our players can kick a ball accurately over 20 metres with both feet.

Measurable: objectives, such as the one mentioned above, should be measured frequently.

Action related: Aims must be relative to the skills/games. For example, Shrúle/Glencorrib's U12s team are going to spend 10 minutes of every session doing shooting practice.

Realistic: Obviously aims must be realistic. There is no point in expecting the children to be able to kick over 45's with both feet...as it is not realistic.

Timescale: Set a date by which you hope to achieve your goals. For example, by April we want every player to be able to solo with both feet.

It is very important and helpful for you as coaches to set targets for yourselves and your team as it will give you something to aim for. It is advisable that mentors keep records of training attendances and players participation in games as it can be referred to if problems arise concerning team selection etc....

8. Left and right side to be developed in every session:

It should go without saying that every young player should be constantly encouraged to use their left and right hand/foot in football and be able to kick off their left side as much as their right side. This should happen in every session, not just the odd one. Is it the player's fault that they can't use both sides? No - unfortunately it is the fault of the coach. In all drills, skill, games, shooting practice etc, players must develop their left and right sides.



9. Team Selection:

Mentors must base team selections on commitment to training and discipline. Talented players from other codes (soccer, rugby etc.) who don't attend training should not be selected ahead of committed club players. Please note that players must train and play in their own age group before they can be subbed up to an older team. N.B. Player's may be made available to play for teams two ages above e.g u12 to u14. However this should not happen at the expense of a player already part of that particular team especially from U14s down. Mentor's should play players from their team before using underage players.

10. Parents/Supporters:

Every effort should be made to encourage the support of parents especially on match day in particular with transport or if there is a requirement for calling the line or standing in as umpire. However, the mentors are responsible for the behaviour of the supporters/parents and so the parents/supporters must take direction from the appointed mentors on match day. Parents should be encouraged to support the team, players and mentors in a positive sporting way.

11. Development Squads:

Suitable players, selected by managers, should be encouraged to attend development squads and trials at every given opportunity. Players who are not training and playing in their own age group in the club will not be considered for selection.

12. Skills Testing:

If players are training and playing games in the club two or three times every week there should be an improvement in their level of skill and performance. Players will have to be competent in the basic skills appropriate to their own age group (Exact details on next page). Mentors will regularly skills test their teams and keep a record of each players progress. These skills tests should also be a method of encouraging our players to pick up a ball and to practice at home.

13. Winning is not everything (or the only thing!)

In Shrúle/Glencorrib Bord Na nOg section, player participation, enjoyment, development and retention are the most important things. All mentors must be committed to long term player development and must not adopt a short term win at all cost attitude.



Shrúle/Glencorrib Bord Na nOg- Training Details

Team	Manager (Number)	Senior Player-Training Help (number)	Training Day/Time & Venue (May vary)
Under 6s	Denise Fahy: 086 8167777	Mark McMorrow: 086-1793231	Wednesdays in Glencorrib @7-8pm (Games on Wednesdays also)
	Shauna McGaugh: 087 3585700	Eoin Hennelly: 086-0798595	
Under 8s	Joe Fahy: 086 4015798	Padraig Martyn: 087-1266671	
	Joe Murphy: 087 6820037		
	Richard Molloy: 087 7810382		
Under 10s	Matthew Murphy: 087 8325273	John Ryan: 085-2720700	Wednesdays in Glencorrib @7-8pm (There may be another day added here)
	Brian Joyce: 086 3850004	Adrian Halligan: 086-0574221	
		Kenny Murray: 085-1201771	
Under 12s	Stephen Ryan: 0876624664	James Monaghan: 087-7854335	
	Alan Smith: 087 9042962	Gary Hennelly: 087-6235013	
		Ronan Walsh: 087-2441681	
Under 14s	Need two here	Noel Sheridan: 086-3033142	
		Feilim O'Dowd: 085-1352521	
		Brendan Ryan: 087-2472943	
Under 16s	Eamonn Flynn: 086 0660743	Sean Biggins: 085-2258466	
	Mike Flynn: 087 2267984	Conor Bohan: 085-1531204	
	Tom Moffatt: 086 2537808	David Gereaghty: 087-9537844	
	Ger Navin: 087 7857456		
Under 18s	Joe Fahy: 086 4015798	Evan Cawley: 087-6559495	Tuesday's with Seniors Thursdays as Minor Group in Shrúle @ 7.30 – 9pm Possible weekend session to be introduced
	Need an extra help here.	James Fitzgerald: 087-2133082	
		TJ Canavan: 085-2100301	

Coaching Development Officer: James O'Dowd 087-0536604



Player Development Targets

U6-U10 Fundamental Skills	U12 Learning to train	U14 Training to train	U16 *Highest dropout rate- Player retention critical	U18 Training to compete
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Coaching Resources

- **Team specific Coaching Manual** for each age group to be used as a guide for training and to give sample sessions to be taken.
- **Senior players** will also be a key resource in the development of our underage training setup. As shown on page 5 there will be players assigned to each training group. These players will be delivering a minimum of 3 high quality sessions each, throughout the season, to their assigned team. Managers are asked to contact these players and organise them to take sessions. This should be organised early (straight away) in the season.
- **Shane Caulfield** coaching manuals will be available for all teams but aimed especially at teams from U14 up. (Contact James O’Dowd for these)
- **Go Games for U6 –U12:** There will be a set of Go Games coaching DVDs and Manuals available for all mentors U6-U12. (Contact James O’Dowd for these). These should be used to help in planning high quality training sessions for all players in this age bracket.
- **Website:** There has been a large bank of resources for training uploaded onto the club website. It is strongly advised that coaches) read through these resources in order to plan comprehensive and varied training sessions. Whilst it will not be possible to use every given training drill, Mentors are asked to use this as a guideline to keep trainings fresh and pick drills that best suit their team in order to achieve their outlined targets on page 6.
- All resources will be shared via the club website:

<http://shruleglencorribgaa.com/contentPage/10035564>



<p>Key Objective: Fun and Participation</p> <p>Physical Literacy objectives: Agility, Coordination, balance (no ball)</p> <p>Warm Up Objectives: Basic athleticism, running, throwing,</p> <p>Technical Focus: Catch, pass, kick, strike</p> <p>Tactical Focus: Spatial awareness, cooperation games, non-invasion games (scoring not important). Simple rules</p> <p>Mental: Positive attitude towards sport and exercise Good ethics-fair play, develop self confidence</p> <p>Train/game ratio 3-1 (Blitz)</p>	<p>Key Objective: Overall sports skills, broad base</p> <p>Physical Literacy and warm up focus: Incorporate ball into all agility, coordination, balance</p> <p>Skill Development: Major skill learning phase. All skills should be learnt before entering next phase. Chest catch, overhead catch, punt kick, hook kick, hand pass, fist pass, crouch lift. Focus on weaker hand and foot also.</p> <p>Tactical focus: Light pressure in grids, 4v2, 4 v6, 6v6 Small sided game</p> <p>Mental: Introduction to mental preparation</p> <p>Physical: Own body strength exercise, medicine ball, swiss ball</p> <p>Train Game Ratio 3-1</p>	<p>Key objective: Sports specific skills</p> <p>Technical: -Advanced technical skill development -Skills developed under pressure -Fitness done within skill drills -weaker hand/foot development</p> <p>Tactical: -start to understand principles of play Attack, defend, possession retention -Skills performed in game situation</p> <p>Mental: Use skills based goal setting “can we get 20 passes without dropping ball” Use mental imagery “imagine scoring a winning point”</p> <p>Physical: Flexibility- stretch Speed and speed endurance done through skills drills</p> <p>Train/Game Ratio 3-1</p>	<p>Key Objective: Skill refinement and player retention</p> <p>Technical: -Working as a team - Defending as a unit - attacking at pace</p> <p>Tactical: -Tactics for set plays. Kick outs, line balls, free kicks - Running game off shoulder, transition from defence to attack</p> <p>Mental: -Work Rate emphasises -Constructive reflection on individual/team performance</p> <p>Physical: Strength – Bodyweight exercises, press ups, squat etc. -Nutrition and hydration practices Speed- ladders, hurdles Cardio Endurance: running with and without ball</p> <p>Train/game ratio 2-1</p>	<p>Key objective: Position specific skill development</p> <p>Technical: -Advanced specific training for individual position -Skill development with small sided games leading to full games</p> <p>Tactical: -Position specific preparation -Train to play under pressure in competitive situation</p> <p>Mental: -Getting focused -Long term goal setting - Visualisation</p> <p>Physical: -Light weights - Individual conditioning programmes -Core stability -Nutrition and hydration practices</p> <p>Train/game ratio 2/1</p>
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(Our best coaching resource is our Coaches; it doesn't have to be taken from a website or manual to be a top quality session. Training can be developed and customised as a manager sees fit)



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