

COACHING AND GAMES DEVELOPMENT



EDUCATION PROGRAMME 2015-2016
COISTE ÁTHA CLIATH FORBARHTA NA GCLUICHÍ



DUBLIN COACH EDUCATION PROGRAMME

Being a successful coach is a challenging undertaking. Some approaches that work well with one player or team may not work at all with another. These challenges also make coaching interesting and ensure we never get bored.

Coaches often need to spend lots of time and effort thinking of different ways to teach players certain skills and aspects of the game. The important thing to remember is that players are all different and how the coach influences them is a key component of coaching.

Good coaches inspire their players to do more than they think they can.

They get players to entertain possibilities that stretch the limits of their beliefs. Part of this involves building the players up rather than knocking them down. Good coaches always build self-esteem rather than undermine it on top of all that they must be flexible innovate and above all patient.

The training of coaches is considered central to sustaining and improving the quality of our games and the ongoing process of learning. Coaches participate in a range of learning opportunities both formal to informal that contribute to their development. Coach education continuous to make progress on many fronts including online learning.gaa.ie

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The training of coaches is considered central to sustaining and improving the quality of our games and the ongoing process of learning.

This site has been developed to provide better access to key resources for GAA members and those actively promoting Gaelic Games. Members can access education programmes to support your role as Coach, Referee, Administrator or Player.

Mandatory Coaching Standards

Árd Chomhairle has approved the following standards for Inter-County and Club teams from 2016:

Inter County Management Teams

- By the start of the 2016 season, all Inter-County Management teams will contain an Award 2 coach. This person would ideally be the head coach. Applications for a derogation can be made to the National Games Development Committee where deemed to be in the best developmental interests of the relevant team.
- By the start of the 2018 season, all Inter-County Head Coaches will be Award 2 qualified.





Club Management Teams

- By the start of the 2016 season, all club management teams will contain an Award 1 coach. This person would ideally be the head coach.
- By the start of the 2018 season, all club head coaches will be Award 1 qualified.

This booklet details the Dublin County Board Coach Education Programme for the coming academic year 2014/15

It is designed to support all coaches working at child youth and adult level through specifically planned courses and workshops incorporating recognised principles of best practice in the field of coaching.

In trying to meet the mandatory coaching standards as set out by Árd Chomhairle we will be giving providing priority to coaches of adult club teams who wish to attend all our Award 1 Youth/Adult courses.

The Games Development programme for this year provides the best possible supports in relation to Coach Education and CPD workshops and courses covering a wide variety of training.

This year's programme will again focus on the more formal Coach Education Programmes specifically Award 1 Youth /Adult courses and the Award 2 child programmes.

A high volume of Child protection in sport awareness will also be delivered throughout the year.



To register for a course simply log on to register online and select the course you wish to attend.

Facebook

This provides another source of information for coaches with Facebook the most popular form of social media among coaches. This is forecast to remain so with coaches in the future.

Ba bhuntáiste é an clár seo do chlibanna agus tá súil agam go mbéidh go leir tacaíocht don chlár.



Gearoid O Conchuir
Bainisteoir na gCluichí

In addition a number of online programmes will be available on the new digital eLearning system.

All Foundation Award and Award 1 Child programmes will be available locally by contacting your Club Games Promotions Officer (G.P.O)

Website:

The Games development website now has some new features our online shop with over 10 different coaching resources including books, plans and DVDs.

All information on all of the courses and workshops can be found there too.



COACH ADMINISTRATOR REFEREE EDUCATION (Care)



Coach Education Programme

- ▶ Foundation Award - Football & Hurling Course
- ▶ Award 1 Youth & Adult - Football Course
- ▶ Award 1 Youth & Adult - Hurling Course
- ▶ Award 1 Child - Football & Hurling Course
- ▶ Award 2 Youth/Adult - Football Course
- ▶ Award 2 Youth/Adult - Hurling Course
- ▶ Master Tutor Meetings

Referee Education

- ▶ Referee Course - Level 1 (U8-U10)
- ▶ Referee Course - Level 2 (U11-U12)
- ▶ Referee Course - Juvenile Games (U13-U16)

Club Development

- ▶ Code Of Best Practice
- ▶ Childrens Officer Course

GPO In-service

- ▶ Coaching Children
- ▶ First Aid Course
- ▶ Foundation Tutor Training
- ▶ Advanced Trainer Skills - Coaching & Mentoring Course
- ▶ Resistance Training Course For G.A.A Youth Athlete
- ▶ Tutor Assimilation

Applied Lifelong Learning (ALL):

Football Workshops

- ▶ Systems Of Play - Adult
- ▶ Deliberate Play - Deliberate Practice - Y/C
- ▶ Improving Technical & Tactical Movements Through Small-Sided Games - A
- ▶ Building Out Of The Defensive Third - A
- ▶ Thinking & Playing Teaches Choices In Attack - Y/C
- ▶ Putting The Kick Back Into Football - C

Camogie Workshops

- ▶ The Need For Speed
- ▶ Coaching The Tackle
- ▶ Foundation Course - 'Get A Grip'
- ▶ Level 1 - 'Get Hooked'

Coaching Conferences

- ▶ Leinster Coaching Conference
- ▶ GAA National Coaching Conference

Hurling Workshops

- ▶ Hurley Repair Course - C/Y/A
- ▶ Teaching Games For Understanding - C
- ▶ Making The Telling Runs - Forward Movement - Y/A
- ▶ Using Fun To Maximise Skill - C
- ▶ Attacking From The Flanks - A
- ▶ Learning To Keep The Ball - C

Physical Fitness Workshops

- ▶ Planning Pre-Season Fitness Training
- ▶ Introduction To Resistance Training

C - Child Workshops aimed at mentor of U8-U12
Y - Youth Workshop aimed at mentors of U13-U18
A - Adult Workshops aimed at mentors of Adult Teams



Colour Theme

■	Football Workshop	■	Club Development
■	Hurling Workshop	■	Camogie
■	Physical Fitness Workshop	■	Referee Education
■	Coach Education Programme	■	GPO Inservice
		■	Conferences

FOOTBALL WORKSHOP

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Practical Football Workshop-Adult	Systems Of Play	Fri 23rd Oct 2015	Fingallians	John Morrison	7.30pm	9.00pm
Practical Football Workshop-Youth/Child	Deliberate Play – Deliberate Practice	Fri 20th Nov 2015	St Annes	Paddie Christie	7.30pm	9.00pm
Practical Football Workshop-Adult	Improving Technical And Tactical Movements Through Small-Sided Games	Fri 15th Jan 2016	St Peregrines	Mickey Whelan	7.30pm	9.00pm
Practical Football Workshop-Youth/Child	Thinking & Playing Teaches Choices In Attack	Fri 11th Mar 2016	Thomas Davis	Michael Kennedy	7.30pm	9.00pm
Practical Football Workshop-Adult	Building Out Of The Defensive Third	Fri 1st Apr 2016	Round Towers Clondalkin	Donie Buckley	7.30pm	9.00pm
Practical Football Workshop-Child	Putting The Kick Back Into Football	Fri 8th Apr 2016	Skerries Harps	Tony Scullion	7.30pm	9.00pm

HURLING WORKSHOP

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Practical Hurling Workshop-Child	Teaching Games For Understanding	Fri 6th Nov 2015	Ballyboden St Endas	Peter Casey	7.30pm	9.00pm
Practical Hurling Course	Hurley Repair Course	Mon 9th & Wed 11th Nov 2015	St Davids Artane	M Scully	7.30pm	9.00pm
Practical Hurling Coaching-Child	Using FUN To Maximize Skill	Fri 4th Dec 2015	St Judes	Damien Quigley	7.30pm	9.00pm
Practical Hurling Coaching-Adult	Attacking From The Flanks	Fri 22nd Jan 2016	Na Fianna	Colm Bonnor	7.30pm	9.00pm
Practical Hurling Coaching-Youth / Adult	Making The Telling Runs-Forward Movement	Fri 26th Feb 2016	Kilmacud Crokes	Thomas Mullally	7.30pm	9.00pm
Practical Hurling Coaching-Child	Learning To Keep The Ball	Fri 4th March 2016	St Vincent	David Herity	7.30pm	9.00pm

PHYSICAL FITNESS (FOR FOOTBALL & HURLING)

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Practical Physical Fitness	Planning Pre-Season Fitness Training	Wed 25th Nov 2015	Westmanstown	Niall Cooper	7.30pm	9.00pm
Physical Fitness	Introduction To Resistance Training	Wed 20th Jan 2016	Whitehall Colmcilles	Barry Horgan	7.30pm	9.00pm

COACHING & GAMES DEVELOPMENT PROGRAMME 2015-2016

COACH EDUCATION

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Master Tutor Meeting	Coach Ed Programme - Tutor Meeting	Mon 14th Sept 2015	Lucan Spa Hotel	LTG	7:30pm	9.30pm
Master Tutor Meeting	Coach Ed Programme - Tutor Meeting	Mon 5th Octr 2015	Lucan Spa Hotel			
Master Tutor Meeting	Coach Ed Programme - Tutor Meeting	Mon 2nd Nov 205	Lucan Spa Hotel	LTG	7:30pm	9:30pm
Master Tutor Training	National Tutor Training Seminar	Sat 21st Nov 2015	Croke Park	TBA	10.00am	2.30pm
Master Tutor Meeting	Coach Ed Programme - Tutor Meeting	Mon 30Th Nov 2015	Lucan Spa Hotel	LTG	7:30pm	9.30pm
Master Tutor Meeting	Planning Weekend	Fri 8th & Sat 9th Jan 2016	TBA	LTG	7:30pm	9.30pm
Master Tutor Meeting	Coach Ed Programme - Tutor Meeting	Mon 1st Feb 2016	Lucan Spa Hotel	LTG	7:30pm	9.30pm
Master Tutor Meeting	Coach Ed Programme - Tutor Meeting	Mon 7th March 2016	Lucan Spa Hotel	LTG	7:30pm	9.30pm
Master Tutor Meeting	Coach Ed Programme - Tutor Meeting	Mon 4th April 2016	Lucan Spa Hotel	LTG	7:30pm	9.30pm
Master Tutor Meeting	Coach Ed Programme - Tutor Meeting	Mon 9th May 2016	Lucan Spa Hotel	LTG	7:30pm	9.30pm
Foundation Award	Coach Ed Programme - Football & Hurling	13th & 15th Oct 2015	Parnell Park	LTG	7.00pm	9.30pm
Award 1 Youth & Adult	Football	5th, 7th, 12th, 14th, 19th, 21st Oct 2nd & 4th Nov 2015	St Margarets	Tutor Group	7.30pm	9.30pm
Award 1 Youth & Adult	Football	5th, 7th, 12th, 14th, 19th, 21st Oct 2nd & 4th Nov 2015	Clanna Gael	Tutor Group	7.30pm	9.30pm
Award 1 Youth & Adult	Hurling	Spring 2016	TBC	Tutor Group	7.00pm	9.30pm
Award 2 Child-Dual	Football & Hurling Course - Invite Only - Contact Your Club GPO	13th, 14th, 20th & 21st Nov 2015, 4th & 5th Dec 2015, 29th & 30th Jan 2016	The Ward Cross & Parnell Park	Tutor Group	Fri Eve: 7.00pm - 10.00pm Sat: 9am - 3/4pm	
Award 2 Youth/Adult-Football	Football Course - Invite Only - Contact Your Club GPO	20th Feb, 5th March, 16th April, 14th May & 11th June	St Pats College, Drumcondra	Tutor Group	9:30am to 5:00pm	
Award 2 Youth/Adult-Hurling	Hurling Course - Invite Only - Contact Your Club GPO	To Be Confirmed	Leinster GAA - TBC	Tutor Group	9:30am to 5:00pm	

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GPO IN-SERVICE TRAINING (STAFF ONLY)

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
G.P.O. In-service	Coaching Children	Wed 21st Oct 2015	Parnell Park	Robin Gregg	10.00am	4:00pm
G.P.O. In-service Group 1	First Aid Course	6th, 7th & 8th Jan 2016	Parnell Park	Pitman Training	10.00am	4:00pm
G.P.O. In-service Group 2	First Aid Course	16th, 17th & 18th Feb 2016	Parnell Park	Pitman Training	10.00am	4:00pm
G.P.O. In-service	Foundation Tutor Training	Tue 20th Oct 2015	Parnell Park	Leinster Tutor Group	3.00pm	5.00pm
G.P.O. In-service	Tutor - Assimilation	Fri 20th Nov 2015	Parnell Park	Coaching Ireland	10.00am	4.00pm
G.P.O Application Only	Advance Trainer Skills - Coaching & Mentoring Course	27th Oct 4th,12th Nov 1st Dec 2015, 14th Jan 2016	The Ward Cross	NUIG Tutor	10.00am	4.00pm
G.P.O Application Only	Resistance Training Course For G.A.A Youth Athlete	5th/ 6th/ 21st & 22nd April 2016	Parnell Park	TBC	10.00am	4.00pm

CLUB DEVELOPMENT

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Code of Best Practice	Club Childrens Officer Course	Wednesday 14th October 2015	Croke Park	ISC	7.00pm	10.00pm
Code of Best Practice	Code Of Best Practice In Youth Sport	These courses are arranged on an ongoing basis - please get in touch for all up to date details		ISC	7.00pm	10.00pm

CLUB DEVELOPMENT

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
National Coaching Conference	National Coaching Conference	Jan-16	Croke Park		9:00am	4.00pm

CAMOGIE WORKSHOP

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Camogie Workshop	The Need For Speed	Thursday 15th Oct 2015	TBC	Peter Casey	7.30pm	9.00pm
Camogie Workshop	Coaching The Tackle	Thursday 29th Oct 2015	TBC	Mark McManus	7.30pm	9.00pm
Foundation Course	'Get A Grip' Foundation Course	Monday 2nd Nov 2015	TBC	Coaching Ire Tutor	7.30pm	9.00pm
Level 1 Coaching Course	'Get Hooked' Level 1 Coaching Course (attendance on all dates necessary)	Friday 5th Feb 2016 Saturday 6th & 13th Feb 2016	TBC	Coaching Ire Tutor	6.30pm 9am	10pm 4pm

REFEREE EDUCATION

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Referee Course Level 1	Go Games - Level 1	11th/13th/18th/20th Jan 2016	Fingallians	Ref Committee	7pm	9:30pm
Referee Course Level 1	Go Games - Level 1	11th/13th/18th/20th Jan, 2016	Thomas Davis	Ref Committee	7pm	9:30pm
Referee Course Level 1	Go Games - Level 1	1st/3rd/8th/10th Feb, 2016	St. Brigids	Ref Committee	7pm	9:30pm
Referee Course Level 1	Go Games - Level 1	1st/3rd/8th/10th Feb, 2016	Naomh Olaf	Ref Committee	7pm	9:30pm
Referee Course Level 1	Go Games - Level 1	22nd/24th/29th Feb/2nd March, 2016	Erins Isle	Ref Committee	7pm	9:30pm
Referee Course Level 1	Go Games - Level 1	22nd/24th/29th Feb/2nd March, 2016	St. Peregrines	Ref Committee	7pm	9:30pm
Referee Course Level 1	Go Games - Level 1	7th/9th/14th/16th March, 2016	Parnell Park	Ref Committee	7pm	9:30pm
Referee Course Level 1	Go Games - Level 1	7th/9th/14th/16th March, 2016	Westmanstown Gaels	Ref Committee	7pm	9:30pm
Referee Course Level 2	Go Games - Level 2	28th/30th Sep/5th/7th Oct, 2015	Fingallians	Ref Committee	7pm	9:30pm
Referee Course Level 2	Go Games - Level 2	28th/30th Sep/5th/7th Oct, 2015	Thomas Davis	Ref Committee	7pm	9:30pm
Referee Course Level 2	Go Games - Level 2	12th/14th/19th/21st Oct, 2015	St. Brigids	Ref Committee	7pm	9:30pm
Referee Course Level 2	Go Games - Level 2	12th/14th/19th/21st Oct, 2015	Naomh Olaf	Ref Committee	7pm	9:30pm
Referee Course Level 2	Go Games - Level 2	2nd/4th/9th/11th Nov, 2015	Parnell Park	Ref Committee	7pm	9:30pm
Referee Course Level 2	Go Games - Level 2	2nd/4th/9th/11th Nov, 2015	St. Peregrines	Ref Committee	7pm	9:30pm
Referee Course Level 2	Go Games - Level 2	23rd/25th/30th Nov/2nd Dec, 2015	Naomh Mearnóg	Ref Committee	7pm	9:30pm
Referee Course Level 2	Go Games - Level 2	23rd/25th/30th Nov/2nd Dec, 2015	Westmanstown Gaels	Ref Committee	7pm	9:30pm
Referee Course Level 3	Juvenile Games (U/13-U/16)	7th/9th/14th/16th Sep 2015	Fingallians	Ref Committee	7pm	9:30pm
Referee Course Level 3	Juvenile Games (U/13-U/16)	7th/9th/14th/16th Sep, 2015	Westmanstown Gaels	Ref Committee	7pm	9:30pm

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Coaching and Games Department

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PLEASE CONFIRM IN ADVANCE THE DATES, TIMES AND VENUES WITH THE COACHING AND GAMES DEPARTMENT, AS THEY MAY BE SUBJECT TO CHANGE.

For more details see: www.dublingaagamesdevelopment.ie or book online