

**COACHING GUIDELINES**  
**VALLEY ROVERS CAMOGIE CLUB**

The Coaching objective of the club is to create and maintain an engaging, respectful, fun and performance enhancing culture to maximise the number of players that play into adulthood.

*This document provides a high-level basis of club guidelines for coaches & mentors and must be read in conjunction with the Player Pathway & Coach Education resources and the Child Welfare resources at [www.Camogie.ie](http://www.Camogie.ie)*

**Coaching and Mentor Minimum requirements – per the GAA/Camogie Association.**

1.	Child Safeguarding Course level 1 complete	3.	Garda Vetted
2.	GAA Foundation Coaching course complete	4	Registered Member VR Camogie Club

	<b><u>The Coaching Session – Professional &amp; Fun</u></b>	<b><u>The Match- Supportive, Encouraging and Inclusive</u></b>
<b>Be Organised</b>	<ul style="list-style-type: none"> <li>Coaches &amp; Mentors on pitch min 10 minutes prior to session commences</li> <li>Coaching Drill Plan in advance for each session</li> <li>Session starts &amp; finishes on time.</li> <li>Log attendances.</li> </ul>	<ul style="list-style-type: none"> <li>U8/U10 Pitch laid out min 25 minutes before game.</li> <li>Be on time- coaches, mentors and players in dressing room:               <ul style="list-style-type: none"> <li>U8/10- 20 min before game</li> <li>U12+ 30 min before game.</li> </ul> </li> <li>Togged out on pitch 15 min before game.</li> <li>Pre-match drills plan in place.</li> </ul>
<b>Proper Equipment</b>	<ul style="list-style-type: none"> <li>First Aid box for every session</li> <li>Coaches/mentors in tracksuit- ideally club gear</li> <li>Quality sliotars &amp; Extra hurleys</li> <li>Adequate bollards, cones etc</li> <li>Hurley for each coach &amp; mentor</li> <li>Bibs, Whistle &amp; watch, Water</li> <li>Keys for Dressing rooms, toilets, etc</li> </ul>	<ul style="list-style-type: none"> <li>First Aid box</li> <li>Coaches/mentors in tracksuit- ideally club gear</li> <li>Quality sliotars &amp; Extra hurleys</li> <li>Adequate bollards, cones etc</li> <li>Players list for referee &amp; Money for referee</li> <li>Water</li> <li>Keys for Dressing rooms, toilets, etc</li> <li>Jerseys (spare set if wet) (U12 upwards)</li> </ul>
<b>Fun &amp; Enjoyable</b>	<ul style="list-style-type: none"> <li>Change drills from week to week.</li> <li>Short and sharp drills.</li> <li>Short intervals between drills.</li> <li>Maximise touches per player.</li> <li>Smaller the groups the better- avoid players waiting.</li> <li>Smile &amp; enjoy- be aware of body language &amp; tone.</li> <li>Occasional fun-priority games</li> <li>Help the girls get to know each other and create a 1 team ethos</li> </ul>	<ul style="list-style-type: none"> <li>Its Only a game! -Be aware of your body language &amp; tone of voice.               <ul style="list-style-type: none"> <li>Playing Policy: (subject to adequate attendance during the year with commitments to intercounty/divisional/playing up age groups not to diminish attendance record)</li> <li>U8/U10- all players get a minimum 50% of playing time. Consistent position rotation.</li> <li>U11-U18.- League &amp; Challenge Games: all players in final year get min 30 minutes per game. All other players get adequate game time.</li> <li>U11-U18- Knockout games: Best endeavours to play everyone. Girls in final year should get some playing time.</li> <li>Adult - League &amp; Challenge- all players to get adequate playing time.</li> <li>Adult- Knockout- best endeavours to play everyone.</li> </ul> </li> <li>RESPECT the referee. Lead by Example.</li> </ul>
<b>Communicate well</b>	<ul style="list-style-type: none"> <li>Kick off season with a parents meeting- so all on the same page. Share goals and Objectives.</li> <li>Courteous &amp; engaging tone in all SMS/WhatsApp and emails.</li> <li>Know all players names- quickly- and use them.</li> <li>Communicate match times well in advance &amp; update parents- even if still waiting on fixture.</li> <li>Ask players for feedback- check understanding.</li> <li>Communicate clearly the playing policy to parents and players in advance of games.</li> </ul>	