

## COACHING PROGRAMMES available to clubs and counties

Resource/Initiative	Rationale	Target Group	Duration	Cost	No. of Participants	Organise when	Venue
<b>FUNdamentals Coaching Course</b> 2 x Tutors	This course is an introductory to coaching programme. Coaches will look at issues such as planning and implementing training programmes as well as practical coaching and introduction to the player pathway.	Any coach or anybody interested in getting involved in coaching – must be 16 years and over.	6 Hours, completed in one day, may be split over two evenings if necessary	€400 (venue and food are separate) / €20 per person is normal charge.  <b>Booking fee: €150 Euro</b>	20 places min 30 places max	Feb to May  Sept to Nov	An indoor sports hall to cater for an indoor training session and a meeting room that can seat 30 people comfortably and an area to provide refreshments. Table to hold a laptop/projector – suitable clear wall/screen for projector
<b>Level 1 Coaching Course</b> 2 x Tutors	This course is developed to challenge existing coaches to look more in depth at coaching principles and practices.  Coaches will apply information to solve coaching scenarios in practical situations.	Must be over 18 yrs Must have completed FUNdamentals course and have at least 1 years coaching experience.	22 hours (12 hours course work, 10 hours practical coaching in own club) over 2 days separated by minimum 6 weeks. All participants must complete a logbook between Day 1 and Day 2	€600 (venue and food are separate) / €70 per person is normal charge.  <b>Booking fee: €300 Euro</b>  Table to hold a laptop/projector – suitable clear wall/screen for projector	10 places min 20 places max	Feb to May  Sept to Oct  <b>NOTE:</b> Coaches have to complete a logbook at training between Day 1 & Day 2.  <b>There must be at least 6 weeks between Day 1 &amp; Day 2.</b>	<b>Day 1 :</b> An indoor sports hall for indoor training session and a meeting room that can seat 20 people comfortably <b>Day 2:</b> Outdoor pitch OR Indoor Sports Halls – must be big enough to cater for an indoor training session and a meeting room that can seat 20 people comfortably and an area to provide refreshments for both days

WHO TO CONTACT FOR ALL COACHING COURSES: **Aislinn Harkin, Ph 01 8363156, Email: [aislinn@ladiesgaelic.ie](mailto:aislinn@ladiesgaelic.ie)**

## COACHING WORKSHOPS available to clubs and counties

Resource/Initiative	Rationale	Target Group	Duration	Cost	No. of Participants	When to Organise	Venue
<b>Key2Coaching Stage 1 Workshop</b> 2 x Tutors	Coaches gain better understanding of how to plan, organise, deliver and evaluate a typical training session for players ranging from U8 to U12 age groups	All Ladies Gaelic Football underage Coaches who have <b>completed Ladies Gaelic Football FUNDamentals</b> Coaching Programme	2.5 hours	€150 (venue and food are separate) / €10 per person is normal charge.  <b>Booking fee: €100</b>	15 places min 25 places max <b><u>Need 16 Players UnderageU10/12s for practical element</u></b>	Feb to May  Table to hold a laptop/projector – suitable clear wall/screen for projector	An outdoor pitch or large indoor hall to cater for an indoor training session and a meeting room that can seat 25 people comfortably and an area to provide refreshments.
<b>Key2Coaching Stage 2 Workshop</b> 1 x Tutor 1 x Head Coach	Coaches gain better understanding of how to plan, organise, deliver and evaluate a typical training session for players ranging from U14 to adult level	All Ladies Gaelic Football Coaches who have <b>completed Ladies Gaelic Football FUNDamentals</b> Coaching Programme	2.5 hours	€150 (venue and food are separate) / €10 per person is normal charge.  <b>Booking fee: €100</b>	15 places min 25 places max <b><u>Need 16 Players U16/Minor for practical element</u></b>	Feb to May  Table to hold a laptop/projector – suitable clear wall/screen for projector	An outdoor pitch or large indoor hall to cater for an indoor training session and a meeting room that can seat 25 people and an area to provide refreshments
<b>Dealing with the Cards Workshop</b>	Supply coaches with knowledge and techniques on how to deal with numerical advantage/disadvantage on the field of play	All Ladies Gaelic Football Coaches who have <b>completed Ladies Gaelic Football FUNDamentals</b> Coaching Programme	2.5 hours	€150 (venue and food are separate) / €10 per person is normal charge.  <b>Booking fee: €100</b>	15 places min 25 places max	Feb to May  Table to hold a laptop/projector – suitable clear wall/screen for projector	An outdoor pitch for maximum effectiveness or an indoor sports hall, a meeting room that can seat 25 people comfortably and an area to provide refreshments.
<b>Goalkeeping Workshop (Lights if necessary)</b> (2 x tutors if over 20)	Supply coaches with the necessary knowledge and coaching techniques in order to provide focused and beneficial training for Goalkeepers	All Ladies Gaelic Football Coaches who have <b>completed Ladies Gaelic Football FUNDamentals</b> Coaching Programme	2.5 hrs	€150 (venue and food are separate) / €10 per person is normal charge.  <b>Booking fee: €100</b>	15 places min 25 places max  <b><u>Minimum of 6 goalkeepers required for practical element</u></b>	Feb to May  Table to hold a laptop/projector – suitable clear wall/screen for projector	An outdoor pitch for maximum effectiveness or an indoor sports hall, a meeting room that can seat 25 people comfortably and an area to provide refreshments.

WHO TO CONTACT FOR ABOVE WORKSHOPS:

**Aislinn Harkin, Ph 01 8363156, Email: [aislinn@ladiesgaelic.ie](mailto:aislinn@ladiesgaelic.ie)**

## REFEREE PROGRAMMES available to clubs and counties

Resource/Initiative	Rationale	Target Group	Duration	Cost	No. of Participants	When to Organise	Venue
<b>Grab your Whistle Small Sided Games Referee Course</b>	To recruit and train <b>new</b> referees to officiate at small - sided games.  On completion of the course the referee will be qualified to referee up to under 12 fun small sided games.	Course participants must be <b>15 years</b> and over.	Course is maximum 3 ½ hours in duration which can be held during day or over an evening.	<b>€100 Fee</b>  Deposit of €50 must be paid one week prior to course  Venue and refreshment costs	12 min 20 max  Please note that tutor is under no obligation to deliver the course if the minimum number of participants is not present on the say and this will result in the loss of the deposit.	Jan to May Sept- Oct	A meeting room that can seat 20 people comfortably and an area to provide refreshments  Table to hold a laptop/projector – suitable clear wall/screen
<b>Grab your Whistle Level 1 Referee Course</b>	To recruit and train <b>new</b> referees with a specific emphasis on females. On completion of the course the referee will be qualified to referee up to County U14 Level and all underage clubs depending on the age of the referee.	Course participants must be <b>17 years</b> and over.	14 hour course plus blitz day. Course consists of two 6 hours contact days and one 2 hour evening with 3 weeks max length of time between day 1 and day 2 and max of 4 weeks between Day 2 and Day 3 with blitz organised between Day 2 and Day 3	<b>€200 Fee</b> Deposit of €100 must be paid one week prior to course with remainder to be paid after Day 1.  Venue and refreshments costs	12 min 20 max  Please note that tutor is under no obligation to deliver the course if the minimum number of participants is not present on the say and this will result in the loss of the deposit.	Feb to Oct  County/Club must organise a blitz day between Day 2 and Day 3 for all participants to officiate at and to have 2/3 experienced referees in attendance at the blitz to act as a buddy.	Day 1, Day 2 and Day 3 requirements are a meeting room that can seat 20 people comfortably and an area to provide refreshments.  Table to hold a laptop/projector – suitable clear wall/screen for projector
<b>Grab your Whistle Level 2 Referee Course</b>	All participants must have <b>COMPLETED</b> the LGFA Grab Your Whistle Level 1 course or have refereed for a minimum of 5 years.	Course participants must be <b>17 years</b> and over.	3 Hours	<b>€100 Fee</b>  Deposit of €50 must be paid one week prior to course  Venue and refreshment costs	12 min Please note that tutor is under no obligation to deliver the course if the minimum number of participants is not present on the say and this will result in the loss of the deposit.	Jan to May	A meeting room that can seat 20 people comfortably and an area to provide refreshments  Table to hold a laptop/projector – suitable clear wall/screen for projector

**WHO TO CONTACT FOR ABOVE COURSES:** **Aislinn Harkin, Ph 01 8363156, Email: [aislinn@ladiesgaelic.ie](mailto:aislinn@ladiesgaelic.ie)**

## **VOLUNTEER RECRUITMENT PROGRAMME**

Resource/Initiative	Rationale	Target Group	Duration	Cost	No. of Participants	When Organise	Venue
<b>Ready, Steady, Coach Programme</b>	A volunteer recruitment programme aimed at providing support and assistance to new volunteers interested in helping with coaching or running a team within the club.	Clubs with new Volunteers who would like to assist with running or coaching a team within the club  Participants must be <b>16</b> years of age and over	2 ½ hours	<b>€100.00 Fee</b>  This fee includes a deposit of €50 which will be returned to your club after the programme if all specified criteria are met.  Venue and refreshment costs	Minimum numbers required is <b>6 NEW</b> Volunteers interested in helping with coaching or running a team within the club.  <b>Club Coaches</b> : A Coach from each of the teams in your club <b>MUST attend</b> as they will act as buddies for the new volunteers  Please note that a tutor has the authority to cancel the programme on the day should they deem an insufficient number of people to show up	Feb to Nov	Minimum requirements :  Indoor Sports hall/area for the practical element which must be big enough to cater for demonstration of drills and warm up games.  Meeting room for the theory element to include a table to hold a laptop/projector and sufficient sockets and chairs to seat participants comfortably

WHO TO CONTACT FOR ABOVE PROGRAMME: **Aislinn Harkin, Ph 01 8363156, Email: [aislinn@ladiesgaelic.ie](mailto:aislinn@ladiesgaelic.ie)**

## OTHER Programmes available to clubs and counties

Resource/Initiative	Rationale	Target Group	Duration	No. of Participants	When to Organise	Venue
<b>Club Officer Programme</b>	<p>A seminar to provide club officers with support and advice on how to best fulfil their roles on a committee in a Ladies Gaelic club. General information will be supplied on the Injury Fund Scheme, fundraising &amp; code of ethics.</p> <p>Individual workshops will then take place on the role of the Chairperson, Secretary, Registrar/Treasurer, PRO and Children's Officer.</p>	All club officers	Approximately 3 hours all in one night	80% of clubs need to be in attendance	Feb to April	<p>Need a venue with one room to cater for big number of participants plus 5 breakout rooms for presentations on each of the individual officership's</p> <p>A College would be ideal venue</p>
<b>Club Mentor Workshop</b>	A workshop to support Club Mentors from underage up to senior level. Covers rules of the game as well as the injury fund	All underage and senior Club mentors.	Approximately 3 hours all in one night	70% of clubs need to be in attendance	Feb to May	A meeting room that can seat large number of people comfortably and an area to provide refreshments.
<b>County Mentor Workshop</b>	<p>A workshop to support County Mentors from underage up to senior level. Presentations on rules and team building plus select 2 options from list below:</p> <ul style="list-style-type: none"> <li>▪ Planning – Season/Matchday</li> <li>▪ Communication/Decision Making</li> <li>▪ Leadership</li> </ul>	All underage and senior Inter County mentors.	Approximately 3 hours all in one night	ALL County mentors must be in attendance from u-14 to senior level	Jan to April	A meeting room that can seat 20+ people comfortably and an area to provide refreshments.

WHO TO CONTACT FOR ABOVE COURSES:

**Paula Prunty, Ph 01 8363156, Email: [paula@ladiesgaelic.ie](mailto:paula@ladiesgaelic.ie)**

**THINGS TO REMEMBER WHEN ORGANISING COURSES**

## **PICKING A DATE**

- When picking a date make sure to check that there are no other activities or events on that day that would stop possible coaches/refs from attending.

## **PROMOTING COURSES:**

- Contact your county secretary and get a list of all club email addresses and telephone numbers.
- Announce at your county board meeting the date of the course giving plenty of notice and give details for booking places.
- Follow up county board meeting with an email to all clubs giving them at least 1 month's notice of the course. In the email state that places will be allocated on a first come first served basis and that places will only be confirmed on receipt of payment. When clubs pay for a course they are going to turn up for it!!
- Put an ad in all local papers about the course. Some people may not hear about a course through their club so you need to make sure they hear about it another way.
- Put information up your County / Provincial / National Websites.
- If numbers are poor two weeks prior to the course email all clubs again to remind them. If this does not work try sending a text message.
- Setting a date for a course and announcing it at your county board meeting is not sufficient to get the word out to the public as quite often information from county board meetings does not get back to the people who need to hear it. Do whatever you can to make sure people hear about it!
- In the unlikely event that you cannot get the required number of participants for a course make sure to notify Croke Park a week before the date of the course, otherwise you will lose your deposit.
- Counties should ensure they receive list of participants that completed every course and put on file

## **AFTER COURSE:**

Counties should ensure they receive list of participants that completed every course and put