

My Progression.....

GAMES DEVELOPMENT

Games

It is essential that all Club players are provided with a meaningful programme of games. As well as the normal games that are organised by the various boards, Clubs should organise blitzes within the Club and with other Clubs. These blitzes, particularly at underage level, are a great way of increasing activity for all players in the Club. Increased activity has many benefits for a Club, including greater player retention and volunteer retention as parents will see the activity that their children are involved in.

Coach Education

The coach has a central role in the development of all players. Coaches assist players in developing to their potential, whatever that maybe. The challenge for the coach is to create the right conditions for learning to happen and to empower the player to develop to reach her potential. Coaches should be committed to creating fun, safe playing environments for all of our players, regardless of age or ability level.

There are two LGFA coaching courses available that are of particular interest to Club coaches, outlined as follows:

- *FUNdamentals*

This is the first course on the Coaching Ladder. FUNdamentals is a foundation level course designed as an introduction to good coaching, no matter what age group you are starting to coach with. It is a fun, dynamic and informative course designed by coaches for coaches. Coaches will gain some insights into the theoretical underpinnings of successful coaching as well as having the opportunity to coach and learn in a safe environment.

- *Raising the Bar – Level 1*

The next step on our coaching ladder is our Level 1 course. Coaches must have completed their Ladies Gaelic Football 'FUNdamentals' course prior to undertaking the Level 1 course, have a minimum of one year's coaching experience to participate on this and be 18 years of age or older.

All courses will be delivered by Tutors who have completed the Coaching Ireland Tutor Education Programme and they ensure that the course material is appropriate to the target group of coaches and conduct all courses in a fun, relaxed environment.

All successful participants on our coaching courses receive our qualifications which are recognised by Coaching Ireland and a Coaching Ireland Award is a high quality accreditation recognised throughout

Europe. The involvement of Coaching Ireland ensures each course is delivered by certified tutors and standards are kept high.

LGFA also have a number of workshops available for coaches:

- *Dealing with the Cards*

Knowledge and techniques on how to deal with a numerical disadvantage/advantage on the field of play

- *Key2Coaching*

Underage is aimed at U-12 and younger age groups. The workshop assists coaches with understanding how to plan, organise and deliver a session more effectively.

Adult is aimed at U-14 and older age groups, including Adult teams. The workshop assists coaches with understanding how to plan, organise, deliver and evaluate a session more effectively.

- *Coaching the Keeper*

Knowledge and coaching techniques to provide focused and beneficial training to goalkeepers.

If you would like to organise a Coaching Course please contact:

Aislinn Harkin at (01) 8363156 or email: aislinn@ladiesgaelic.ie

Club Nursery Programme

The club nursery is the foundation of the juvenile section of your club. There are numerous activities available throughout the county for children to participate in so it is important to give girls the opportunity to participate in Ladies Gaelic football from an early age. The main aim of a nursery is introduce children aged 4 – 9 years of age to Gaelic Football in a fun, safe and relaxed environment. The ethos of the nursery is ‘to learn skills while having fun.’ There is a full resource available on the games development section of our website www.ladiesgaelic.ie

It is important that your club is dynamic and open to new members and the nursery can help you do this by encouraging new members from a young age to become involved. We hope that you find the resource useful and look forward to hearing from the successful nurseries around the county. Who knows!! Some of your young players could be the future All Stars!

Gaelic4Mothers&Others

The Gaelic4Mothers&Others initiative is an innovative way to introduce mothers and other women to playing Ladies Gaelic Football. Mothers often drop their kids to training and call back to collect them, but the Ladies Gaelic Football Association wants to change that.

The Gaelic4Mothers&Others initiative sees women playing Ladies Gaelic Football in a fun, non-competitive and social environment. Gaelic4Mothers&Others provides an opportunity for women to get their recommended weekly exercise in a fun way while meeting other mothers in the area.

The initiative has proved hugely popular with women of all ages and has taken off in all 32 counties with success stories popping up all over the country.

There is one provincial blitz organised in each province every year and one national blitz day which have been a huge success with between 900 and 1000 mothers participating in the National Blitz Days each year.

So get your club involved!!

For further information on Games Development please visit

<http://ladiesgaelic.ie/games-development/>