



# Player Development Programme (PDP)

*Keeping the net wide!*

# What is the LGFA Player Development Programme?

## AIM

To equip players with the knowledge, skills, and attitude to be the best they can be and foster a sporting vocation ('**Love**') for our sport.

## OBJECTIVES

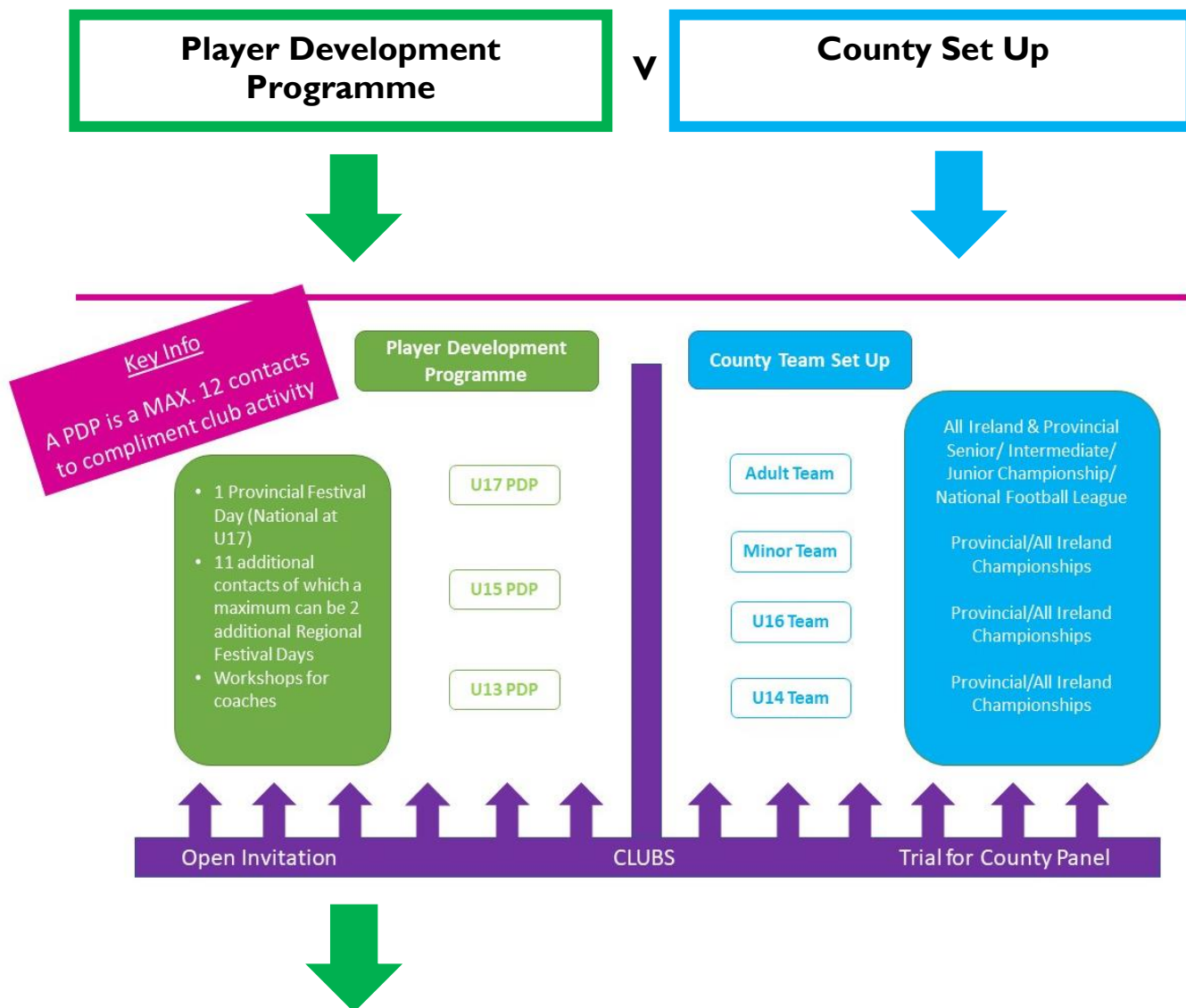
- Dynamic and effective in its delivery to maximise potential of all players.
- An inclusive programme for all players, focusing on players at various stages of development.
- Provide an opportunity for players to develop individually, with different players, learn new skills, and develop the fundamental skills in a positive and safe environment.
- Expose players to high quality coaching experiences that are in line with demands of our game i.e., technical, tactical, physical, and psycho/social.
- Focus on coach development and create awareness of good coaching structures and methods.
- Assist in monitoring players participation over a period.
- Create good County and Club relationships.

## BENEFITS

- Clear PURPOSE associated with the LGFA Player Development Programme  
Objectives and method of delivery are in line with our key principles
- Promotion of developmental playing opportunities to provide the opportunity for players to showcase their skills i.e., different game formats and develop coaches.
- Maximising participation and minimise the current barriers facing organising units i.e., finance, resources etc. and still achieve our objectives.
- Limit disruption to club football and other player commitments
- Promote sharing of coaching knowledge, mentoring of coaches' etc. which need to be high on the agenda for these programmes.
- Utilise other metrics to monitor player improvement.

# Player Development Programme & County Set Up

## What is the difference?



### ***The Player Development Programme involves...***

- **No** trials or selection/de-selection process – Counties can adopt a regional programme to encourage greater participation i.e., North, South etc.
- Non-competitive U13 & U15 Provincial/Regional Festival Days
- National U17 Festival Day with a developmental focus
- Commences no earlier than 1<sup>st</sup> February and completed no later than 1<sup>st</sup> October.

## What are the Benefits of the LGFA Player Development Programme?



## What support will Coaches receive during the LGFA Player Development Programme?



## What are the Key Considerations for a County?



### IMPORTANT TO NOTE:

- To avoid confusion...
  - Titles 'LGFA Development Academy' or 'LGFA Academy Programme' are now defunct and are no longer permitted to be utilised by Counties
- The LGFA allow a maximum of **2** playing opportunities at U13/U15/U17 level outside what has been outlined.
  - A playing opportunity is defined as a non-competitive event involving 1 host County/Province inviting no more than 3 additional Counties.

# What are the Structures Associated with Each Age Group?

## UI3 & UI5 Player Development Programme

**Regionalised** County Based programme.

**Number of Sessions**

- o Quality over Quantity
  - **Maximum** 12 contact days
  - One of these days is your Provincial/National Festival Day. The other 11 contact sessions can be one the following:
    - 2 County Festival Days (Hosts and no more than 3 invited counties) plus 9 PDP coaching sessions
    - 1 County Festival Day (Hosts and no more than 3 invited counties) plus 10 PDP coaching sessions
    - 11 PDP coaching sessions
  - Need to be creative when planning content for same to ensure cater for all key areas of development every time meet players.

**Time of year (When should PDP Commence / Conclude)**

- o To be decided by County to
  - Not disrupt club fixtures, maximise club participation and not coincide with other development initiatives.
  - Tie in with Provincial/Regional Player Development Programme Festival Days

### NOTE:

- Full Programme cannot commence until 1<sup>st</sup> February 2024 and must be completed by 1<sup>st</sup> October 2024. All Counties must sign up to the PDP Pledge prior to commencement of the programme.

**Who can attend?**

- o Open invite / Inclusive based on County capacity for coach / player ratio (min 1:8/max 1:10)
- o The capacity should be set according to County resources, however, should **not** involve a selection process i.e., trials. PDP should aim to have representation from all clubs i.e., clubs to nominate X number of players each according to number of coaches available.
- o Clubs should also be encouraged/requested to send in 1 mentor which will
  - Increase capacity.
  - Be a mechanism for coach development and collaboration within the County!
  - Could apply a ratio – for every 4 players a club sends into the PDP, they must provide one mentor (1:4)

## □ Playing Opportunities

- At least one Provincial/Regional PDP Festival Day for each age grade will be organised by the Provincial Development Officer
- The PDP Festival Day will be open to all players participating on the programme. No de-selecting of players permitted.
- Festival Day will maximise number of teams on the day by utilising different game formats if required i.e., 9v9, 11v11, 15 v 15. This will assist with player and coach development.
- The LGFA permit a maximum of 2 other playing opportunities at U13/U15/U17 level outside what has been outlined.

*A playing opportunity is defined as a non-competitive event involving 1 host County inviting no more than 3 additional Counties.*

- If a Province organises additional Festival Days on a regional basis for an age grade, then this is deemed as one playing opportunity i.e., if County attends two regional festivals days organised by the Province, then this means County can only host or attend one further playing opportunity. Important how this is planned as Counties must keep within the max. 12 contact sessions per calendar year.
- **Minimum requirement to participate at Provincial/National Festival Days. Counties must sign up to the PDP Pledge to include:**
  - Min 2 people at **ALL 4 Coach Education PDP Webinars**
  - Min 2 people at the **Provincial In-Person Coaching Day**
  - Min 2 people at the **Pre-Festival Day Online Information Session**
  - Min 2 players at the **Youth Referee Online Programme** to assist with U13 & U15 Provincial Festival Days. This will be a unique opportunity for players in your PDP Programme of the required age to upskill as a youth referee.
  - Must commence your PDP **programme minimum of 6-weeks in advance** of the National/Provincial Festival Day for that age group and have completed minimum of **3 Sessions** within this timeframe

# What are the Structures Associated with Each Age Group?

## U17 Player Development Programme

### □ Regionalised County Based Programme

#### □ Sessions:

- Quality over Quantity
  - **Maximum** 12 contact days
- One of these days is your Provincial/National Festival Day. The other 11 contact sessions can be one the following:
  - 2 County Festival Days (Hosts and no more than 3 invited counties) plus 9 PDP coaching sessions
  - 1 County Festival Day (Hosts and no more than 3 invited counties) plus 10 PDP coaching sessions
  - 11 PDP coaching sessions
- Need to be creative when planning content for same to ensure cater for all key areas of development every time meet players.

#### □ Time of year (When should PDP Commence / Conclude)

- To be decided by County to
  - Not disrupt club fixtures, maximise club participation and not coincide with other development initiatives.
  - Tie in with Provincial/Regional Player Development Programme Festival Days

#### NOTE:

- Full Programme cannot commence until 1<sup>st</sup> February 2024 and must be completed by 1<sup>st</sup> October 2024. All Counties must sign up to the PDP Pledge prior to commencement of the programme.

#### □ Who can attend?

- Open invite / Inclusive based on County capacity for coach / player ratio (min 1:8/max 1:10)
- The capacity should be set according to County resources, however, should **not** involve a selection process i.e., trials and should aim to have representation from all clubs i.e., clubs to nominate X number of players each according to number of coaches available.
- Clubs should also be encouraged/requested to send in 1 mentor which will...
  - Increase capacity.
  - Be a mechanism for coach development and collaboration within the County!
  - Could apply a ratio – for every 4 players a club sends into the PDP, they must provide one mentor (1:4)



## □ **Playing Opportunities**

- Competition element to remain in place. Competition is to act a 'yardstick to measure improvement' with focus on enhancing player development.
- National U17 Festival Day will be organised in the Summer to include coach education element, educational talks for players and players experiencing different game formats.
- Extra grades may be incorporated to ensure all teams play teams of their own level by end of the day
- The LGFA permit a maximum of 1 other playing opportunity at U13/U15/U17 level outside what has been outlined for the National Festival Day.

*A playing opportunity is defined as a non-competitive event involving 1 host County inviting no more than 3 additional Counties.*

- **Minimum requirement to participate at Provincial/National Festival Days. Counties must sign up to the PDP Pledge to include:**
  - Min 2 people at **ALL 4 Coach Education PDP Webinars**
  - Min 2 people at the **Provincial In-Person Coaching Day**
  - Min 2 people at the **Pre-Festival Day Online Information Session**
  - Min 2 players at the **Youth Referee Online Programme** to assist with U13 & U15 Provincial Festival Days. This will be a unique opportunity for players in your PDP Programme of the required age to upskill as a youth referee.
  - Must commence your PDP **programme minimum of 6-weeks in advance** of the National/Provincial Festival Day for that age group and have completed minimum of **3 Sessions** within this timeframe.

# FREQUENTLY ASKED QUESTIONS

## What are the key requirements when recruiting PDP coaches?

- It is important that all coaches participating in the PDP are prior checked for the following. Preference will be given to those who:
  - Are a member of the LGFA
  - Have relevant previous or current coaching experience. Candidate must have at least three years of coaching experience with Ladies Gaelic Football teams
    - Recommended
      - Introduction to Gaelic Games Course award (U13/15)
      - Level 1 Coaching Award (U17)
  - Be currently Garda/Access NI Vetted with Gaelic Games Code (3-year expiry)
  - Completed Gaelic Games Safeguarding 1 Course (3-year expiry)
  - Abide by the Gaelic Games Code of Behaviour
    - <https://ladiesgaelic.ie/lfa-hub/clubs/child-welfare-protection/code-of-behaviour/>

## What are the requirements if recruiting a 'responsible adult'?

- The responsible adult, i.e., a person over 18 yrs. of age, if not a qualified coach, shall be deemed a Supervisor of Children.
- He/she must also be
  - An LGFA member
  - Have satisfactorily completed their vetting.
  - Must have attended relevant Child Safeguarding Training as per above.

## For PR purposes, what terminology should we use?

- For all social media posts and correspondence, Player Development Programme should be reference throughout to ensure consistency in messaging. Isolated wording like 'development' or 'development programme' or 'squads' should not be used.
- If getting training gear for your groups, then ensure 'Player Development Programme' is the term used as opposed to 'Development Squad'.

## Can we conduct more than 12 contact sessions?

- The PDP should not supersede club activity hence maximum 12 contact sessions. Please note, these sessions do not need to run concurrently to ensure tie in with County games programme.
- Included in these 12 contact sessions are County/Provincial Festival Day as well as opportunity to be involved in **two** other playing opportunities where applicable.

## Time of Year (When should PDP Commence / Conclude)

- To be decided by County to
  - Not disrupt club fixtures, maximise club participation and not coincide with other development initiatives.
  - Tie in with Provincial/County Player Development Programme Festival Days

### NOTE:

- Full Programme cannot commence until 1<sup>st</sup> February 2024 and must be completed by 1<sup>st</sup> October 2024. All Counties must sign up to the PDP Pledge prior to commencement of the programme.

### **What is a 'Playing Opportunity' defined as?**

- A playing opportunity is defined as a non-competitive event involving 1 host County inviting no more than 3 additional Counties.

### **What if we are unable to plan our coaching sessions to tie in with the Provincial/National Festival Days arranged?**

- Each County are permitted to participate in an additional two playing opportunities per age group. This will provide flexibility for games opportunities if unable to participate in the Provincial/National Festival Days

### **How will we cater for bigger numbers? What if we don't have enough numbers?**

- Prior Planning is key. Where numbers are large, the programme should be regionalised within your County
- The County programme should aim to include players from every club in the County, and every club should provide a coach for the County PDP project in turn.
- The PDP has the added dimension of Coach Education, and it is important to utilise this opportunity to develop coaches within the process
- If numbers are very small, liaise with the Development Team to decide whether appropriate to enter the Festival Day. This should not impact on coaching sessions

### **What if we have very big numbers? Do we bring everyone to each Festival Day?**

- The development officer in your Province will monitor the numbers attending your sessions and will plan the regional or Provincial days accordingly to ensure everyone gets opportunity to be involved.
- There should be no selection or de-selection of players unless players commitment to the programme is not what it should be i.e., players only attend 20% of total sessions.
- The three playing opportunities will also allow Counties to be flexible in ensuring every player gets meaningful playing time.

### **With the big numbers, will this mean reduced playing time at the festival days?**

- No, we aim to provide at least 80 minutes football for each team involved. Providing players with as much playing time will be a priority when planning the festival days.

### **Can we conduct any other U13/U15/U17 activity outside PDP Project?**

- No, the only County activity permitted and sanctioned is the PDP for these age groups.
- Development activities organised for age groups lower than U13 i.e., U11/U12 are no longer permitted, and this time should be devoted to more club blitzes etc. to provide more football for all players.

### **What sanctions are in place if a County breach the PDP Project guidelines? What is a breach?**

- A sanction of €500 per breach will apply to each County e.g., a County conducts more than 12 contact sessions at this age group for the PDP Project

### **If a County wants to organise additional playing opportunities, how do we go about this?**

- A County may host a maximum of three Counties for a PDP Festival Day
- An online County Festival Day approval form must be completed by the host County well in advance of the event.
- Permission will be granted once this form is received and verified.

## Are Provinces permitted to organise development leagues for U13, 15 and U17?

- No, the only game opportunities are what are outlined via the PDP.
- Provinces may organise more than one Provincial Festival Day but this would be deemed as a playing opportunity for the counties that participate i.e. if County attends two regional festivals days organised by the Province then this means County can only host or attend a further one playing opportunity. Important how this is planned as Counties must keep within the max. 12 contact sessions per calendar year.

## What if we want to commence preparation early for our U14/16/U18 County Teams?

- The PDP project does not impinge on County Team Preparation
- If Counties want to hold trials, select players, organise subsequent training activities and challenge games etc. for these county age grades (Under 14,16,18) then this is permitted once the promotion of same is separate to PDP Project and named at those age grades.
- No Inter County Activity is permitted prior to 1<sup>st</sup> November.
- The titles 'Academy' or 'Development Squad' are no longer permitted so important the above activity reflects the purpose of same i.e., when requesting permission for challenge games, it must be requested as U14/U16/U18 Inter County Preparation
- No alternative U13/15/U17 County activity is permitted outside PDP.

## What if a County does not want to participate in the PDP Project?

- It is a counties decision whether they organise a County PDP. Counties may run a PDP for selected age groups i.e., U13 only.

## Who do I contact to find out more about the Player Development Programme?

- **U17 PDP National**
  - William Harmon [william.harmon@lgfa.ie](mailto:william.harmon@lgfa.ie) 087 979 4955
  - Emily Martin [emily.martin@lgfa.ie](mailto:emily.martin@lgfa.ie) 087 187 6212
- **U13/15 PDP Leinster**
  - **North** Leah Doyle [development.north.leinster@lgfa.ie](mailto:development.north.leinster@lgfa.ie) 087 768 1288
  - **South** Emily Jacob Harris [development.south.leinster@lgfa.ie](mailto:development.south.leinster@lgfa.ie) 087 718 1300
- **U13/15 PDP Munster**
  - Gearoid Balfry [gdo.munster@lgfa.ie](mailto:gdo.munster@lgfa.ie) 083 353 4875
- **U13/15 PDP Connacht**
  - Sarah Murphy [gdo.connacht@lgfa.ie](mailto:gdo.connacht@lgfa.ie) 086 413 3538
- **U13/15 PDP Ulster**
  - Ciaran Murtagh [ciaran.murtagh.ulster@gaa.ie](mailto:ciaran.murtagh.ulster@gaa.ie) +4477 9516 0979
  - Micheala Moran [micheala.moran.ulster@gaa.ie](mailto:micheala.moran.ulster@gaa.ie)

## 2024 PDP Dates

### Dates of the PDP Coach Education Webinars.

- **Induction Webinar** Monday, 27th November 2023
- **Role Description/Coaching Climate Webinar** Tuesday, 23rd January 2024
- **Being a PDP Coach** Monday, 19th February 2024

- **Planning a PDP Session**

Tuesday, 19th March 2024

### **Provincial In Person Coaching Days.**

- **Munster** PDP Coaching Day
- **Leinster** PDP Coaching Day
- **Ulster** PDP Coaching Day
- **Connacht** PDP Coaching Day

Saturday, 2nd March 2024

Saturday, 6th April 2024

Saturday, 13th April 2024

Saturday, 13th April 2024

### **Online Youth Referee Online Session** to assist with U13 & 15 Provincial Festival Days

- Thursday evening, 25<sup>th</sup> July online

Min age of participant TBC

### **National and Provincial Festival Days:**

- **National** U17 Festival Day

Tuesday, 9<sup>th</sup> July 2024

### **U13 Provincial Festival Days**

- **Ulster**
- **Connacht**
- **Leinster**
- **Munster**

Saturday, 10th August 2024

Sunday, 11th August 2024

Saturday, 17th August 2024

Saturday, 24th August 2024

### **U15 Provincial Festival Days**

- **Leinster**
- **Connacht**
- **Munster**
- **Ulster**

Saturday, 24th August 2024

Sunday, 25th August 2024

Saturday, 31st August 2024

Saturday, 14th September 2024