

SAMPLE GAELIC GAMES CLUB COACHING GUIDELINES

(Always evolving through experience)

1. Club Coaching Philosophy

Philosophy is creating an environment where people learn best!

Player participation, enjoyment, development, performance and retention are our key priorities. All coaches need to adopt a long-term player development philosophy

2. Club Coaching Values

Coaches, players and parents will abide by the club **coaching values** at all times. Our values are...



3. Approach

3.1. Below are personnel who oversee the Implementation of our club coaching programme:

- Football** – Club Coaching Officer
- Hurling** – Club Hurling Co-ordinator in conjunction with Club Coaching Officer
- Ladies Football** – Ladies Football Chairperson in conjunction with Coaching Office

3.2. A **Club Coaching working group** inclusive of all codes will be put in place to inform and devise club coaching guidelines. This working group will meet at least **five** times a year.

3.3. Each age group will be assigned a **Lead Coach**.

3.4. Each age group will have a **minimum of three assistant coaches/helpers**. Aim to adhere to 1:8 player coach ratio.

3.5. There will be **no duplication** of roles between coaches, where possible.

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3.6. Every person involved with coaching teams will need to meet the following **minimum requirements**:

- 3.6.1. **Fully paid member** of the club
- 3.6.2. Successfully completed **Garda Vetted**
- 3.6.3. Complete a **Safeguarding 1 Workshop** if coaching underage children or have an U18 player on an adult team
- 3.6.4. Hold a **basic coaching qualification**
- 3.6.5. Abide by Gaelic Games **Code of Conduct**

3.7. Players **train** and **play** with their own age group where applicable (U6 to U17).

- 3.7.1. If a scenario arises where younger players from another age grade are required to assist with numbers to form a full team then at all times mentors must play players from their team before using the younger players e.g., 9 to 11's in boys' football, 12' to 14's in ladies football

(Note - this is not applicable within an age band i.e., 10/11, 12/13. See point (b) below)

- 3.7.2. If the club has more than one team within an age band i.e., U11's/U13's then players will play with the team that is appropriate to their **stage of development, not necessarily age.**
- 3.7.3. Any **movement of players** between age groups must be **agreed by coaches** of both age groups in the first instance and then approval sought from the parents of the players involved. Where a need exists in an older age group, a number of players should be considered/rotated from the lower age group where possible.
- 3.7.4. Players can only move up **one** grade.

3.8. **Game time – U11 to U15**

- 3.8.1. Player's stage of development, attitude, commitment, work ethic, attendance at training and willingness to improve will be other key factors that will determine a player's game time. It is important **'a sense of entitlement'** does not creep into a player's mind-set from an early age.
- 3.8.2. **U11's in Boys' Football and Hurling / U12's in Ladies Football**
Coaches will aim to give every player up to and including U11 in Boys' Football/Hurling and U12 in Ladies Football **at least half a game** in **all** league games.

NOTE - U12 County Board FAIR PLAY Recommendations for Football/Hurling:

All players in their final year (11years) to play at **least half a game.**
Players that are two years younger than the age limit are not allowed to play if there are players older than them on the side-line. This means that U9 players cannot play with the U11 Team if any 10 year olds or 11 year olds are on the side-line.

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3.8.3. U13's in Boys' Football and Hurling / U14's in Ladies Football

NOTE - U13 County Board FAIR PLAY Recommendations:

All players in their final year (13years) to play at **least half a game** (County League). Players that are two years younger than the age limit are not allowed to play if there are players older than them on the side-line. This means that U11 players cannot play with the U13 Team if any 12 year olds or 13 year olds are on the side-line.

3.8.4. U15's in Boys' Football and Hurling / U16's in Ladies Football

Coaches involved with teams from U13 to U15 will endeavour over the course of the season to give all players involved in our club **ADEQUATE** game during the various leagues, championships, blitzes and challenge games. It is important to note that it may not be possible to play everyone, every day as certain games may be deemed 'win days' (i.e., Semi Final and Final) but this will be communicated to all players and parents

3.9. Other

3.9.1. Regarding invitational Blitzes that the club will participate in, coaches will give adequate game time to all players who attend the blitz with the half a game principle applying wherever possible. It may not be possible to play everyone in certain games e.g., final.

3.9.2. The club will be pro-active during the season to provide alternative game opportunities for players that may not be getting the required game time at various stages of the season

3.9.3. Responsibility for selecting teams lies at all times with the coaches who will endeavour to be as fair as possible while ensuring adequate game time for players during the season. If a parent has an issue with player game time we encourage them to discuss this with the club Coiste na nOg Chairperson or Club Coaching officer **in a respectful manner.**

3.9.4. Where players are playing with a number of teams (e.g., club, school, development squad) the coaches will endeavour as far as is possible to engage with coaches of schools/development squads to ensure that players train optimally and effectively

3.9.5. The club support our players taking part in multiple sports in particular at a younger age. We endeavour to work with other clubs to facilitate this opportunity. Final decision should always rest with the players and their parents re the above point.

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4. **Attendance** will be recorded at each coaching session and game to monitor participation and potential drop off. If latter arises then contact will be made with parent/guardian to identify reason for non-attendance.
5. A **Player Pathway** will be in place to support coaches with the delivery of their sessions. This will map out the technical, tactical, physical and psychosocial skills that should be developed at each age group.
6. All **players, coaches** and **parents** who are registered with the club are obliged to abide by the **code of conduct**. A copy of the code will be made available at registration and is available from the coaching officer and any club officer. Behaviour not in line with the code of conduct will be dealt with by the relevant body of the club.
7. All **parents will be informed of the club's coaching guidelines** at the start of every year and the role they play in ensuring the club achieves same. Parents should be encouraged to support the team, players, mentors and officials in a positive sporting way.
8. All coaching personnel will be **recognised** and **rewarded** for their efforts at end of the year. A night out will be organised for all coaches to attend.
9. **Concerns / Issues**
 - 9.1. If anyone has any concerns or issues regarding the club coaching guidelines then please make contact with the Club Coiste na nOg Chairperson and it will be dealt with accordingly by the club.
 - 9.2. For any player welfare issues a Child Welfare Officer is in place at the club.