



Fermanagh Club Mentoring Programme 2013



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Running Order

Wednesday 30th January 2013

- Welcome
- Address by Patsy Dolan, Co. Chairman
- Outline & Aspirations of Mentoring Programme
- Respect
- Seven Steps to Success
- Review of your Club Coaching Structures
- Club – School Links
- “How might a Club structure its Youth Coaching” Brendan Rasdale, Derrygonnelly Harps



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Fermanagh mentoring Programme

Outline and Aspirations

The aim of the programme is to empower people within the clubs to help make them stronger in relation to all the aspects of coaching and games.

The programme will:

- Provide your Club with an informed coaching co-ordinator
- Identify key coaching personnel within your Club and provide them with fresh ideas / techniques for their coaching
- Implement strong, workable Coaching Structures
- Develop safe Physical Fitness Programmes for your players
- Equip coaches to deliver to each age-group the appropriate activities and information to aid their progressive development
- Ensure we are coaching Fundamental Movement Skills to your club's youngest players, all the Core Skills of the game and stressing the importance of Technical Development
- Assist with preparation of Adult Teams



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Fermanagh mentoring Programme

Outline and Aspirations

Three Tier Approach

- Relevant coaching information and techniques will be provided on the full range of player development, from Fundamentals to Senior, through the workshops
- The resources used to provide this information will be readily available to the club coaching co-ordinator and coaches
- Support from the County Coaches will be available, in your club, to demonstrate any aspect of the coaching ideas put forward at the workshops



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Club Mentor

- County Coaches/Ulster Council staff help/mentor the Club Coaching Officer/Co-ordinator
- The Club Coaching Officer/Co-ordinator helps/mentors the Club's coaches

by

- Helping to plan and implement an Integrated Coaching Plan
- Making available any advice/resources/practical help sought by Club coaches



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RESPECT

Values learned from Adult Coaches

Positives

- Encouragement
 - Friendship
 - Fitness
 - Discipline
 - Competition
- Socialising/making friends
- Inclusion/belonging
 - Self-motivation
 - Confidence
 - Leadership
 - Teamwork
 - Fun
 - Commitment
 - Learning
 - Health Values
- Expansion of Horizons
- Enjoyment of their own person



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RESPECT

Values learned from Adult Coaches

Negatives

- Dictatorship
- Poor Officiating
- Favouritism
- Poor Discipline
 - Bullying
- Too Competitive
 - Verbal Abuse
 - Competition
- Inferiority Complex
- Pressure to Perform
 - Injuries
 - Cliques
- Lack of patience
- Over Aggression
 - Criticism
- Unclear Boundaries
- Poor Sportsmanship



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Five Do's



- 1. Create an atmosphere where the emphasis is on enjoyment.
- 2. Allow players the opportunity to make mistakes. It helps them learn.
- 3. Try and give all players equal playing time.
- 4. Focus on playing good football rather than worrying about the result. Developing technique is more important than winning.
- 5. Developing better people is more important than developing better players!



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UNDER 6 STEP 1	UNDER 8 STEP 2	UNDER 10 STEP 3	UNDER 12 STEP 4	UNDER 14 STEP 5	UNDER 16 STEP 6	UNDER 18 STEP 7
<p>Main focus is on Fun and Participation.</p> <p>PHYSICAL LITERACY Agility, Balance, Coordination, Running Jumping, Throwing Speed.</p> <p>TECHNICAL DEVELOPMENT Body Catch, Low Catch Hand Pass, Fist Pass Ground Kick, Punt Kick Crouch Lift.</p> <p>TACTICAL DEVELOPMENT Spatial Awareness Co-operation Non Invasion Games Simple rules and ethics</p> <p>MENTAL DEVELOPMENT Positive Attitude to sport Build Self Confidence Respect to Coaches Respect to Other Players</p> <p>PHYSICAL DEVELOPMENT Push/Pull Exercises</p> <p>ANCILLARY CAPACITIES Advise on Nutrition and Hydration.</p>	<p>Main focus is on Fun and Participation.</p> <p>PHYSICAL LITERACY Agility, Balance Coordination, Running Jumping, Throwing Speed.</p> <p>TECHNICAL DEVELOPMENT Body Catch, Low Catch Hand Pass, Fist Pass Ground Kick, Punt Kick Crouch Lift, Side Tackle,</p> <p>TACTICAL DEVELOPMENT Spatial Awareness Co-operation Non Invasion Games Simple rules and ethics</p> <p>MENTAL DEVELOPMENT Positive Attitude to sport Build Self Confidence Respect to Coaches Respect to Other Players Respect to Referees</p> <p>PHYSICAL DEVELOPMENT Push/Pull Exercises</p> <p>ANCILLARY CAPACITIES Advise on Nutrition and Hydration.</p>	<p>Main focus is to continue with Fun and Participation and also to develop specific skills required to play the game.</p> <p>PHYSICAL LITERACY Agility, Balance Coordination, Running Jumping, Throwing Speed.</p> <p>TECHNICAL DEVELOPMENT Body Catch, Low Catch High Catch, Hand Pass Fist Pass, Ground Kick Punt Kick, Side Tackle, Frontal Tackle, Solo Run.</p> <p>TACTICAL DEVELOPMENT Spatial Awareness Co-operation Non Invasion Games Part Invasion Games Small Sided Games 7 V 7 Max, Simple rules and ethics.</p> <p>MENTAL DEVELOPMENT Positive Attitude to sport Build Self Confidence Respect to Coaches Respect to Other Players Respect to Referees</p> <p>PHYSICAL DEVELOPMENT Push/Pull Exercises</p> <p>ANCILLARY CAPACITIES Advise on Nutrition and Hydration.</p>	<p>Main focus is to continue with Fun and Participation and also to develop specific skills required to play the game.</p> <p>PHYSICAL LITERACY Agility, Balance Coordination, Running Jumping, Throwing Speed.</p> <p>TECHNICAL DEVELOPMENT Body Catch, Low Catch, High Catch, Hand Pass, Fist Pass, Ground Kick, Punt Kick, Hook Kick, Side Tackle, Frontal Tackle, Solo Run, Evasion Skills.</p> <p>TACTICAL DEVELOPMENT Spatial Awareness, Creating and Exploiting Space, Co-operation Non Invasion Games, Part Invasion Games, Full Invasion Games, Small Sided Games 9 V 9 Max. Simple rules and ethics</p> <p>MENTAL DEVELOPMENT Positive Attitude to sport Build Self Confidence Respect to Coaches Respect to Other Players Introduction to mental preparation, Respect.</p> <p>PHYSICAL DEVELOPMENT Push/Pull Exercises, Medicine Ball Exercises, Speed Development.</p> <p>ANCILLARY CAPACITIES Advise on Nutrition and Hydration.</p>	<p>Main focus is to embed sport specific skills, develop anaerobic conditioning, and strength.</p> <p>PHYSICAL LITERACY Agility, Balance Coordination, Running Jumping, Throwing Speed.</p> <p>TECHNICAL DEVELOPMENT Body Catch, Low Catch, High Catch, Hand Pass, Fist Pass, Ground Kick, Punt Kick, Hook Kick, Side Tackle, Frontal Tackle, Drift Tackle, Solo Run, Evasion Skills.</p> <p>TACTICAL DEVELOPMENT Understanding the principles of play in grids and small sided games. Part Invasion games, Full Invasion Games, Solid application of skills in games.</p> <p>MENTAL DEVELOPMENT Goal Setting, Self Confidence, Respect.</p> <p>PHYSICAL DEVELOPMENT Development of Strength, Aerobic Fitness via games, Anaerobic fitness and speed, Flexibility.</p> <p>ANCILLARY CAPACITIES Introduction to game analysis via DVD and stats. Continue with topics already covered.</p>	<p>Main focus is to embed sport specific skills, develop anaerobic conditioning, and strength.</p> <p>PHYSICAL LITERACY Agility, Balance Coordination, Running Jumping, Throwing Speed.</p> <p>TECHNICAL DEVELOPMENT Body Catch, Low Catch, High Catch, Hand Pass, Fist Pass, Ground Kick, Punt Kick, Hook Kick, Side Tackle, Frontal Tackle, Drift Tackle, Solo Run, Evasion Skills, Position Specific Skills.</p> <p>TACTICAL DEVELOPMENT Understanding the principles of play in grids and small sided games. 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Part Invasion games, Full Invasion Games, Solid application of skills in games.</p> <p>MENTAL DEVELOPMENT Goal Setting, Relaxation Techniques, Game Rehearsal, Focusing and refocusing.</p> <p>PHYSICAL DEVELOPMENT Development of Strength, Aerobic Fitness via games, Anaerobic fitness and speed, Flexibility, Core Stability, Light Weights.</p> <p>ANCILLARY CAPACITIES Introduction to game analysis via DVD and stats. Continue with topics already covered. Introduction to Recovery Procedures.</p>



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Review of your Club's Coaching Structures

1. Does your Club have a Coaching Officer or a Youth Officer/Coaching Officer?
2. Do you have a Youth Committee which meets/includes the underage coaches?
3. Does your Club have an Integrated Coaching Plan?
4. Do you have minimum 2 coaches at each age-group?
5. Do your coaches work with more than one underage team?
6. Do all your coaches have a Foundation Award - minimum?
7. Does your Club have an active Club – School Liaison Officer?
8. Are your coaches equipped to develop all your players' requirements at each age-group?



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Developing & Sustaining Club-School Links

Five Easy Steps to Establishing Strong Club School Links

STEP 1:

- • Work out what the Club wants from, and can give to, a Club/School link
- • Talk to other Clubs which have taken this forward
- • Appoint a School Liaison Officer (SLO) and make formal contact with the School

STEP 2:

- • Meet the School Principal and teacher responsible for sport/games
- • Outline the Club's work; its aims and objectives; and what it offers young players
- • Outline the Club's hopes and plans re its links with the School: support or encourage School involvement in Cumann na mBunscol and GAA activity

STEP 3:

- • Formalise arrangements re mutual use of each other's facilities
- • Establish, and keep updated, a Club notice-board in the School
- • Provide (financial and other) support for Gaelic Games in the School
- • Provide coaching in the School setting

STEP 4:

- • Host games/blitzes for School children
- • Seek School input to the Club's work regarding Scór and other aspects of culture and heritage
- • Seek a Club input to and presence at School prize-givings and award ceremonies: ensure the "gaelic ethos" is reflected in these events
- • Ensure Gaelic Games/activities are highlighted in the School prospectus

STEP 5:

- • Seek a GAA presence on the Board of Governors
- • Actively support School plans; projects; and bids for funding
- • Support the School in its wider community activity



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School / Club Liaison Officer

- The role clearly defined for Club and School.
- Jerseys – kit.
- Basic equipment – footballs, cones, bibs, ladders etc.
- Transport to competitions.
- Full use of Club facilities – keys supplied.
- Financial support if teacher attending GAA course.
- Coaching by Club coaches.
- Monitor Coaching Programme for Primary Schools.



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THANK YOU

- To Patsy Dolan, Co. Chairman, for giving his support.
- To St. Michael's College for the use of their excellent facilities
- To the Coaches working within the county.
- To Brendan Rasdale for letting us share his thoughts and experiences.
- To you all for coming along tonight, but more importantly, for committing to the Mentoring Programme.



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