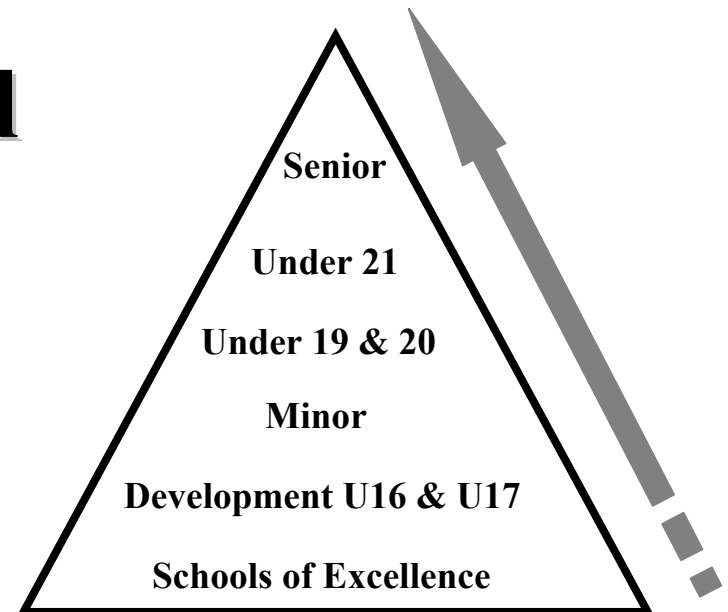




Cavan Gaelic Football

Performance Strategy

Jan 2003 – Jan 2006



Cavan Gaelic Football

– Vision and Key Objectives



Vision & Long Term Goal

VISION

To be a regular and strong presence in All Ireland Competition

LONG TERM GOAL

To create an informed and supportive environment where Cavan Gaelic Football teams, coaches and players utilise the resources and support available to enhance their preparation for Competition.

Key Objectives

Developing top Gaelic Football players through County Board Structures

Utilise High Performance Coach Education & Training Opportunities

Provide Top Class Support Services and Facilities for teams





County Objectives

Objective 1:

Developing top Gaelic Football players through County Board Structures

1.1 BETTER PLAYERS

To develop better and more consistent performances

- **Focusing on the players in the performance ladder**
- **Creating effective training programmes**
- **Exposing players to the best coaching**

1.2 BETTER COACHES

To improve the impact of coaches on player performance

- **Identifying the right coaches**
- **Maximise the use of existing knowledge and support to enhance coaching**
- **Access knowledge that impacts on high performance**

1.3 BETTER SERVICES (THAT MAKE A DIFFERENCE)

To provide teams with quality services that contribute to high performance

- **Establishing the support services structures and people**
- **Maximising expertise & services in Northern Ireland and beyond**
- **Integrating services into the planning and preparation process**



**Objective 2:
Utilise High
Performance
Coach Education
& Training
Opportunities**

County Objectives

2.1 BETTER IDEAS

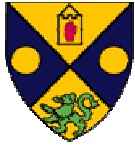
To encourage innovative coaching in player development and team preparation

- Extend coaches through the GAA Coaching Qualifications framework at Level 1 & 2
- Encourage coaches to be innovative in their coaching
- Provide opportunities for Talented Coaches to work with the Schools of Excellence and Development Squad Programmes to help create more champion coaches
- Provide opportunities for club coaches to develop their knowledge base and ideas through County based programmes

2.2 BETTER COACH EDUCATION

To establish a continuing coach education culture

- Enhance depth of knowledge through the GAA Level 1, 2 and 3 award
- Work in partnership to deliver specialist workshops provided by SINI / Ulster Council and through the high performance programme
- Encourage coach education workshops for Club coaches.
- Build specialist knowledge at County level to support the structures that have emerged.



County Objectives

Objective 3:

Provide Top Class Support Services and Facilities

3.1 BETTER DESIGN

To ensure high performance needs of Gaelic Football are taken into account in the development of facilities

- **Ensure appropriate design of facilities and services**
- **Plan towards creating a Centre of Excellence for Gaelic Games in the County**
- **Ensure availability of appropriate equipment**

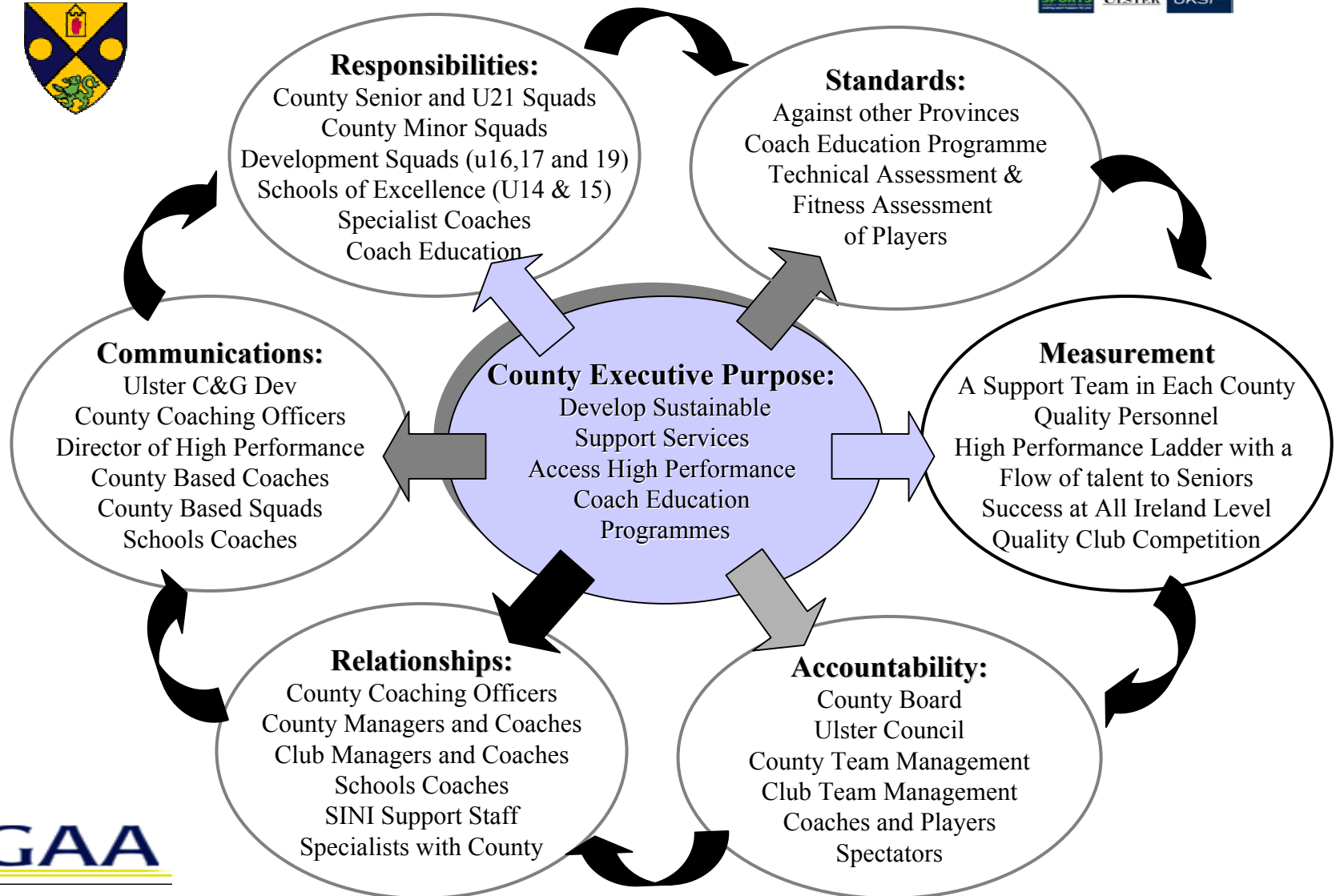
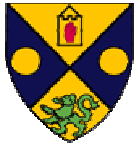
3.2 BETTER SUSTAINABLE SYSTEMS

To establish Sustainable Systems

- **Identify individuals to take advantage of the specialist programmes available through the High Performance Workshops**

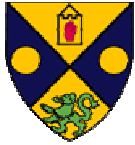
Cavan County Executive:

Purpose and Role: Developing Gaelic Football



Cavan Gaelic Football

Key Objective 1



**Objective 1:
Developing top
Gaelic Football
players through
County Board
Structures**

County Objectives

1.1 BETTER PLAYERS

To develop better and more consistent performances

- Focusing on the players in the performance ladder
- Creating effective training programmes
- Exposing players to the best coaching

1.2 BETTER COACHES

To improve the impact of coaches on player performance

- Identifying the right coaches
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- Access knowledge that impacts on high performance

1.3 BETTER SERVICES (THAT MAKE A DIFFERENCE)

To provide teams with quality services that contribute to high performance

- Establishing the support services structures and people
- Maximising expertise & services in Northern Ireland and beyond
- Integrating services into the planning and preparation process



KEY COUNTY ACTIONS – BETTER PLAYERS

Objective 1.1 BETTER PLAYERS

1.1 .1 FOCUS ON PLAYERS IN PERFORMANCE LADDER

ACTIONS

- Establish development Structures from Schools of Excellence at under 14 and 15 to Development Squads at 16 and 17 to Minor and under 19.
- Focus on the development of Skills in Schools of Excellence
- Introduce key support areas gradually with the squads

1.1.2 CREATE EFFECTIVE TRAINING PROGRAMMES

ACTIONS

- Appoint a Talent Development Manager who will establish a progressive programme at and between each age group (examples in appendix)
- Develop the specialisms within each county through the high performance programme and introduce to players

1.1.3 EXPOSE PLAYERS TO THE BEST COACHING

ACTIONS

- Provide opportunities for quality coaches to interact and work with players in County based squads.
- Promote coaching in specialist areas and with smaller groups to add value for the player within a county based squad.



KEY COUNTY ACTIONS – BETTER COACHES

Objective 1.2

BETTER COACHES

1.2.1 IDENTIFY THE RIGHT COACHES

ACTION

- Recruit coaches who are committed long term:
 - Advertisements or trawl clubs and actively recruit
- Provide initial support and an induction programme for coaches

1.2.2 MAXIMISE USE OF EXISTING KNOWLEDGE BASE TO IMPROVE COACHING

ACTION

- Recognise Talented Coaches within County and Access their knowledge and expertise for coaching and seminars at County level
- Recruit Coaches from other counties for additional seminars

1.2.3 ACCESS KNOWLEDGE THAT IMPACTS ON HIGH PERFORMANCE

ACTION

- Create a County Forum for coaches working with Schools of Excellence, Development Squads, Schools, Minor, Under 21 and Senior Managers to discuss issues at County level.



KEY COUNTY ACTIONS – BETTER SERVICES

Objective 1.3

BETTER SERVICES

1.3.1 ESTABLISH SUPPORT SERVICES AND STRUTURES

ACTION

- Identify and map existing expertise within the county
- Recognise the skills of other professions who can support programmes and contact them with a view to helping

1.3.2 MAXIMISE EXPERTISE AND SERVICES IN ULSTER

ACTION

- Identify key areas that require support and contact Director of High Performance to help complete the support network.

1.3.3 INTEGRATE SERVICES INTO PLANNING AND PREPARATION

ACTION

- Draft a plan for each stage of development
- Table the plan with representatives of the different stakeholders identified in 1.2.3.
- Use a support team to delivery a quality programme within your County in an integrated manner



**Objective 2:
Utilise High
Performance
Coach Education
& Training
Opportunities**

County Objectives

2.1 BETTER IDEAS

To encourage innovative coaching in player development and team preparation

- **Extend coaches through the GAA Coaching Qualifications framework at Level 1 & 2**
- **Encourage coaches to be innovative in their coaching**
- **Provide opportunities for Talented Coaches to work with the Schools of Excellence and Development Squad Programmes to help create more champion coaches**
- **Provide opportunities for club coaches to develop their knowledge base and ideas through County based programmes**

2.2 BETTER COACH EDUCATION

To establish a continuing coach education culture

- **Enhance depth of knowledge through the GAA Level 1, 2 and 3 award**
- **Work in partnership to deliver specialist workshops provided by SINI / Ulster Council and through the high performance programme**
- **Encourage coach education workshops for Club coaches.**
- **Build specialist knowledge at County level to support the structures that have emerged.**



KEY COUNTY ACTIONS – BETTER IDEAS

Objective 2:1 BETTER IDEAS

2.1.1 EXTEND COACHES THROUGH GAA COACH EDUCATION SYSTEM

ACTION

- Recruit the best coaches to take the Level 2 and 3 coaching qualification
- Support coaches to attend the high performance workshops
- Encourage coaches to access opportunities to learn form other sports

2.1.2 ENCOURAGE COACHES TO BE INNOVATIVE

ACTION

- Circulate new ideas, equipment details and information to clubs

2.1.3 PROVIDE OPPORTUNITIES FOR EXPERIENCE

ACTION

- Mentor new inexperienced coaches with experienced coaches working with Schools of Excellence and Development Squads

2.1.4 PROVIDE OPPORTUNITIES TO EXTEND KNOWLEDGE

ACTION

- Develop a County Based Seminar programme for club coaches



Objective 2:2

**BETTER
COACH
EDUCATION**

KEY COUNTY ACTIONS – BETTER COACH EDUCATION

2.2.1 ENHANCE DEPTH OF KNOWLEDGE THROUGH THE GAA LEVEL 1, 2 AND 3 AWARD

ACTION

- Select coaches who have a future with County for Level 2 and 3 courses

2.2.2 DEVELOP PARTNERSHIPS

ACTION

- Contact Local Authorities to access local programmes for coaches
- Contact CoachNI to create local programmes focused on club coaching

2.2.3 CLUB COACH EDUCATION

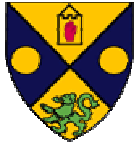
ACTION

- Develop 2 County Based workshops each year to focus on
 - Under 8 and 10, 12 and 14, 16 and Minor and Senior Team

2.2.4 BUILD SPECIALIST KNOWLEDGE

ACTION

- Generate a culture for continuous development
- Recruit individuals with specialist background who can enhance the skills of support teams around county squads.



KEY COUNTY ACTIONS – TOP CLASS SERVICES & FACILITIES

**Objective 3:
Provide Top
Class Support
Services and
Facilities**

3.1 BETTER DESIGN

To ensure high performance needs of Gaelic Football are taken into account in the development of facilities

- **Ensure appropriate design of facilities and services**
- **Plan towards creating a Centre of Excellence for Gaelic Games in the County**
- **Ensure availability of appropriate equipment**

3.2 BETTER SUSTAINABLE SYSTEMS

To establish Sustainable Systems

- **Identify individuals to take advantage of the specialist programmes available through the High Performance Workshops**



KEY COUNTY OBJECTIVE – BETTER DESIGN

Objective 3:1

Better

Design

3.1 APPROPRIATE DESIGN OF FACILITIES AND SERVICES

ACTION

- **Long term Vision and Plan to establish a Centre of Excellence**
- **Access expertise re the design of the High Performance Facility**
- **Set a time line re the implementation of the plan**

3.2 CENTRES OF EXCELLENCE

ACTION

- **Create a facility that has all year round use**
- **Facility provides a focus for Club and County activities**

3.3 APPROPRIATE EQUIPMENT

ACTION

- **Access Sports Institute for a wish list of equipment**
- **Budget to purchase equipment to support high performance**
 - **Fitness Assessment equipment**
 - **Video Analysis Equipment**
 - **Weight training**



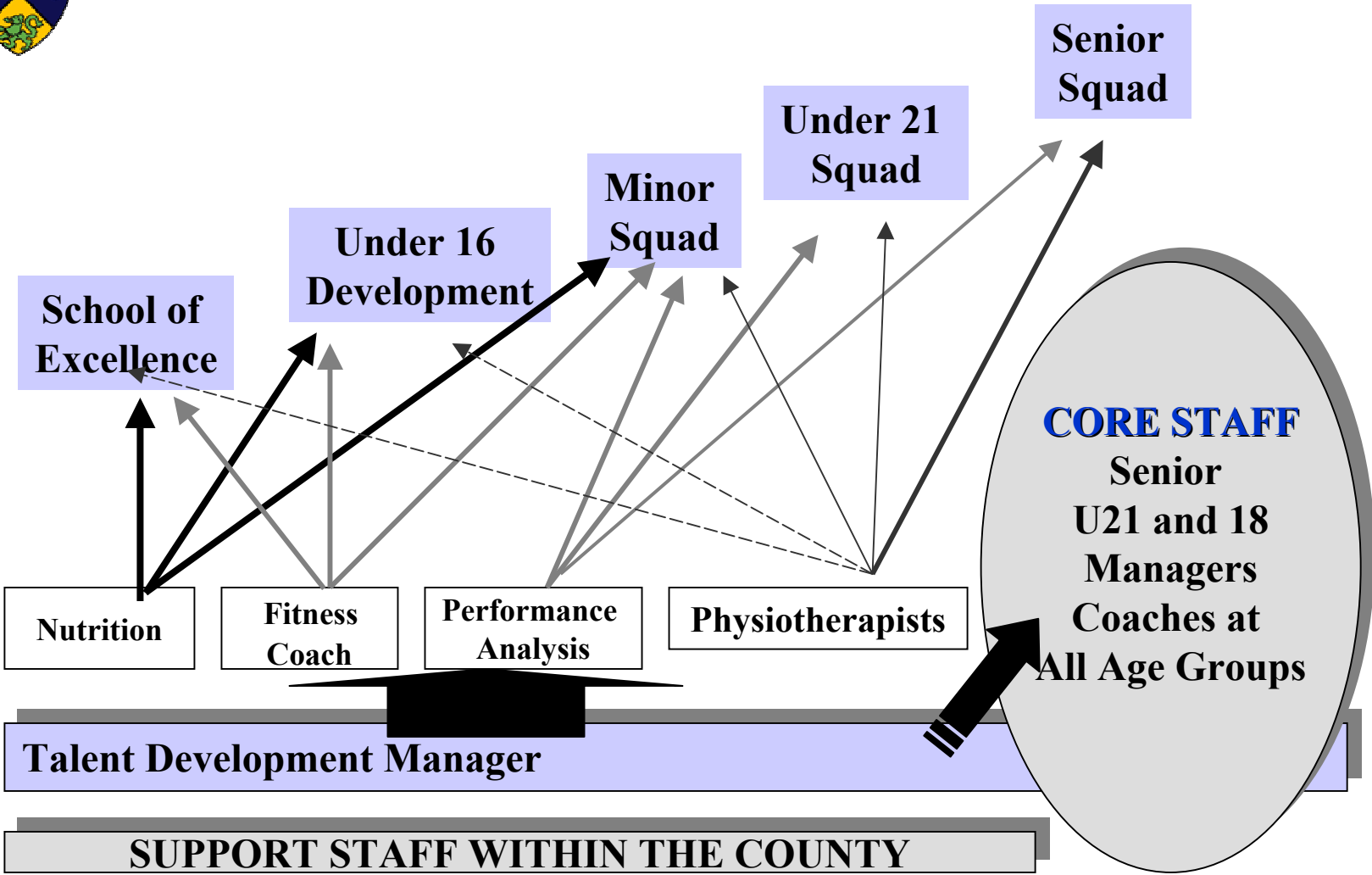
Objective 3:2
Sustainable
Systems

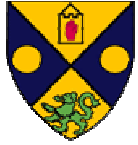
3.3.1 IDENTIFY INDIVIDUALS

ACTION

- **Prepare a Comprehensive Support Programme**
- **Recruit Quality Coaches From Clubs**
- **Present Programme to Coaches at Various Levels**
- **Recruit expertise outside Coaching with specialist skills**
 - **Nutrition (ex. Home Economist)**
 - **Performance Analysis (ex IT/ Computer Expert)**
- **Access High Performance Workshops to develop depth of specialist knowledge**
- **Develop a pool of individuals with specialisms to work with different squads and to add value to the coaching programme**
- **Access High Performance Director to help create these systems and integrate the services and expertise.**

Support Structures in Cavan





Programme for Development

Talent Identification and Development

Cavan County Board

Draft January 2003

Cavan County Board



VISION

To be a regular and strong presence in All Ireland Competition

LONG TERM GOAL

To create an informed and supportive environment where Cavan Gaelic Football teams, coaches and players utilise the resources and support available to enhance their preparation for Competition.

Key People

- **County Managers**
- **County Coaches**
- **Nutrition (TBC)**
- **Fitness Coaches**
- **Performance Analysis**
- **Medical Support**

Under 17 Squad (60 max) – Summer Session 1 and 2



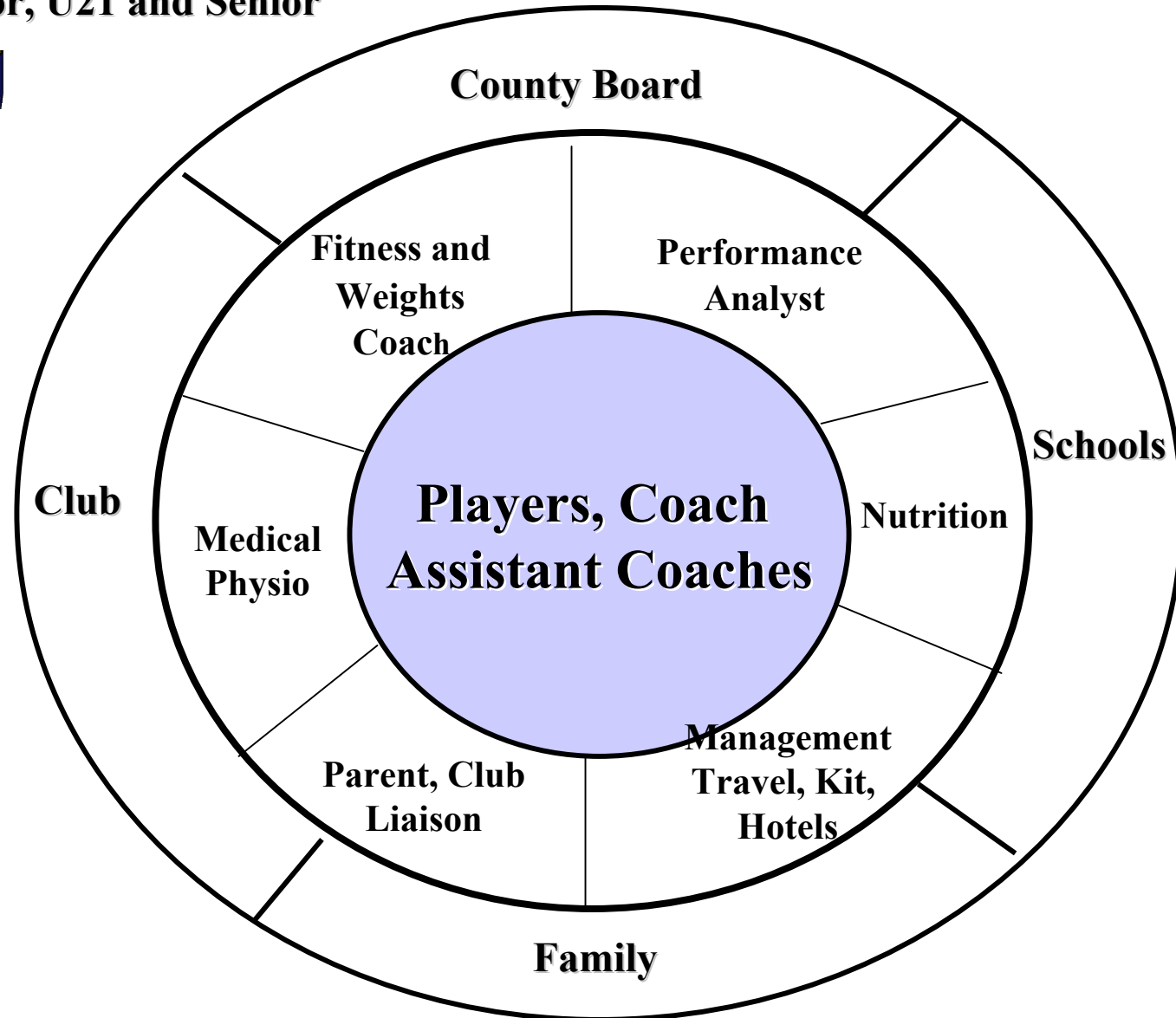
| Time | Group A | Group B | Group C |
|-------|-----------------------|-----------------------|-----------------------|
| 8.30 | Ball Handling Running | Ball Handling Running | Ball Handling Running |
| 9.30 | Weights | Weights | Weights |
| 10.15 | Diary | Diary | Diary |
| 11.00 | Water | Water | Water |
| 11.15 | Skills | Skills | Skills |
| 12.00 | Skills Test | Skills Test | Skills Test |
| 12.45 | Weight | Weight | Weight |
| 1.00 | Lunch | Lunch | Lunch |
| 2.00 | Game Sense | Game Sense | Game Sense |
| 3.15 | Running Mechanics | Running Mechanics | Running Mechanics |
| 3.30 | Nutrition 4 | Nutrition 4 | Nutrition 4 |
| 3.45 | Program & Diary | Program & Diary | Program & Diary |
| 4.15 | Winter Programme | Winter Programme | Winter Programme |

Under 17 Squad (60 max) – Summer Session 3 and 4



| Time | Group A | Group B | Group C |
|-------|----------------------------|----------------------------|----------------------------|
| 8.30 | Ball Handling Running | Ball Handling Running | Ball Handling Running |
| 9.30 | Weights | Weights | Weights |
| 10.15 | Diary | Diary | Diary |
| 11.00 | Water | Water | Water |
| 11.15 | Skills / Video Analysis | Skills / Video Analysis | Skills / Video Analysis |
| 12.00 | Skills/ Video Analysis | Skills/ Video Analysis | Skills/ Video Analysis |
| 12.45 | Weight | Weight | Weight/ Video Analysis |
| 1.00 | Lunch | Lunch | Lunch |
| 2.00 | Game Sense | Game Sense | Game Sense |
| 3.15 | Video Analysis Feedback | Nutrition | Video Analysis Feedback |
| 3.30 | Nutrition | Video Analysis Feedback | Program & Diary |
| 3.45 | Program & Diary | Program & Diary | Nutrition |
| 4.15 | Winter Programme | Winter Programme | Winter Programme |

Minor, U21 and Senior



Possible Support Structure Having Trained Up Your Own People Through the High Performance Programme