

# Fermanagh Gaelic Football

## Performance Strategy

Jan 2003 – Jan 2006



# Fermanagh 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 Fermanagh 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**



Key Objective 1



## 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

Key Objective 2



**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**

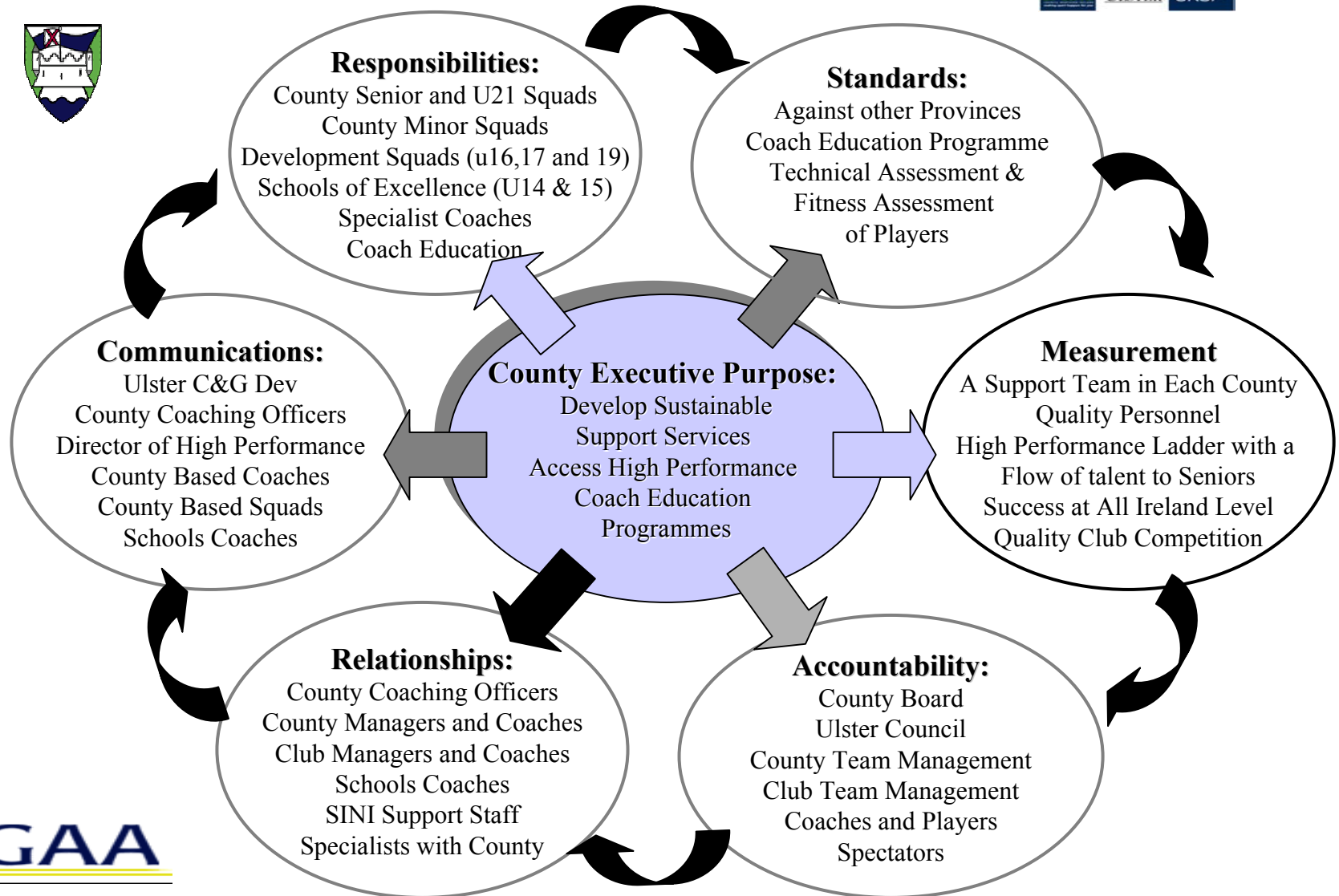
#### **3.2 BETTER SUSTAINABLE SYSTEMS**

**To establish Sustainable Systems**

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

# Fermanagh County Executive:

## Purpose and Role: Developing Gaelic Football



# Fermanagh 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
- 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

Key Objective 1



**Objective 1.1**  
**BETTER**  
**PLAYERS**

# KEY COUNTY ACTIONS – 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 Objective 1



## 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 Objective 1



## 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

**Key Objective 2**



**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 Objective 2



## 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**

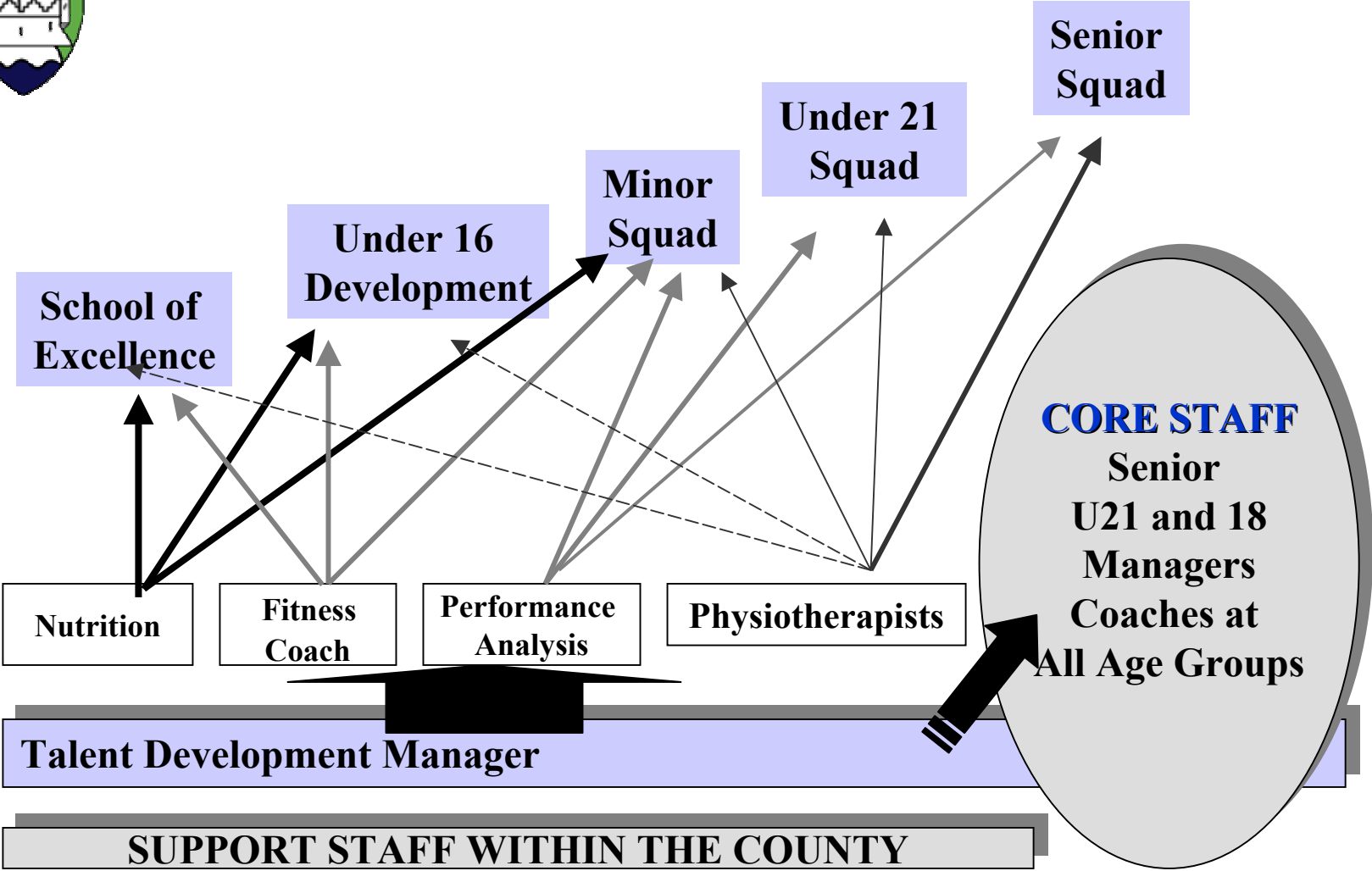
**KEY COUNTY ACTIONS – SUSTAINABLE SYSTEMS**

**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 Fermanagh





# **Programme for Development**

**Talent Identification and Development**

**Fermanagh County Board**

**Draft January 2003**

# Fermanagh County Board



## **VISION**

**To be a regular and strong presence in All Ireland Competition**

## **LONG TERM GOAL**

**To create an informed environment where Fermanagh 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**
- **County Board**

















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



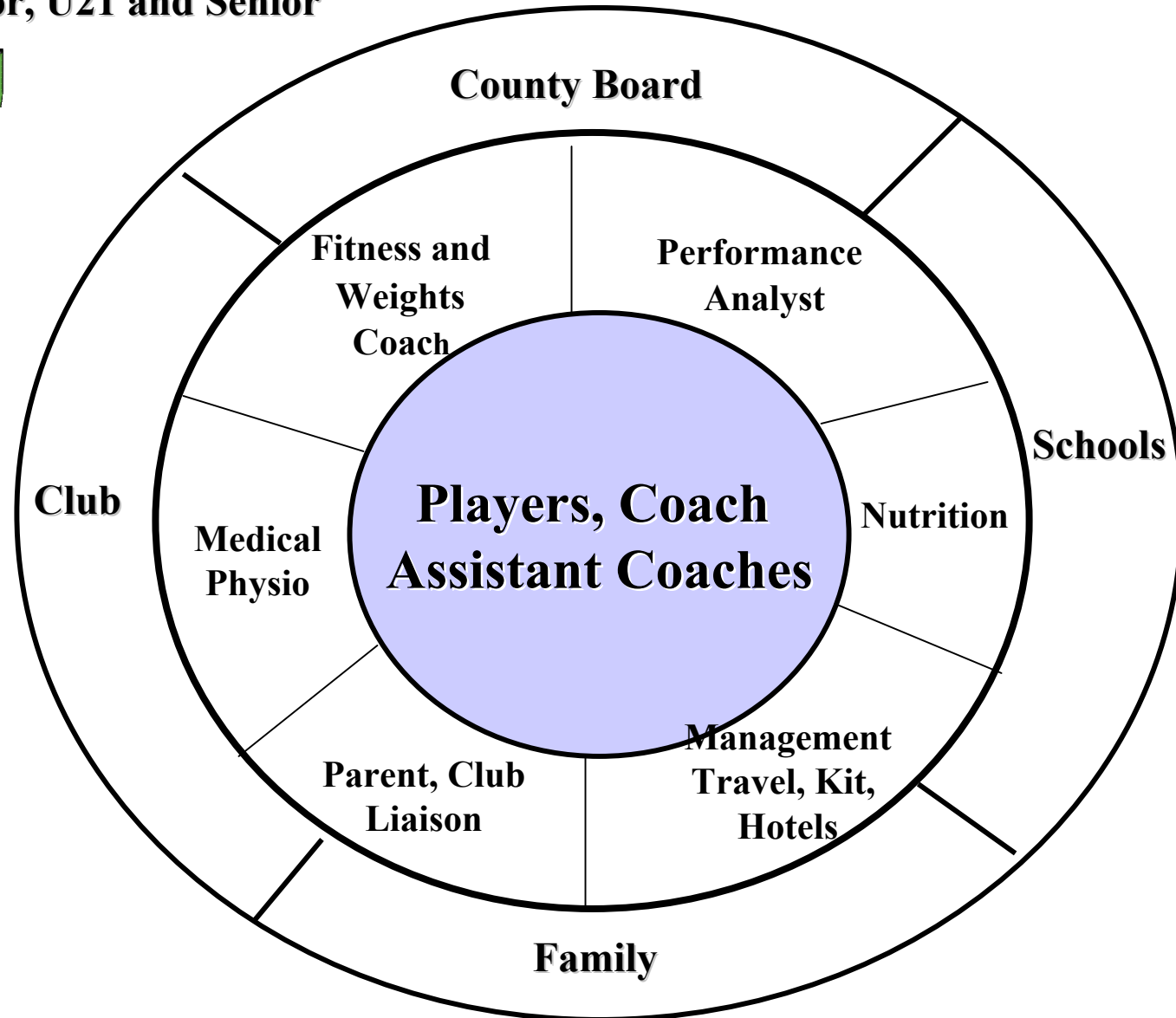
| Time  | Group A               | Group B               | Group C               |
|-------|-----------------------|-----------------------|-----------------------|
| 8.30  | Ball Handling Running | Ball Handling Running | Ball Handling Running |
| 9.30  | Weights               | Weights             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

# Minor, U21 and Senior



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