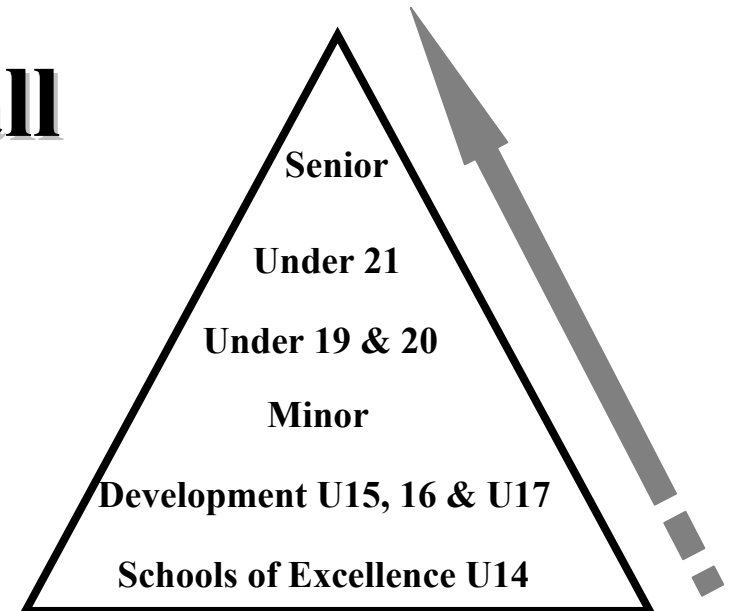




# County Gaelic Football

## Performance Strategy

Oct 2003 – Jan 2006



# County 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 County 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 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

# County Gaelic Football

## 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 Gaelic Football

## Key Objective 3



## 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

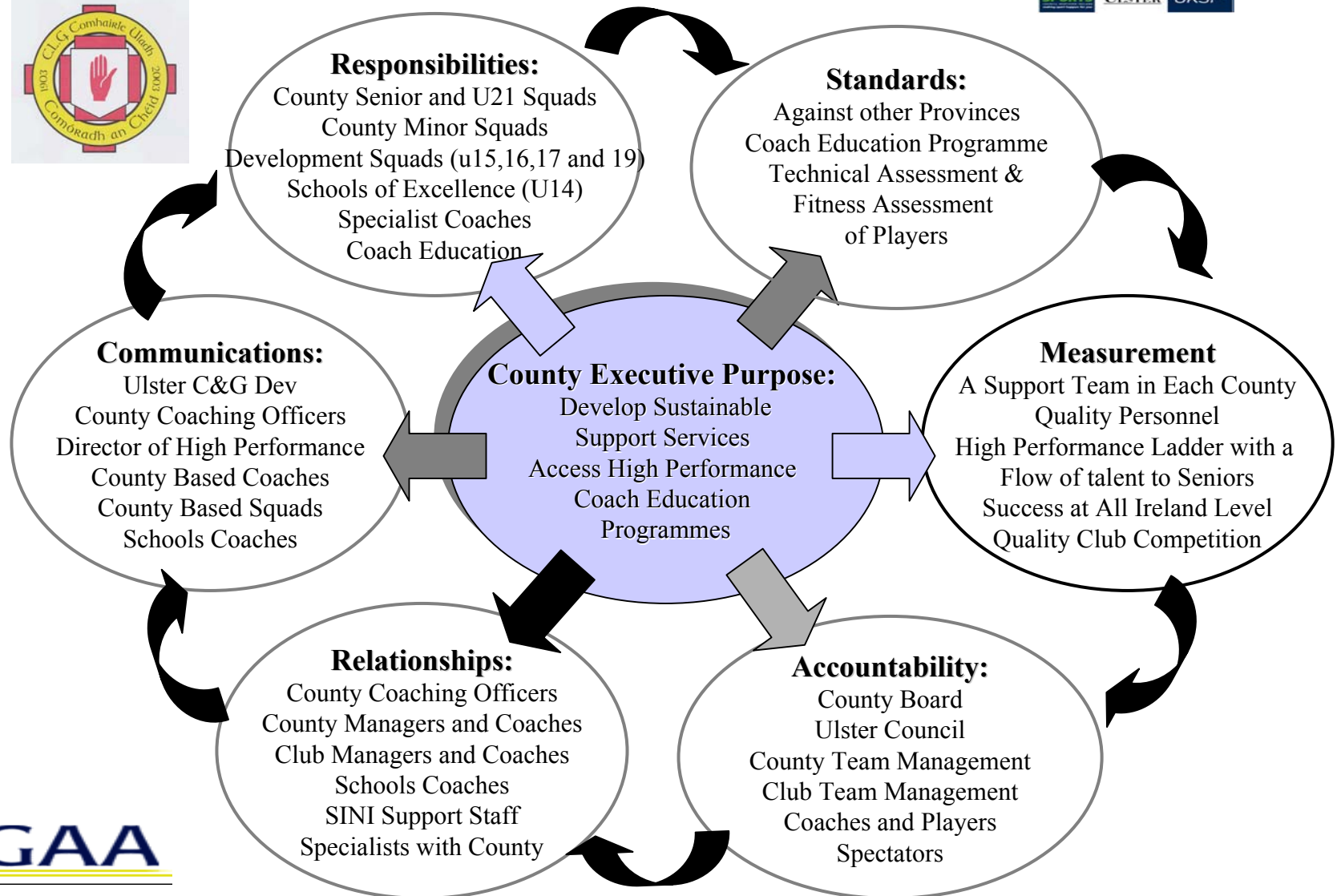
#### 3.2 BETTER SUSTAINABLE SYSTEMS

To establish Sustainable Systems

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

# County Executive:

## Purpose and Role: Developing Gaelic Football



# County Gaelic Football

## Key Objective 1



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

## County Objectives

### 1.1 BETTER PLAYERS

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



**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.



## Objective 1.2

### BETTER COACHES

## KEY COUNTY ACTIONS – 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.



## Objective 1.3

### BETTER SERVICES

## KEY COUNTY ACTIONS – 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



## KEY COUNTY ACTIONS – BETTER COACH EDUCATION



### Objective 2:2 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.



## County Gaelic Football

### Key Objective 3



## 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**



**Objective 3:1**

**Better  
Design**

**KEY COUNTY OBJECTIVE – 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



## KEY COUNTY ACTIONS – SUSTAINABLE SYSTEMS



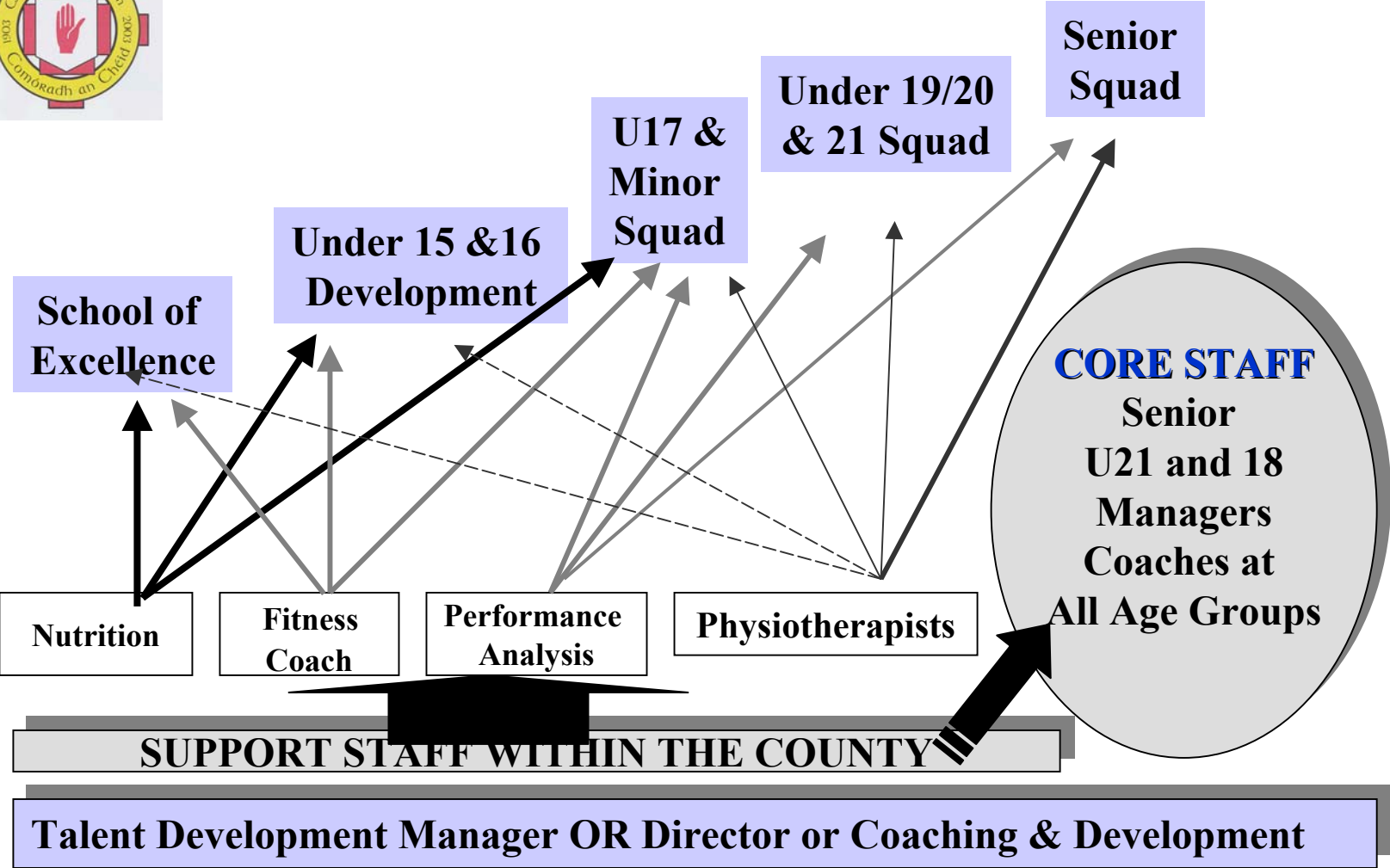
### Objective 3:2 Sustainable Systems

#### 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 County





# **Programme for Development**

**Talent Identification and Development**

**County Board Programme**

**January 2004**

# 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 County 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 15 & 16 Development Squad – Winter Session 1 & 2

Time	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
8.30	Ball Handling	Ball Handling	Ball Handling	Ball Handling	Ball Handling	Ball Handling
9.00	Diary	Diary	Weights Lifts	Weights Lifts	Core Stability	Core Stability
9.45	Weights Lifts	Weights Lifts	Core Stability	Core Stability	Diary	Diary
10.30	Core Stability	Core Stability	Diary	Diary	Weights Lifts	Weights Lifts
11.15	Hydration	Hydration	Hydration	Hydration	Hydration	Hydration
11.30	Jumps Circuit	Jumps Circuit	Jumps Circuit	Running	Running	Running
12.00	Running	Running	Running	Jumps Circuit	Jumps Circuit	Jumps Circuit
12.30	Snack	Snack	Snack	Snack	Snack	Snack



## Under 15 & 16 Development Squad – Winter Session 3

Time	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
8.30	Ball Handling	Ball Handling	Ball Handling	Ball Handling	Ball Handling	Ball Handling
9.00	Diary	Diary	Weights Lifts	Weights Lifts	Core Stability	Core Stability
9.45	Weights Lifts	Weights Lifts	Core Stability	Core Stability	Diary	Diary
10.30	Core Stability	Core Stability	Diary	Diary	Weights Lifts	Weights Lifts
11.15	Hydration	Hydration	Hydration	Hydration	Hydration	Hydration
11.30	Test Vertical Jump	Test Vertical Jump	Test Vertical Jump	Test Bleep	Test Bleep	Test Bleep
12.00	Test Bleep	Test Bleep	Test Bleep	Test Vertical Jump	Test Vertical Jump	Test Vertical Jump
12.30	Snack	Snack	Snack	Snack	Snack	Snack



## Under 15 & 16 Development Squad – Winter Session 4

Time	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
8.30	Ball Handling	Ball Handling	Ball Handling	Ball Handling	Ball Handling	Ball Handling
9.00	Diary	Diary	Weights Lifts	Weights Lifts	Core Stability	Core Stability
9.45	Weights Lifts	Weights Lifts	Core Stability	Core Stability	Diary	Diary
10.30	Core Stability	Core Stability	Diary	Diary	Weights Lifts	Weights Lifts
11.15	Hydration	Hydration	Hydration	Hydration	Hydration	Hydration
11.30	Test Agility	Test Agility	Test Agility	Circuits	Circuits	Circuits
12.00	Circuits	Circuits	Circuits	Test Agility	Test Agility	Test Agility
12.30	Snack	Snack	Snack	Snack	Snack	Snack









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



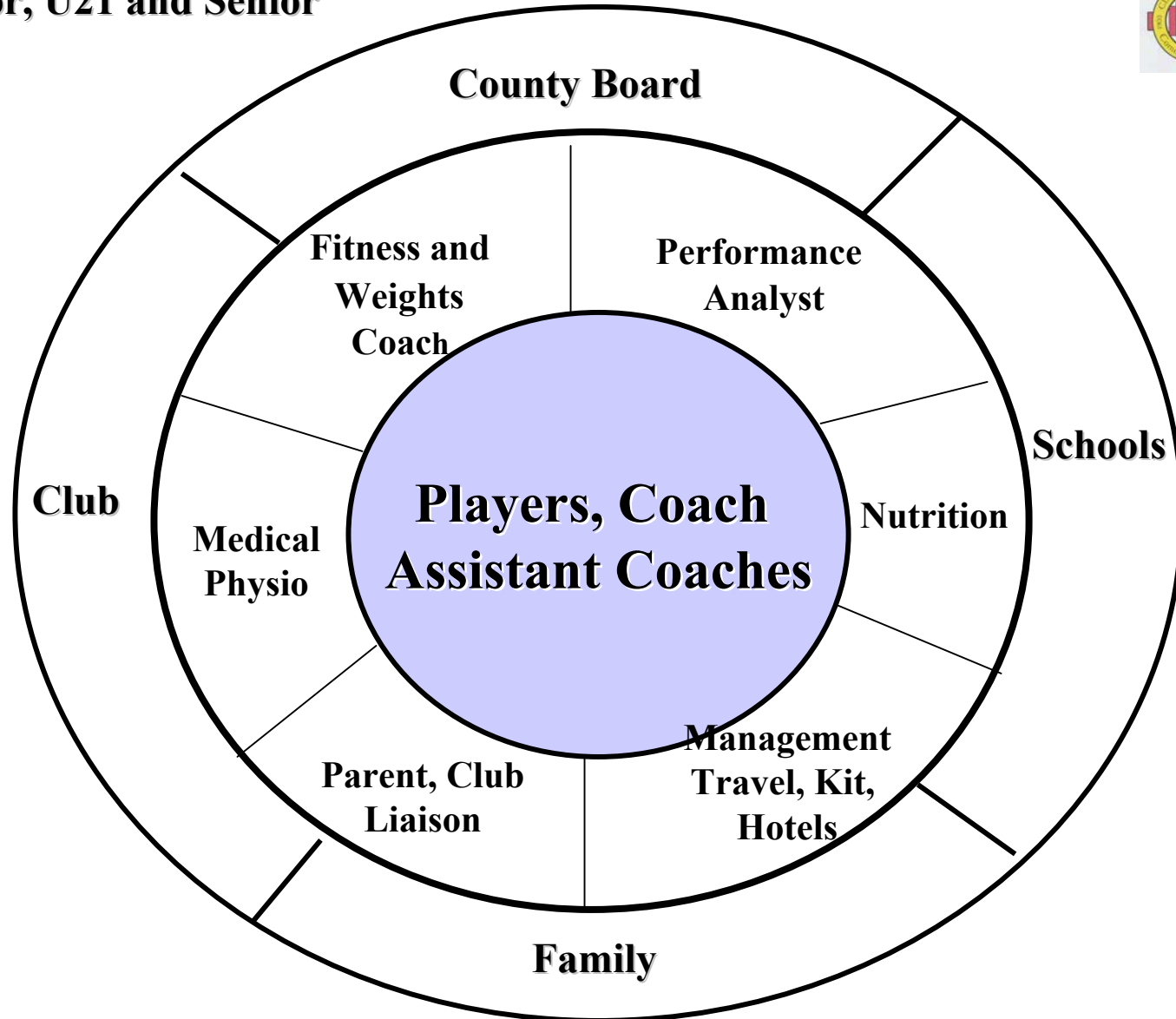
Time	Group A	Group B	Group C
8.30	Ball Handling Running	Ball Handling Running	Ball Handling Running
9.30	Weights	Weights	Weights
10.15	Diary	Diary	Diary
11.00	Water	Water	Water
11.15	Skills	Skills	Skills
12.00	Skills Test	Skills Test	Skills Test
12.45	Weight	Weight	Weight
1.00	Lunch	Lunch	Lunch
2.00	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