

Coaching and Games Development
Symposium
Bundoran, Co Donegal 12 and 13th
November 2004
Feedback

One hundred and seventeen (117) delegates were registered for the conference and meals, resources and rooms were booked accordingly. Eighty-eight (88) delegates attended the conference. There appeared to be some confusion in the communication over who should be attending - 'key administrators and coaches' were invited free of charge. The interpretation of key administrators should have been more specific.

Attached are brief notes from the sessions:

Core Under Age Strategic Plan

- ✓ Ulster doing very well in many areas in relation to coaching
- ✓ Need to focus on the delivery in the secondary schools
- ✓ Rework the role of the GPO - one person should have a strategic position and role and work on school club links and the support in secondary schools.

Urban Development

- ✓ Ulster Council and possibly each County should appoint a Grants and Funding Officer.
- ✓ Each County and each club should undertake an audit to arrive at baseline assessment of where it is relative to where it wants to get.
- ✓ Clubs should link with local schools in order to access physical facilities in urban areas where land is too expensive to purchase.
- ✓ County Board and Clubs should be made aware of the Ulster Council Urban Grant Fund with priorities and how to access it.
- ✓ County Boards with Major Urban Areas should pro actively work with schools in the hope of developing Minor and Adult Clubs on the back of identity with the school and its catchments area.
- ✓ Ulster Council should lobby government for the establishment of a scheme

Developing Young Hurlers similar to the assisted club scheme in the Republic

- ✓ Create an interest - advertising, promotion through schools and clubs
- ✓ Set and Implement a Planned structure

- ✓ Coach Education - target people to deliver
- ✓ Positive feedback - continuous assessment of skills

Coaches and County Boards

- ✓ Mentoring - U16 players with U12,
- ✓ Young coaches working with experienced coaches
- ✓ Coaching Programmes - developed
- ✓ Underage coaching certification - underage focus
- ✓ Incentives - club awards scheme for coaches
- ✓ Structures right at school, club, county and Provincial levels

Primary Schools

- ✓ Link club and schools with qualified coach - sell to principle on health and education agenda
- ✓ Proper structured programme:
 - o Proper technique
 - o Play off both sides
 - o Key Stage 1 (p1,2,3,4)
 - o Key Stage 2 (5,6,7,)
- ✓ CPD for Teachers
- ✓ Resource development

Parents

- ✓ Support and encourage at an early age

- ✓ Lifestyle awareness - diet, health, social interaction, focus in life, discipline, promote self-esteem
- ✓ Support for Club and Community: code of conduct, support for coaching, coach to player relations established, establish loyalty and sense of belonging
- ✓ Provide positive feedback - supportive, enhance positive aspects and make weaknesses strengths

Fundamentals

- ✓ First stage of development of young GAA Players
- ✓ Essential to get this right - use the resources developed to achieve this
- ✓ Interactive CD Rom and Manual and workshops in schools and clubs

Burnout

- ✓ High incidence of similar injury problems with SINI squad
- ✓ Poor posture, rounded shoulder
- ✓ Tight hip flexors and poor core stability and balance around the ankles
- ✓ Recurring injuries from over training and over competition
- ✓ Poor flexibility in the hamstring region - often imbalanced and not near the required 90 flexion
- ✓ Pre-screening can help identify the problems

Football and Hurling Working Together

- ✓ Case Study - showing that both hurling and football at underage can work together
- ✓ Need for a Club Co-ordinator to manage this within a club and to have the final say
- ✓ Person can manage the workload of the young players.

Referring

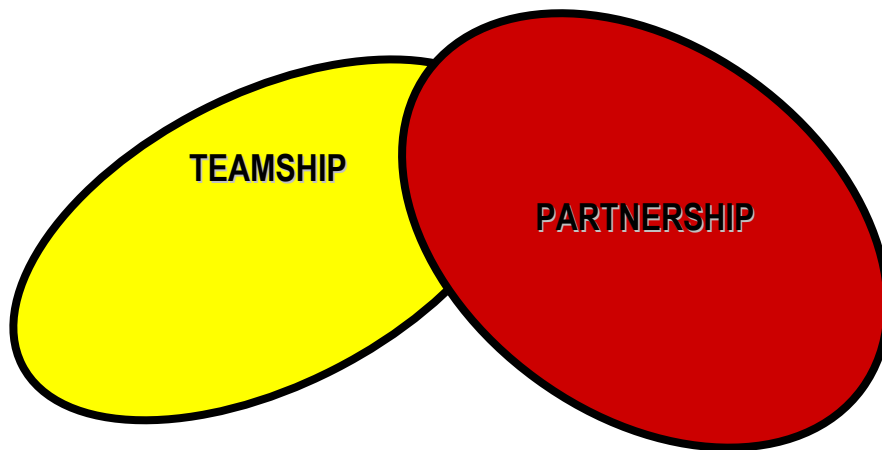
- ✓ GPS tracking system results highlighted and the need to look at how referees train in relation to being fit for the game
- ✓ Video analysis and its use for assessment of referees
- ✓ Nutritional Strategies for referees
- ✓ Need for referees to engage with the technology and with coaches
- ✓ Very enthusiastic about their involvement in the conference

Strategic Planning at County Board Level

Winning – Clive Woodward

- ✱ Set the Vision – raise the bar
- ✱ Manage the Process – team cohesions
- ✱ Build Infrastructure – clear roles
- ✱ Solid Foundation – built on trust and belief
- ✱ Awareness and Focus – don't bury head in sand
- ✱ Adopt Innovate and Develop





Teams are not unlike
Italian Sports Cars,
temperamental, but when
tuned, groomed and fired
up,
can go like the wind"

Catching Fire

- 1) Formalise Strategy in County?
BHAG
- 2) Need Full-time Administration
- 3) Need more Full-time coaches
- 4) Need to tackle the secondary
schools

Responses to Questions Posed

Station 1

How do you start the Strategic
Planning Process with your County
Board?

- ✓ Bring in a Professional Consultant

- ✓ Pose the right questions to County Board Officials
- ✓ Get the right Chairman who sees this as a priority

Station 2

What two improvements could be made with County Administration

- ✓ Appoint full-time administrator
- ✓ Define Roles Clearly within County Board
- ✓ Proper hurling board with power
- ✓ Provide Leadership
- ✓ Clearer Communication

Station 3

How many (maximum) number of league and championship games at club level for the following:

U16 - 16, 12, 10, 12

U18 - 16, 14, 10, 18

U21 - 18, 16, 10, 16

Senior - 20, 18, 18, 16

Station 4

How many games should County Players play each year?

Club Total: 18, 12, 10

County Total: 10, 12, 10

Station 5

How many training sessions (total number) should a player 18+ have each week across different sports at all levels?

- ✓ Maximum 2
- ✓ Maximum 6
- ✓ Maximum 4
- ✓ Maximum 3

Station 6

How many training sessions for u14, u16, minor each ear

- ✓ U14 - 7, 28, 15, 12?
- ✓ U16 - 10, 32, 15, 12
- ✓ Minor - 30, 40, 15, 16

Station 7

Put the GPOs into the Secondary Schools - key issues?

- ✓ Balance between administration and coaching
- ✓ Time available for support
- ✓ Support for the Primary School eroded
- ✓ Need to build capacity in Counties to deliver at all levels mentioned

Station 8

What skills need to be developed in County Boards to make them more effective?

- ✓ Increase accountability to clubs
- ✓ Team leaderships Skills

- ✓ Opportunities for County Boards to have CPD nights to improve skills
- ✓ Skill development - developing strategies to integrate coaching

Set BHAG'S - BIG, HAIRY,
AUDICIOUS GOALS

Example - Derry and Owenbeg / Team Tyrone and Difibulators

Conclusion

- ✓ Variation across delegates across training and competition loads for players
- ✓ Key Administrators need to be invited to the Conference
- ✓ Need clarity of roles within administration.
- ✓ Strong and direct leadership required to guide Counties
- ✓ Strategies need to evolve - invite someone in to guide this process if required.
- ✓ Invitation only to future conferences.
- ✓ Conference moved to January when new administrators are in post
- ✓ Level of discussion excellent in each workshop
- ✓ Feedback from delegates positive in all areas very positive
- ✓ Delegates engaged with speakers and facilitators

- ✓ Involvement of referees was positive and they engaged with the speakers

Recommendations

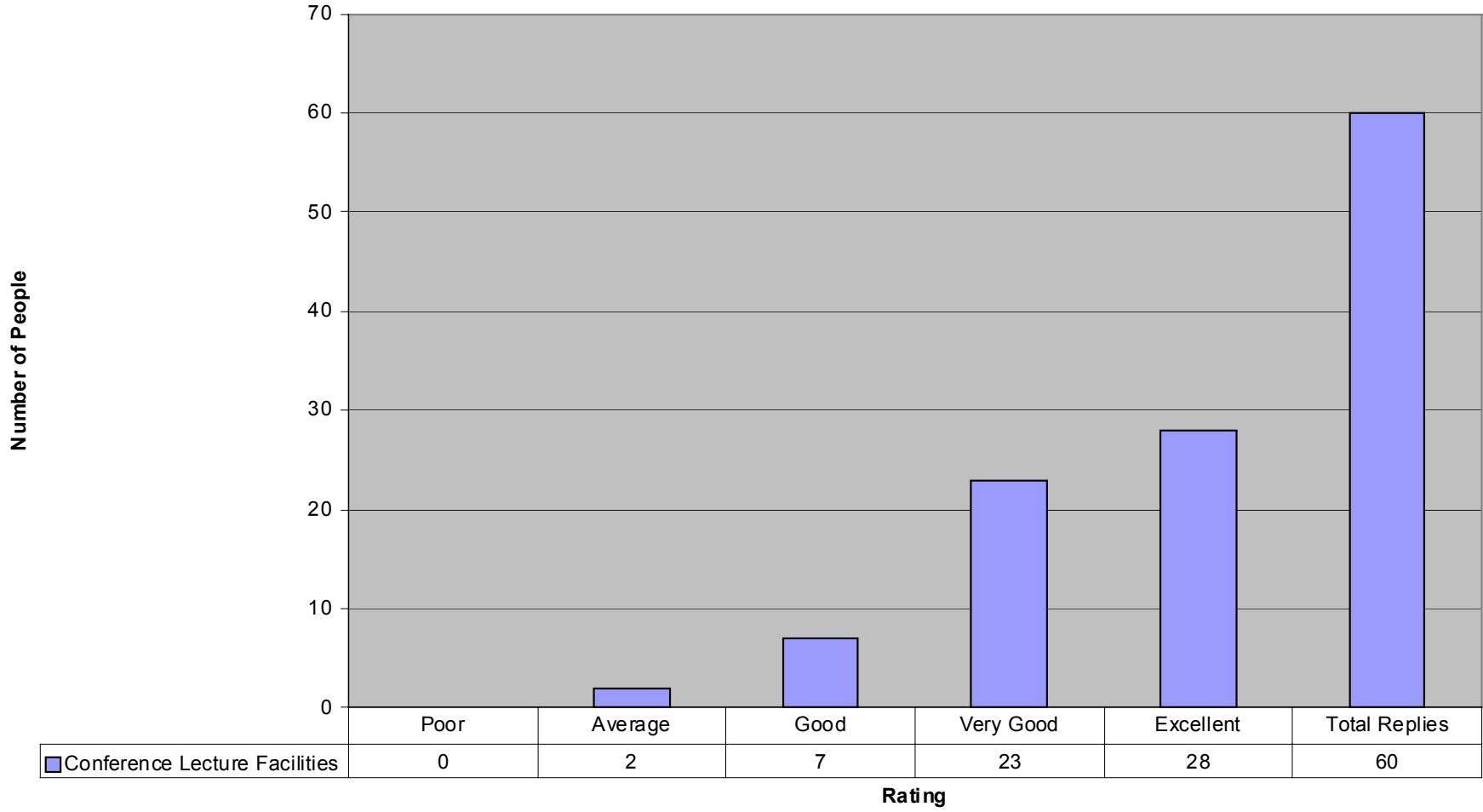
- ✓ Clear Communication regarding the need for County Chairman and Secretaries to Come and engage with the Coaches
- ✓ Possible date in early December
- ✓ Three clear strands - coaching, administration, refereeing
- ✓ Personal invitations to individuals to attend and confirmation of attendance from the individual
- ✓ Move the conference to every two years
- ✓ People pay a contribution towards the Conference
- ✓ New innovations and technologies - presented at the Conference

See attached graphs for feedback

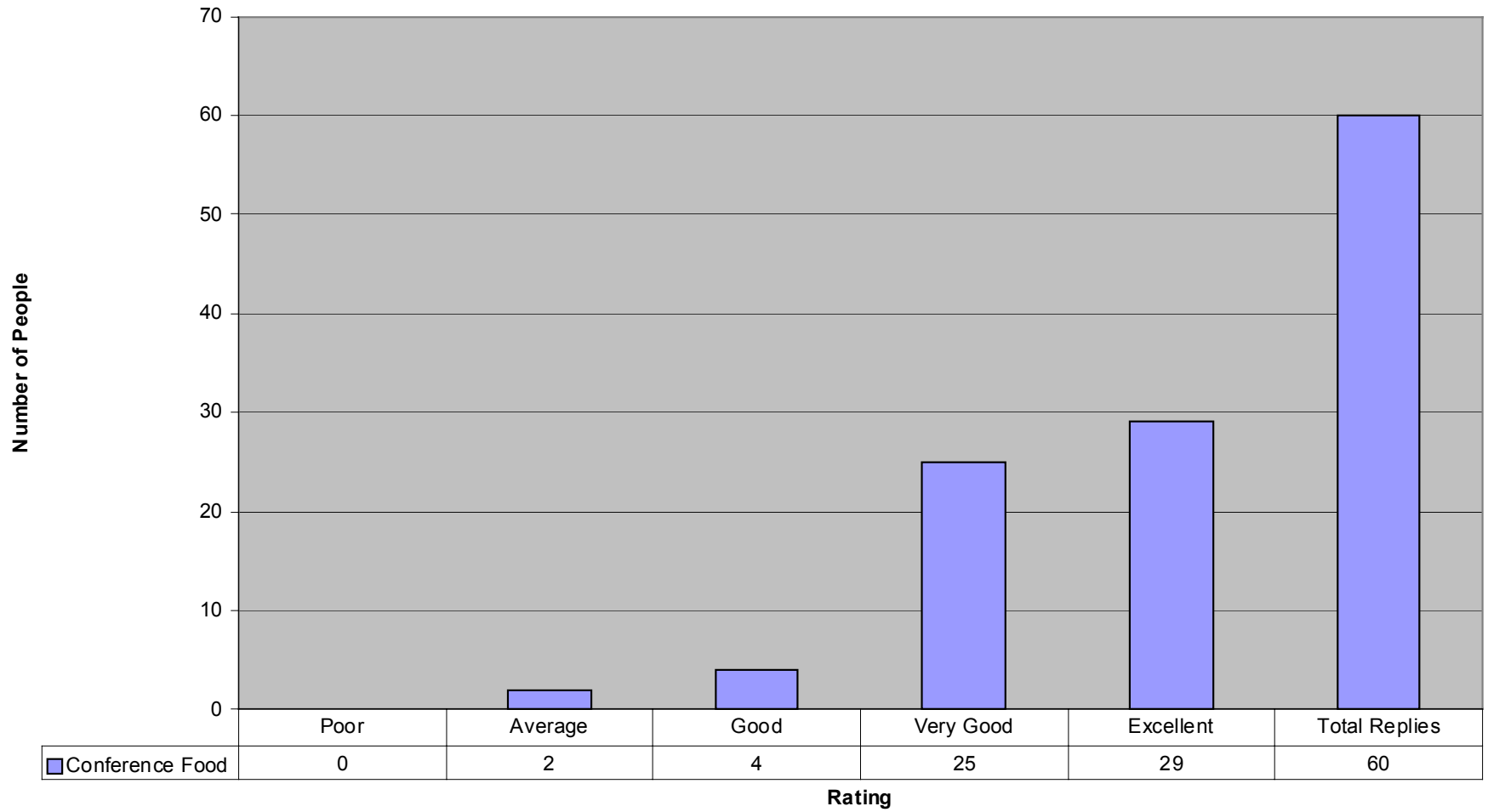
Dr Eugene Young

High Performances Director

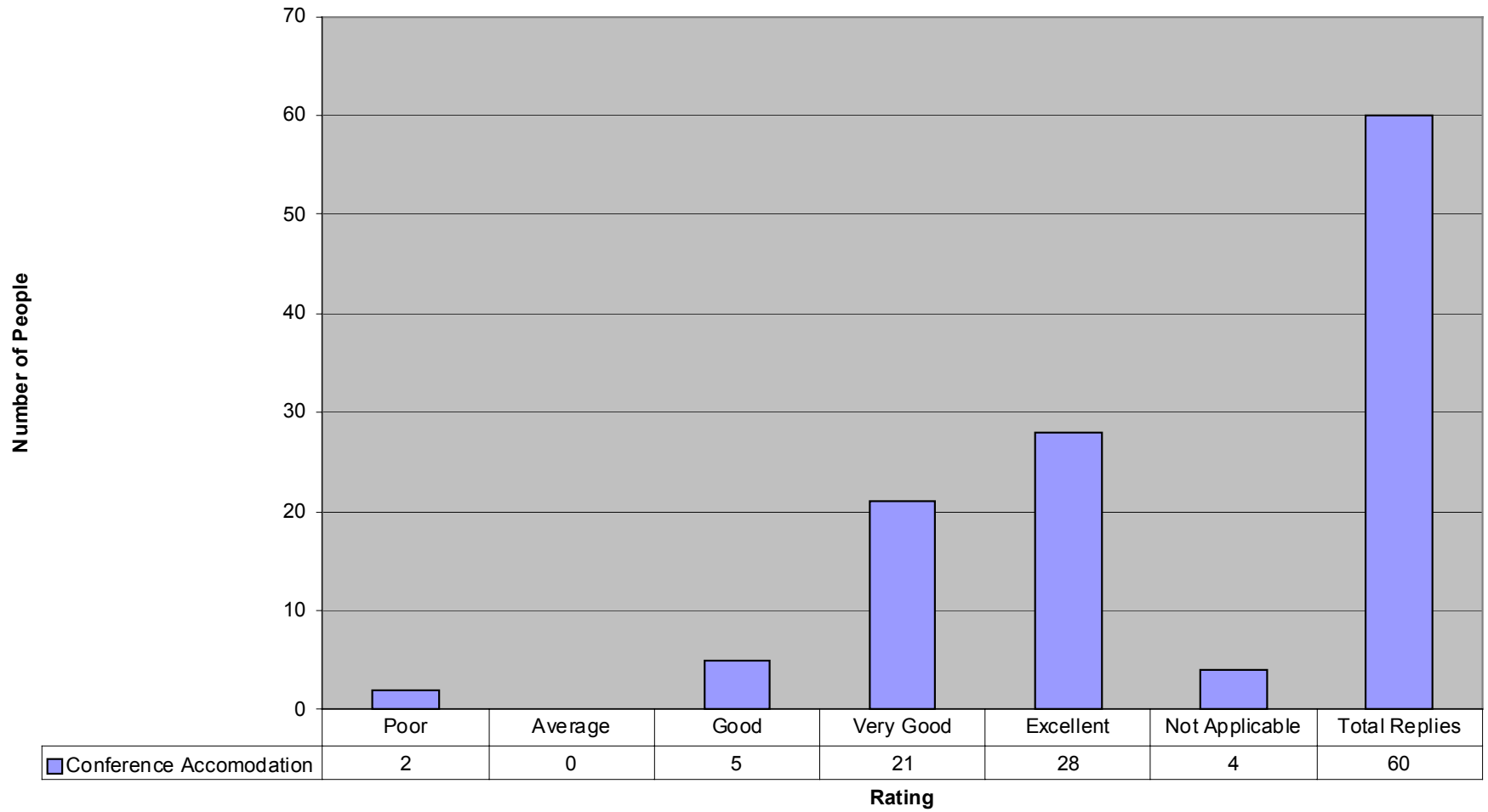
Conference Lecture Facilities



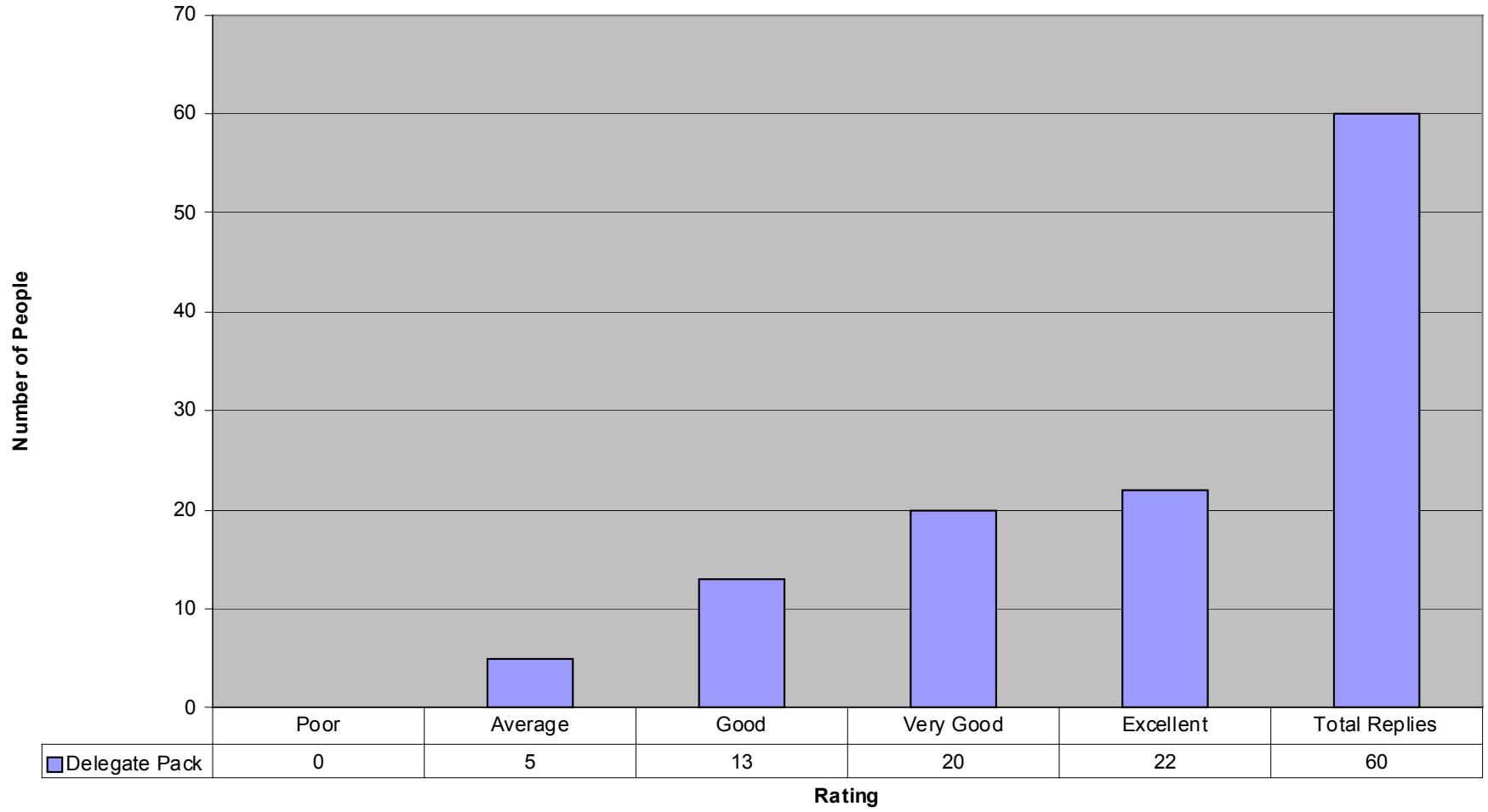
Conference Food



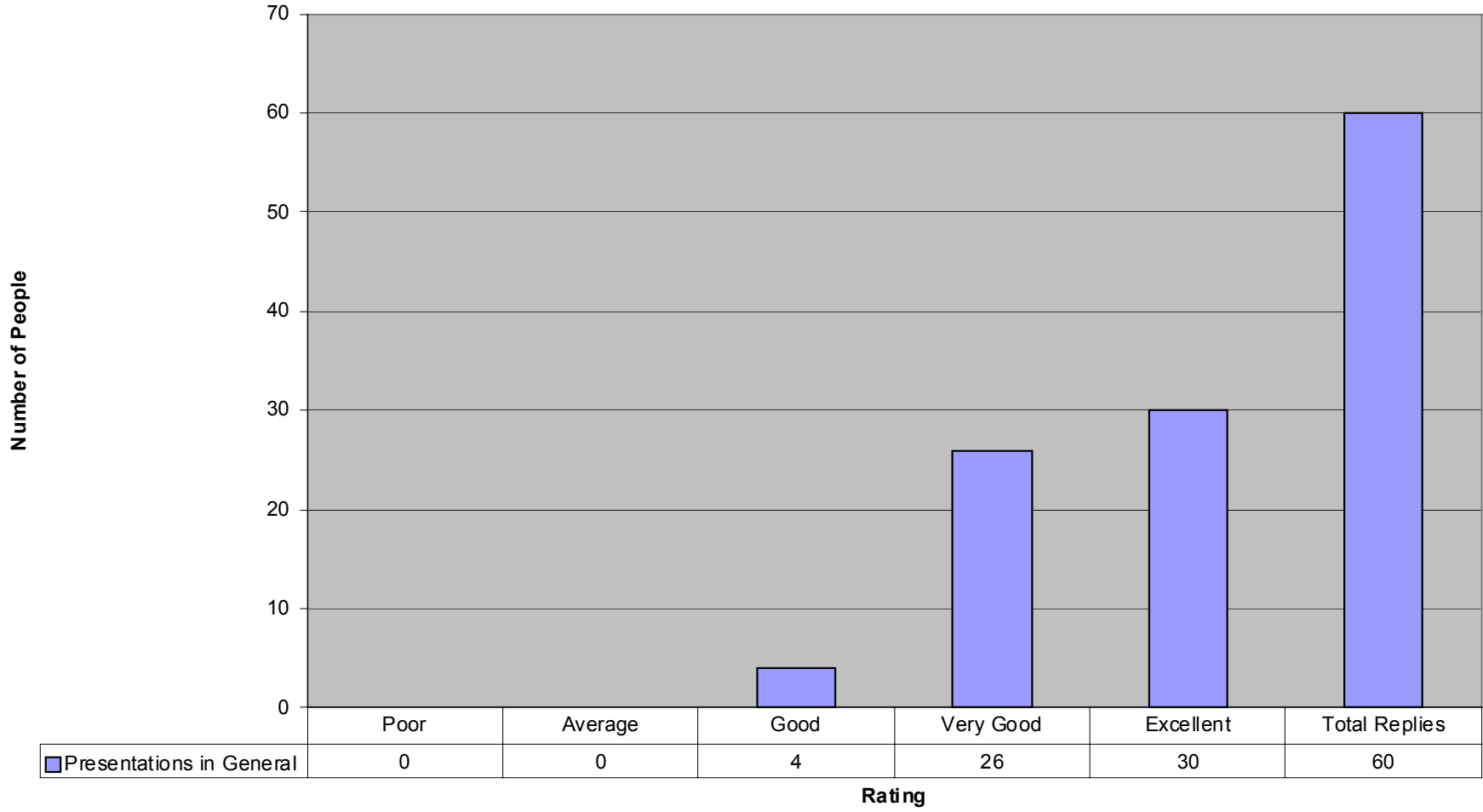
Conference Accomodation



Delegate Pack



Presentations in General



Opportunity to Network

