

2016

Ballyboden St. Endas



Cumann Lúthchleas Gael

Baile Buadain Naomh Éanna

Football, Hurling, Camogie and Ladies Football

“ 1 Club 4 Games “

COACHING & GAMES DEVELOPMENT PLAN 2016



Ballyboden St. Endas Coaching & Games Development Plan 2016

Strategic Review – Challenge 2020

13.3 Games Development and Coaching Vision

Ballyboden St Endas vision for Games Development and Coaching is outlined below:

- Ballyboden St Endas will take a planned approach to the recruitment and development of players. Players joining Ballyboden St Endas will be members of a Club that will provide them with ongoing lifestyle education, structured physical and skill development and a well organised programme of games. The transition from nursery to GO-Games to competitive juvenile games and on to adult games will take place within well-defined structures that are designed to develop and protect players of all abilities.

2016 Key Initiatives as set out by the Games Development and Coaching Executive (see Appendix 1) and approved by the Club Executive have been broken into three categories, Coaching Children, Coaching the Youth Player and Coaching Adults. These initiatives will be underpinned by a detailed implementation plan.

Coaching Children – Academy to Under 12 <http://www.gaa.ie/coaching-and-games-development/coaching/coaching-children/>

Coaching Youth Player – Under 13 to Under 18 <http://www.gaa.ie/coaching-and-games-development/coaching/coaching-youth-players/>

Coaching Adults – Under 18 up to Adult <http://www.gaa.ie/coaching-and-games-development/coaching/coaching-adults/>

Coaching Children

- Club Academy
 - Review to be carried out in June 2016
 - Player recruitment through schools & summer camp
 - Coach recruitment & up skilling
 - Include two practical coaching workshops
- Schools Coaching
 - Review to be carried out in June 2016
 - Recruit players at various/specific age groups
 - Expand the after school coaching programme
- Summer Camp
 - Plan organise and run summer camp 2016
 - Implement recommendations from review of Summer Camp 2015
- Player Welfare
 - Organise a First Aid and Defibrillator Course for parents and mentors
- Coach the Coaches
 - Run 2 Foundation Courses for new coaches
 - Run an Award one Hurling & Football child course for Go-Games mentors
 - Organise a skills workshop for under 9, 10, 11 & 12 coaches
 - Organise and deliver at least three Child Protection Courses
 - Continue recruiting young coaches from the TY programme and from club U16 teams to assist in the Academy and with Go-Games teams. Recruit more current and recently retired players to work with various juvenile teams
 - Collate a list of recently retired players with the view of assessing their suitability to various roles within the club
 - Ensure coaching workshop videos are made available to all coaches in the New Year.
- Coaching the Boden Way – Mentoring the Mentors
 - Continue to monitor the programme with the under 9, 10, 11 & 12's teams
 - Implement the programme to include next seasons under 9's
 - Programme review with the head mentors of all Go-Games teams in Jan/Feb
- Family Day
 - Assist with the planning and running of the Family Day over the May bank holiday weekend
 - Implement recommendations from review of Family Day 2015

Coaching Youths

- Schools
 - Continue Transition Year programme in St. Colmcilles Community School
 - Review current TY Programme with a view to expanding the course to include other schools
- School of Excellence
 - Plan, organise and run a School of Excellence coaching week during the Easter holidays for under 12 to under 15 players across the 4 codes
 - Review the timing of the Summer School of Excellence
- Coach the Coaches
 - Advertise and recruit mentors to attend the Award One Youth/Adult course
 - Organise one hurling/camogie and one football/ladies football workshop for Youth/Adult Coaches
 - Organise and deliver at least three Child Protection Courses
 - Continue recruiting young coaches from the TY programme and from club U16 teams to assist in the Academy and with Go-Games teams. Recruit more current and recently retired players to work with various juvenile teams
- BBSE 13-18 Coaching Document
 - Assist coaches who are implementing the BBSE 13-18 document
 - Provide input into the Hurling/Camogie coaching group
 - Identify person(s) to assist with the implementation of this programme across the Football/Ladies Football sections
- Player Welfare
 - Organise a First Aid and Defibrillator Course for parents and mentors
 - Awareness workshop on player welfare to be held with players/parents in 2016
- Player Pathway to Adult
 - Continue to implement approved club policy for player pathway to adult
 - Organise a meeting with current minor boys/under 16 girls managers as well as the Player Liaison Officer from the four sections to ensure Player Pathway model is being followed
 - Through the Coaching & Games Executive & Club Executive it needs to be ensured that the Player Pathway Policy is being followed
- Forbairt Coaching Programme
 - Continuation of current group for 2016. New participants will be added to this group as the year progresses

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- Athletic Development
 - Athletic Development Workshop to be held in late January with incoming U13 to U16 mentors.
 - Implement club wide policy regarding athletic development
 - Hold warm up/warm down workshops for coaches of under 15 & 16 teams

Coaching Adults

- Player Charter
 - Ensure that the quarterly meetings with captains/vice captains take place and that the agreed charter is being followed
- Gym
 - Ensure the project gets up and running as early in the New Year as possible.
 - Ensure that a players committee operates the gym once the build is complete
 - Organise a group of players who will look after the running of the gym
- Coach the Coaches
 - Advertise and recruit mentors to attend the Award One Youth/Adult course
 - Organise one hurling/camogie and one football/ladies football workshop for Youth/Adult Coaches
 - Expand the “obtaining the young coaches” initiative. Recruit more current and recently retired players to work with various juvenile teams
- Player Welfare
 - Organise a First Aid and Defibrillator Course for mentors
- Adult Section
 - Continued interaction with the Chairpersons of each of the four adult sections and regularly communicate upcoming coaching initiatives with them
 - Assist the Adult Committees in setting up a regular coaching forum within the section including under 15 & 16 mentors to discuss, standard of players coming through, deficiencies at adult level etc...
- Adult Teams
 - Oversee the implementation of Strength & Conditioning programmes with various adult teams
 - Arrange planning meetings with mentors from the adult teams when needed
- Performance Analysis
 - Develop a pilot programme for use of performance analysis across the sections
- Strategic Review – Challenge 2020
 - Hold a mid-term review of implementation for Games Development and Coaching section

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