



COACHING & GAMES DEVELOPMENT

EDUCATION PROGRAMME 2016-2017
COISTE ÁTHA CLIATH | FORBARHTA NA GCLUICHÍ

DUBLIN COACH EDUCATION PROGRAMME

Coach education/training and subsequent continuing coach development is considered to be essential to both sustaining and improving the quality of coaching. Coach development is assumed as an all-encompassing term that refers to the process leading towards enhanced expertise. This learning occurs from accessing a range of opportunities (informal to formal). In an attempt to support this development, the GAA coach education systems offers programmes for child youth and adult coaches across three levels.

The science of coaching and teaching has evolved beyond all recognition. We now know through research that many coaching and teaching methods used

in the past are not as effective as once thought. Fear and intimidation did not work but respect and dignity are far more conducive to a learning environment. Long lines and lectures are a thing of the past.

While it may be true that there are no shortcuts to anywhere worth going, there certainly are ways of needlessly prolonging the journey. Deliberate practice is often slow, and involves repetition which is effective but only to a point. Just because you coached something does not mean your players have learned it. Just because you went over it does not mean they retained it and will replicate it in a game. Far too many coaches are focused on running exercises in practice that are successful



90% of the time, when in reality messy practices that replicates the game situations are far more powerful learning tools in the long run.

Coaching is a complex, messy, business with players and coaches having to cope with setbacks dip in form, poor results. In these moments of disappointment you need a quality coach, or an event — someone or something to break your pattern, remind you of your goals and put you back on the path of progress.

This booklet details the Dublin County Board Coach Education Programme for the coming academic year 2016/17

Our programme is designed to support all coaches working at child youth and adult level through specifically planned courses and workshops' incorporating all that is good in terms coaching best practice.

Again this year in attempting to meet the mandatory coaching standards as set out by Árd Chomhairle we will be giving providing priority to coaches of adult club teams who wish to attend all our Award 1 Youth/Adult courses a special effort will be made to provide additional programmes.

DUBLIN GAA COACHING ON DEMAND



The games development department is pleased to launch its TWO online platform hosting a series of practical coaching videos in both football and hurling There are hours of recordings to give you loads of new ideas and practical tips for your coaching. We have some of the best coaches delivering quality coaching sessions from our programme of training over the past number of years.



Football website: <https://vimeo.com/ondemand/dublinfootball>
Hurling website: <https://vimeo.com/ondemand/hurling>



The Games Development programme for this year provides the best possible supports in relation to Coach Education and CPD workshops and courses covering a wide variety of training.

This year's programme will again focus on the more formal Coach Education Programmes specifically Award 1 Youth /Adult courses and the Award 2 child programmes.

A high volume of Child protection in sport awareness will also be delivered throughout the year.

In addition a number of online programmes will be available again on the new digital eLearning system. <http://learning.gaa.ie/>

All Foundation Award and Award 1 Child programmes will be available locally by contacting your Club Games Promotions Officer (G.P.O)

Dublin GAA coaching department has just developed a new advance goalkeeping coaching course for hurling under the direction of Former Kilkenny Goalkeeper David Herity.

This 10 hour course is one of the most comprehensive goalkeeping courses available to Hurling coaches anywhere.

The goalkeeper has become one of the most valuable players on the field in the modern game of hurling today with distribution and possession key facets of the game. A goalkeeper can win a game with one brilliant save or become the villain with a poor first

touch or a handling error. The nature of the position requires agility, speed, athleticism, confidence, bravery and good communication skills. For decades, goalkeepers were expected to train alone or were often simply blended into the regular practice sessions with very little attention being provided to the goalkeeper's specific needs. Goalkeepers are different from outfield players and must be trained accordingly. Specialized training is needed for specialized positions. The role of the goalkeeper has changed more than any other position in recent years. Goalkeepers are required to be as comfortable as outfield players with the ball.

This course is designed to provide GAA coaches working at youth and adult level with essential information and skills on how to deliver an appropriate goalkeeping training programme. This goalkeeping training course is specifically designed to meet the needs of the modern hurling goalkeeping coach.

Course Content

The practical elements of the course will provide candidates with the following elements:

- Specific goalkeeping warm ups and cool downs
- Coaching basic individual techniques including footwork, body position, catching,
- Diving saves, dealing 1 v 1 situations, and high dropping balls.
- Learn to improve first touch for the Goalkeepers.
- How to deliver effective puck outs and clearances
- Learning the position and basic tasks of a Goalkeeper within the team.
- Improve the keeper's ability to make good and quick decisions, identify methods to improve anticipation skills.
- Analyzing the performance of the Goalkeeper, in real time and post-game.
- Identify the physical fitness requirements needed to be a Goalkeeper.
- Develop coping strategy to re-focus while playing match, dealing with Match day condition and setbacks.

DUBLIN GAA COACHING DEPARTMENT
ADVANCE HURLING GOALKEEPING COACHING COURSE

The goalkeeper is arguably the most important position on the field in the modern game of Hurling with distribution and possession key facets of the game. A goalkeeper can win a game with one brilliant save or become the man with five first halves in a hurling semi.

The role of the position requires agility, mental, athletic, confidence, power and goalkeeping save techniques. The demands, save other skills related to their ability to react to the regular play and to the goalkeeper's specific needs. Goalkeepers are influenced from outside players and must be aware accordingly. Specialized training is needed for goalkeeping position. The role of the goalkeeper has changed more than any other position in recent years. Goalkeepers are required to be as comfortable as outfield players with the ball.

This course is designed to provide GAA coaches working at youth and adult level with essential information and skills on how to deliver an appropriate goalkeeping training Programme. The goalkeeping training course is specifically designed to meet the needs of the modern hurling goalkeeping coach.

TO BOOK VISIT
 www.dublingamesdevelopment.ie
 Email: aileen@dublingaa.ie
 Phone: 01 8058205

DUBLIN GAA COACHING DEPARTMENT
ADVANCE HURLING GOALKEEPING COACHING COURSE

COURSE CONTENT

The practical elements of the course will provide candidates with the following elements:

- Specific goalkeeping warm ups and cool downs
- Coaching basic individual techniques including footwork, body position, catching, diving saves, dealing 1 v 1 situations, and high dropping balls
- Learning to improve first touch for the goalkeepers
- How to deliver effective puck out and clearances
- Learning the position and basic tasks of a Goalkeeper within the team
- Improve the keeper's ability to make good and quick decisions, identify methods to improve anticipation skills
- Analyzing the performance of the Goalkeeper, in real time and post game
- Identify the physical fitness requirements needed to be a Goalkeeper
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The theoretical elements of the course will consolidate the key technical aspects of goalkeeping together with the Long Term Player Development (LTPD) model.

PRACTICAL INVOLVEMENT:
 Candidates are encouraged to participate practically to maximize their opportunities for learning.

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 www.dublingamesdevelopment.ie
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COACH ADMINISTRATOR REFEREE EDUCATION (CARE)



COACH EDUCATION PROGRAMME:

- Foundation Award - Football & Hurling Course
- Award 1 Youth & Adult - Football Course
- Award 1 Youth & Adult - Hurling Course
- Award 2 Child- Football & Hurling Course
- Award 2 Youth/Adult - Hurling Course
- National Tutor Training Seminar
- Master Tutor Meetings

REFEREE EDUCATION:

- Referee Course - Level 1 (U8-U10)
- Referee Course - Level 2 (U11-U12)
- Referee Course - Level 3 (U13-U16)

CLUB DEVELOPMENT:

- Childrens Officer Workhop

GPO IN-SERVICE:

- Yearly Business Meeting
- Developing High Quality Childrens Coaches
- First AID
- Health & Safety
- Advance Trainer Skills - Coaching & Mentoring Course
- Resistance Training course for G.A.A Youth Athlete

APPLIED LIFELONG LEARNING (ALL):

FOOTBALL WORKSHOPS

- The Smarter Way to Train
- Tackling for Success
- Concept Games-Possession Play
- Transition from Defence to Attack
- Half-Time Strategics - Preparing for the Second Half

ACCREDITED COURSES

- Resistance Training course for G.A.A Youth Athlete
- Youth/Adult-Football Goalkeeping Course
- Youth/Adult-Hurling Goalkeeping Course

CAMOGIE WORKSHOPS:

- Foundation Camogie Course
- Level 1 Course

COACHING CONFERENCES:

- Leinster Coaching Conference
- GAA National Coaching Conference
- Coaching Ireland 12th National Coaching Fourm

HURLING WORKSHOPS:

- Hurley Repair Workshop
- Playing the Percentage Game
- Art of Defending
- Skill Acquisition - Innovative Practice
- Early Skill Development -The Key For Success
- Manning the Middle-Midfield Play



PHYSICAL FITNESS WORKSHOPS:

- Introduction to Resistance Training
- Planning pre-season Fitness Training
- Getting Started -Gaelic 15 Warm up

Please confirm in advance the dates, times and venues with the coaching and games department, as they may be subject to change.

Theme:

- Football Workshop
- Hurling Workshop
- Accredited Courses
- Physical Fitness Workshop
- Coach Ed Programme
- Club Development
- Camogie
- Referee Education
- GPO Inservice
- Conferences

FOOTBALL WORKSHOP

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Practical Football Workshop-Adult	The Smarter Way to Train	Wednesday 5th October 2016	Lucan Sarsfields	Terence McWilliams	7.30pm	9.00pm
Practical Football Workshop-Adult	Tackling for Success	Friday 11th November 2016	Ballyboden	Paul Curran	7.30pm	9.00pm
Practical Football Workshop-Adult	Concept games-Possession Play	Friday 2nd December 2016	O'Tooles	John Morrison	7.30pm	9.00pm
Practical Football Workshop-Adult	Transition from Defence to Attack	Friday 27th January 2017	Round Towers Clondalkin	Mick Galvin	7.30pm	9.00pm
Practical Football Workshop-Adult	Half-Time Strategies -Preparing for the Second Half	Friday 17th February 2017	Fingallians	Paul Earley	7.30pm	9.00pm

HURLING WORKSHOP

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Practical Hurling Course	Hurley Repair Workshop	Mon 10th & Wed 12th October 2016	St Davids Artane	Mick Scully	7.00pm	10.00pm
Practical Hurling Workshop-Child	Playing the Percentage Game	Friday 21st October 2016	Kilmacud	Kevin Ryan	7.30pm	9.00pm
Practical Hurling Workshop-Youth	Art of Defending	Friday 25th November 2016	Na Fianna	Michael Kavanagh	7.30pm	9.00pm
Practical Hurling Workshop-Child	Early Skill Development -The Key For Success	Friday 13th January 2017	St Sylvesters	Damien Quigley	7.30pm	9.00pm
Practical Hurling Coaching-Adult	Skill Acquisition - Innovative practice	Friday 10th February 2017	Ballinteer	Ed Coughlan	7.30pm	9.00pm
Practical Hurling Coaching-Adult	Manning the Middle-Midfield Play	Friday 24th March 2017	St Judes	Michael Rice	7.30pm	9.00pm

PHYSICAL FITNESS (FOR FOOTBALL & HURLING)

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Practical Physical Fitness	Introduction to Resistance Training	Wednesday 19th October 2016	Abbotstown	Brian Cullen	7.30pm	9.00pm
Practical Physical Fitness	Planning pre-season Fitness Training	Wednesday 7th December 2016	Na Fianna	Niall Cooper	7.30pm	9.00pm
Practical Physical Fitness	Getting Started -Gaelic 15 Warm up	Wednesday 8th February 2017	St Annes	Philly Mc Mahon	7.30pm	9.00pm

COACHING CONFERENCES

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
GAA National Coaching Conference	National Coaching Conference	07/01/17	Croke Park	TBA	9:00am	4.00pm
Coaching Ireland 12th National Coaching Fourm	Coaching Fourm	January 2017	Abbotstown	TBA	TBA	TBA

COACHING & GAMES DEVELOPMENT PROGRAMME 2016-2017

COACH EDUCATION

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Master Tutor Meeting	Coach Ed Programme- Tutor Meeting	Monday 12th September 2016	Lucan Spa Hotel	Leinster GAA Tutor Group	7:30pm	9.30pm
Master Tutor Meeting	Coach Ed Programme- Tutor Meeting	Monday 3rd October 2016	Lucan Spa Hotel	Leinster GAA Tutor Group	7:30pm	9:30pm
Master Tutor Meeting	Coach Ed Programme- Tutor Meeting	Monday 7th November 2016	Lucan Spa Hotel	Leinster GAA Tutor Group	7:30pm	9:30pm
Master Tutor Meeting	Coach Ed Programme- Tutor Meeting	Monday 5th December 2016	Lucan Spa Hotel	Leinster GAA Tutor Group	7:30pm	9.30pm
Master Tutor Meeting	Planning Weekend	January 2017	TBA	Leinster GAA Tutor Group	7:30pm	9.30pm
Master Tutor Meeting	Coach Ed Programme- Tutor Meeting	Monday 6th February 2017	Lucan Spa Hotel	Leinster GAA Tutor Group	7:30pm	9.30pm
Master Tutor Meeting	Coach Ed Programme- Tutor Meeting	Monday 6th March 2017	Lucan Spa Hotel	Leinster GAA Tutor Group	7:30pm	9.30pm
Master Tutor Meeting	Coach Ed Programme- Tutor Meeting	Monday 3rd April 2017	Lucan Spa Hotel	Leinster GAA Tutor Group	7:30pm	9.30pm
Master Tutor Meeting	Coach Ed Programme- Tutor Meeting	Monday 8th May 2017	Lucan Spa Hotel	Leinster GAA Tutor Group	7:30pm	9.30pm
Foundation Award - Part Online	Coach Ed Programme - Football	Tuesday 11th October 2016	Parnell Park	Leinster GAA Tutor Group	7.00pm	9.30pm
Foundation Award - Part Online	Coach Ed Programme - Hurling	Thursday 13th October 2016	Parnell Park	TBA	7.00pm	9.30pm
Award 1 Youth & Adult	Football	Every Monday & Wednesday in November 7th, 9th, 14th, 16th, 21st, 23rd, 28th, 30th November 2016	Kilmacud Crokes	Leinster GAA Tutor Group	7.00pm	9.30pm
Award 1 Youth & Adult	Hurling	Every Monday & Saturday in November 7th, 12th, 14th, 19th, 21st, 26th, 28th Nov & 3rd Dec 2016	St Sylvesters Malahide C.S.	Leinster GAA Tutor Group	Mondays 7.00pm Saturdays 10am	9.30pm 12.30pm
Award 2 Child-Dual	Football & Hurling Course - Invite Only -Contact Your Club GPO	4th & 5th November, 18th & 19th November, 9th & 10th December 2016 & 20th & 21st Jan 2017	The Ward & Parnell Park	Leinster GAA Tutor Group	10:00am to 4:00pm 7:30pm to 10:30pm	
Award 2 Youth/Adult-Hurling	Hurling Course - Invite Only -Contact Your Club GPO	4th February, 4th March, 1st April, 13th May, 10th June 2017	St Pats Drumcondra	Leinster GAA Tutor Group	9:30am to 5:00pm	

GPO IN-SERVICE TRAINING (STAFF ONLY)

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
G.P.O. In-service -ALL STAFF	Yearly Business Meeting	Tuesday 4th October	Parnell Park	Dublin GAA	3pm	5pm
GPO In Service - Group 1	Developing High Quality Childrens Coaches	Wednesday 5th October 2016	Parnell Park	Terance McWilliams	10am	5pm
GPO In Service - Group 2	Developing High Quality Childrens Coaches	Thursday 6th October 2016	Parnell Park	Terance McWilliams	10am	5pm
GPO - New Staff	First AID	Tue 13th, Wed 14th & Thurs 15th Dec 2016	Parnell Park	Pitman Training	9am	5pm
GPO - New Staff	Health & Safety Manual-Handling	TBA	Parnell Park	TBA	TBA	TBA
G.P.O Application Only	Advance Trainer Skills - Coaching & Mentoring Course	TBA	Parnell Park	NUIG Tutor	10.00am	4.00pm
G.P.O Application Only	Resistance Training course for G.A.A Youth Athlete	TBA	Parnell Park	Emmet Egan	10.00am	4.00pm

CLUB DEVELOPMENT

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Child/Coach protection	Childrens Officer Workshop	Monday 12th December 2016	Parnell Park	Sport Ireland Tutors	7pm	10pm
Child/Coach protection	Childrens Officer Workshop	Monday 30th January 2017	Parnell Park	Sport Ireland Tutors	7pm	10pm

CAMOGIE WORKSHOP

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Camogie Course	Foundation Course	January 28th 2017	Whitehall Colmchille GAA Club	Coaching Ireland Camogie Tutors	TBA	TBA
Camogie Course	Level 1	February 3rd,4th & 10th 2017	Good Counsel GAA	Coaching Ireland Camogie Tutors	TBA	TBA

COACHING & GAMES DEVELOPMENT PROGRAMME 2016-2017

ACCREDITED COURSES

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Resistance Training course for GAA Youth Athlete	R.T. in the preparation of the Gaelic Games athlete	TBA	Parnell Park	Emmet Egan	TBA	TBA
Youth/Adult-Football Goalkeeping Course	For Football Goalkeeping Coaches	18th, 21st, 25th, 28th January 2017	Abbotstown	Gary Matthews	7pm to 9pm 10am to 1pm	
Youth/Adult-Hurling Goalkeeping Course	For Hurling Goalkeeping Coaches	14th 16th 21st 23rd 26th November 2016	The Ward Cross	David Herity	TBA	TBA

REFEREE EDUCATION

Event:	Description:	Date:	Venue:	Tutors	Start	Finish
Referee course Level 1	Go Games -Level 1	25th/30th January/1st/4th Feb, 2017	Fingallians	Ref Committee	7pm	9:30pm
Referee course Level 1	Go Games -Level 1	1st/6th/8th/11th February, 2017	Thomas Davis	Ref Committee	7pm	9:30pm
Referee course Level 1	Go Games -Level 1	1st/6th/8th/11th March, 2017	St Brigids	Ref Committee	7pm	9:30pm
Referee course Level 1	Go Games -Level 1	8th/13th/15th/18th March, 2017	Naomh Olaf	Ref Committee	7pm	9:30pm
Referee course Level 1	Go Games -Level 1	15th/20th/22nd/25th March, 2017	Erins Isle	Ref Committee	7pm	9:30pm
Referee course Level 1	Go Games -Level 1	22nd/27th/29th March/1st April, 2017	Westmanstown Gaels	Ref Committee	7pm	9:30pm
Referee course Level 1	Go Games -Level 1	29th March/3rd/5th/8th April, 2017	St Peregrines	Ref Committee	7pm	9:30pm
Referee course Level 1	Go Games -Level 1	3rd/8th/10th/13th May, 2017	TBC	Ref Committee	7pm	9:30pm
Referee course Level 1	Go Games -Level 1	10th/15th/17th/20th May, 2017	TBC	Ref Committee	7pm	9:30pm
Referee course Level 1	Go Games -Level 1	17th/22nd/24th/27th May, 2017	TBC	Ref Committee	7pm	9:30pm
Referee course Level 2	Go Games -Level 2	5th/10th/12th/15th October 2016	Fingallians	Ref Committee	7pm	9:30pm
Referee course Level 2	Go Games -Level 2	12th/17th/19th/22nd October 2016	Thomas Davis	Ref Committee	7pm	9:30pm
Referee course Level 2	Go Games -Level 2	19th/24th/26th/29th October 2016	St Brigids	Ref Committee	7pm	9:30pm
Referee course Level 2	Go Games -Level 2	9th/14th/16th/19th/ November 2016	Nh.Olaf	Ref Committee	7pm	9:30pm
Referee course Level 2	Go Games -Level 2	16th/21st/23rd/26th November 2016	St Peregrines	Ref Committee	7pm	9:30pm
Referee course Level 2	Go Games -Level 2	23rd/28th/30th Nov/3rd Dec 2016	Westmanstown Gaels	Ref Committee	7pm	9:30pm
Referee course Level 2	Go Games -Level 2	30th Nov/5th/7th/10th Dec 2016	Erins Isle	Ref Committee	7pm	9:30pm
Referee course Level 2	Go Games -Level 2	11th/16th/18th 21st January 2017	Skerries Harps	Ref Committee	7pm	9:30pm
Referee course Level 3	Juvenile Games (U/13-U/16)	14th/19th/21st/24th September 2016	Fingallians	Ref Committee	7pm	9:30pm
Referee course Level 3	Juvenile Games (U/13-U/16)	21st/26th/28th Sept/1st Oct 2016	Westmanstown Gaels	Ref Committee	7pm	9:30pm

Games Manager

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Coaching and Games Department

Coaching Department

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PLEASE CONFIRM IN ADVANCE THE DATES, TIMES AND VENUES WITH THE COACHING AND GAMES DEPARTMENT, AS THEY MAY BE SUBJECT TO CHANGE.

For more details see: www.dublingaagamesdevelopment.ie or book online