



COACHING AND GAMES DEVELOPMENT PROGRAMME 2012-2013

■ COISTE ÁTHA CLIATH ■ FORBARHTA NA GCLUICHÍ



*IMPROVING OUR GAMES THROUGH
TRAINING AND DEVELOPMENT*



DUBLIN COACH EDUCATION PROGRAMME

Coaching is a very practical process that requires many skills and involves a high level of interaction between coach and player. Therefore, in order for coaches to improve and develop it is important they have opportunities to interact with others coaches. Coaches who have played the games have an unquestionable source of knowledge, gained through informal learning experiences that coaches who have not played do not always have.

For players it would appear then, that while engaged in the process of coaching, learning often starts many years before any conscious decision to begin coaching themselves.

The need to develop the skill of reflective practice has now become a hot topic in the world of training and coach education. Reflective practice gives a framework for experiential learning that helps coaches understand and develop their own coaching effectiveness.

Continuous Professional Development (CPD) allows for the on-going support of coaches, whilst courses can prove extremely beneficial there are many other things that you could do as well, such as:

- Workshops or seminars
- Coaching books, journals or latest coaching research
- Coaching websites of different sports
- Reflective practice
- Observing experienced coaches

This booklet details the Dublin County Board Coach Education Programme for the coming academic year. It is designed to support all coaches working at child, youth and adult level through specifically planned courses and workshops incorporating recognised principles of best practice in the field of coaching.

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 new Award 2 child programmes. A high volume of Code of Best Practice in Youth Sport courses will also be delivered throughout the year.

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

Practical Workshops:

There will be a limited number of practical workshops in football and hurling this year.

These will be targeted at specific age groups with workshops for Juvenile and Adult coaches.

HETAC Accredited programmes:

The two programmes on offer this year are both accredited by the Institute of Technology Blanchardstown and will be delivered by National Athletic Development Academy. (N.A.D.A)

Certificate in Conditioning for Gaelic Games (Special Purpose Award)

Meriting 15 ECTS Credits on the National Framework of Qualifications. This innovative and enterprising initiative is the first Level 6 training qualification designed, formulated, sponsored and delivered by a county board in conjunction with a third level Institute of Technology. This programme is now in its third year and has attracted students from all over the province.

Certificate in Athlete / Player Development for Youths Coaches.

This new course has been developed by NADA in association with the coaching department and in conjunction with the Institute of Technology Blanchardstown. This programme is NFQ level 6 awarding 15 ECTS credits.

Topics which are covered are: long-term athlete development for youth's sport, the importance of developing components of functional movement patterns, physical competency, periodisation and monitoring. Both courses will be delivered over two semesters, the first lasting 10 weeks from October to December. The second semester is a practical assignment with your club.

High Performance workshops

We will be hosting a number of high performance workshops which are designed to help managers and coaches evaluate performance and the impact of their training methods.

Website:

The Games Development website will undergo a complete makeover in the coming months with an online shop for all our coaching resources.

All information on all of the courses and workshops can be found there too at www.dublingaagamesdevelopment.ie.

Most courses are available to book online by simply registering and selecting the course you wish to attend

Ba bhuntáiste é an clár seo do chlibanna agus tá súil agam go mbéidh go leir tacaíocht don chlár.

Gearoid O Conchuir
Bainisteoir na gCluichí





COACH ADMINISTRATOR REFEREE EDUCATION (CARE)

Coach Education Programme

- Foundation Award
- Award 1 Youth & Adult Football
- Award 1 Youth & Adult Hurling
- Award 2 Child- Football
- Award 2 Child Hurling
- Master Tutor Meetings
- Tutor Training

Referee Education

- Go Games Referee Course - Level 1
- Go Games Referee Course - Level 2
- Juvenile Referee Course - Level 3

Club Development

- Code of Best Practice
- Childrens Officer Course

GPO In-service

- Yearly Business Meeting
- Developing Cross Curricular programme
- Summer Camp Training
- Occupational First Aid Training
- Assessment Athlete Dev Course
- Refresher Tutor Training

HETAC Accredited Programmes

- Certificate in Conditioning Course for Gaelic Games (Adult Coaches)
- Certificate in Athlete Player development for youth coaches

APPLIED LIFELONG LEARNING (ALL)

Football Workshops

- Goalkeeping Clinic
- Game Sense - Breaking Ball
- Concept Games with Problem solving
- Give us a Game - Games to Develop Football
- Possession with purpose

Hurling Workshops

- Individual Tackling
- Give us a Game - Games to Develop Forward Play
- First Touch Control - Essential handling skills
- On The Wall - Quicker Faster, Stronger
- Hurley Repair Workshop

High Performance

- Periodisation & Planning
- Heart Rate Training
- Advanced Analysis Workshop

Physical Fitness Workshops

- Building Physical Skills Strength & Resistance Training
- Fitness Testing Made Easy
- Field based Conditioning

Camogie Workshops

- Foundation Camogie "Get a Grip"
- Level 1 "Get Hooked"
- Games for Developing Fundamental Camogie Skills
- Specialist Skills - Goalkeeping, Free taking, Sidelines

Coaching Conferences

- Leinster Coaching Conference
- GAA National Coaching Conference



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Colour Theme

	Football Workshop
	Hurling Workshop
	High Performance Workshop
	Physical Fitness Workshop
	Coach Ed Programme
	Club Development

Colour Theme

	Camogie Workshops
	Referee Education
	GPO Inservice
	Conferences
	HETAC Accredited Programmes

FOOTBALL WORKSHOP

Event	Description	Date	Venue	Tutors	Start	Finish
Practical Football Workshop	Goalkeeping Clinic for Footballers	Friday 21st September 2012	St Brigids	Gary Mathews	7.30pm	9pm
Practical Football Workshop	Game Sense - Breaking Ball	Friday 26th October 2012	O'Tooles	John Morrison	7.30pm	9pm
Practical Football Workshop	Give us a Game - Games to Develop Football	Friday 23rd November 2012	Ballyboden St Endas	Paul Clarke	7.30pm	9pm
Practical Football Workshop	Possession with Purpose	Friday 18th January 2013	IT Blanchardstown - LINC	Sean Dempsey	7.30pm	9pm
Practical Football Workshop	Concept Games and Problem Solving	Saturday 23rd February 2013	St Peregrines	John Morrison	11am	12.30pm

HURLING WORKSHOP

Event	Description	Date	Venue	Tutors	Start	Finish
Practical Hurling Workshop	Individual Tackling	Friday 28th September 2012	St Judes	George O'Connor	7.30pm	9pm
Practical Hurling Workshop	On The Wall - Quicker Faster, Stronger	Frid 19th October 2012	Naomh Meranóg	Paudie Butler	7.30pm	9pm
Practical Hurling Course	Hurley Repair Course	Mon 12th & Wed 14th November 2012	St Davids Artane	Mick Scully	7pm	10pm
Practical Hurling Workshop	Give us a Game - Games to Develop Forward Play	Sat 9th February 2013	Kilmacud Crokes	Eamon O'Shea	11am	12.30pm
Practical Hurling Coaching	First Touch Control - Essential handling skills	Fri 22nd March 2013	Fingallians	John McAvoey	7.30pm	9pm

PHYSICAL FITNESS (for Football & Hurling)

Event	Description	Date	Venue	Tutors	Start	Finish
Practical Physical Fitness	Field based Conditioning	Thur 8th November 2012	Eirn's Isle	Robbie Bourke	7.30pm	9pm
Practical Physical Fitness	Fitness testing made easy	Thur 24th January 2013	Na Fianna	Niall Cooper	7.30pm	9pm
Physical Fitness	Building Physical Skills, Strength & Resistance Training	Thur 28th February 2013	Thomas Davis	M Kennedy	7.30pm	9pm

HIGH PERFORMANCE

Event	Description	Date	Venue	Tutors	Start	Finish
High Performance	Periodisation & Planning	Thur 6th December 2012	Craobh Chirian	Roger Keenan	7.30pm	9pm
High Performance	Heart Rate Training	Thur 7th March 2013	Castleknock	Kevin McGuigan	7.30pm	9pm
High Performance	Advanced Analysis Workshop	Sat 6th April & Thurs 25th April 2013	Parnell Park	Denise Martin	10am	4pm

COACH EDUCATION

Event	Description	Date	Venue	Start	Finish
Volunteer Tutor In-Service	Refresher, Existing Award 1 tutors	Sat 29th September 2012	Parnell Park	10am	3pm
Tutor CPD	Coaching Ireland Tutor Inservice	Saturday 13 th & Sunday 14 th October 2012	Sport HQ Parkwest, Dublin	10am	6pm
Coach Educatuion	Master Tutor Meeting	Mon 3rd September 2012	Lucan Spa Hotel	7:30pm	9.30pm
Coach Educatuion	Master Tutor Meeting	Mon 1st October 2012	Lucan Spa Hotel	7:30pm	9.30pm
Coach Educatuion	Master Tutor Meeting	Monday 5th November 2012	Lucan Spa Hotel	7:30pm	9.30pm
Coach Educatuion	Master Tutor Meeting	Mon 3rd Dec 2012	Lucan Spa Hotel	7:30pm	9.30pm
Coach Educatuion	Master Tutor - Planning Weekend	Friday 4th & Sat 5th Jan 2013	TBA	7:30pm	9.30pm
Coach Educatuion	Master Tutor Meeting	Mon 4th Feb 2013	Lucan Spa Hotel	7:30pm	9.30pm
Coach Educatuion	Master Tutor Meeting	Mon 4th March 2013	Lucan Spa Hotel	7:30pm	9.30pm
Coach Educatuion	Master Tutor Meeting	Mon 8th April 2013	Lucan Spa Hotel	7:30pm	9.30pm
Coach Educatuion	Master Tutor Meeting	Mon 6th May 2013	Lucan Spa Hotel	7:30pm	9.30pm
Foundation Award	Football & Hurling	Tue 2nd, Thur 4th & Tue 9th October 2012	Parnell Park	7.00pm	9.30pm
Award 1 Youth & Adult	Football	5th, 7th, 12th, 14th, 19th, 21st, 26th & 28th November 2012	Kilmcud Crokes	7.30pm	9.30pm
Award 1 Youth & Adult	Hurling	5th, 7th, 12th, 14th, 19th, 21st, 26th & 28th November 2012	To Be Confirmed	7.30pm	9.30pm
Award 2 Child	Football	Frid 8th & Sat 9th, Frid 22nd & Sat 23rd March 2013 Frid 12th & Sat 13th, Fri 26th & Sat 27th April 2013	St Oliver Plunketts St Oliver Plunketts	Friday eve 7pm - 9.30pm Saturday Morn from 9am	
Award 2 Child	Hurling	Frid 8th & Sat 9th Frid 22nd & Sat 23rd March Frid 12th & Sat 13th, Fri 26th & Sat 27th April	O'Tooles O'Tooles	Friday eve 7pm - 9.30pm Saturday Morn from 9am	
Volunteer Tutor Training	Award 1 Youth & Adult Tutor Training	Saturday 19th & 20th October 2012 Saturday 2nd & 3rd November 2012 Saturday 16th & 17th November 2012 Saturday 30th November & 1st Dec 2012 Saturday 14th & 15th December 2012	NUIG Maynooth NUIG Maynooth NUIG Maynooth NUIG Maynooth NUIG Maynooth	10am 10am 10am 10am 10am	5pm 5pm 5pm 5pm 5pm

CAMOGIE WORKSHOP

Event	Description	Date	Venue	Start	Finish
Practical Camogie Workshop	Games for Developing Fundamental Camogie Skills	Monday 22nd October 2012	Good Counsel GAA Club	7.30pm	9.30pm
Foundation Camogie Course	Caman Get A Grip	Friday 23rd November 2012	St Judes GAA Club	6.30pm	9.30pm
		Saturday 24th November 2012	St Judes GAA Club	10am	3.30pm
Level 1 Camogie Course	Get Hooked	Friday 25th January 2013	St Brigids GAA club	6.30pm	9.30pm
		Sat 26th Jan & Sat 2nd Feb 2013	St Brigids GAA club	9.30am	4.30pm
Specialist Skills –Workshop	Goalkeeping, Free taking, Sidelines	Monday 11th February 2013	Clanna Gael Fontenoy GAA Club	7.30pm	9.30pm

COACHING CONFERENCES

Event	Description	Date	Venue	Start	Finish
National Coaching Conference	National Coaching Conference	Saturday 12th Jan 2013	Croke Park	9am	5pm
Leinster Coaching Conference	Theme: Coaching Children	Saturday 2nd March 2013	I.T Carlow	9am	3pm

CLUB DEVELOPMENT

Event	Description	Date	Venue	Tutors	Start	Finish
*Code of Ethics	Best Practice in Youth Sport - For all Mentors	Tuesday 18th September 2012	Parnell Park	ISC Tutor	7pm	10pm
*Code of Ethics	Best Practice in Youth Sport - For all Mentors	Tuesday 25th September 2012	Ballymun Kickhams	ISC Tutor	7pm	10pm
*Code of Ethics	Best Practice in Youth Sport - For all Mentors	Tuesday 2nd October 2012	Ballinteer St Johns	ISC Tutor	7pm	10pm
*Code of Ethics	Best Practice in Youth Sport - For all Mentors	Tuesday 16th October 2012	O'Tooles GAA Club	ISC Tutor	7pm	10pm
*Code of Ethics	Best Practice in Youth Sport - For all Mentors	Tuesday 6th November 2012	St Brigids	ISC Tutor	7pm	10pm
*Code of Ethics	Best Practice in Youth Sport - For all Mentors	Tuesday 13th November 2012	Naomh Olaf GAA Club	ISC Tutor	7pm	10pm
*Code of Ethics	Best Practice in Youth Sport - For all Mentors	Tuesday 20th November 2012	Clontarf GAA Club	ISC Tutor	7pm	10pm
*Code of Ethics	Best Practice in Youth Sport - For all Mentors	Tuesday 22nd January 2013	St Marks GAA Club	ISC Tutor	7pm	10pm
*Code of Ethics	Best Practice in Youth Sport - For all Mentors	Tuesday 29th January 2013	Lucan Sarsfields	ISC Tutor	7pm	10pm
*Code of Ethics	Best Practice in Youth Sport - For all Mentors	Tuesday 5th February 2013	Templeogue Synge Street	ISC Tutor	7pm	10pm

**The above courses are subject to min number of 12 - please pre-register*

Code of Ethics	Club Childrens Officer Course	Saturday 1st December 2012	Parnell Park	ISC Tutor	10am	4pm
Code of Ethics	Club Childrens Officer Course	Saturday 2nd March 2013	Ballyboden St Endas	ISC Tutor	10am	4pm
Summer Camp Training	Summer Camp Meeting	Tuesday 2nd April 2013	Parnell Park	Ger O'Connor	7.30pm	9.30pm

HETAC COURSE INFORMATION EVENING

Event	Description	Date	Venue	Tutors	Start	Finish
Information Evening	Q&A on both HETAC Courses	Wednesday 12th September 2012	IT Blanchardstown	NADA	7.30pm	9.30pm

Certificate in Athlete Player Development for Youth Coaches* (HETAC level 6, Credits: 15 ECTS)

Event	Description	Date	Venue	Tutors	Start	Finish
Athletic Player Development - Semester 1	Unit 1	Wednesday 10th October 2012	NADA Training Centre	NADA	7pm	9.30pm
	Unit 2	Wednesday 17th October 2012	NADA Training Centre	NADA	7pm	9.30pm
	Unit 3	Wednesday 24th October 2012	NADA Training Centre	NADA	7pm	9.30pm
	Unit 4	Wednesday 7th November 2012	NADA Training Centre	NADA	7pm	9.30pm
	Unit 5	Wednesday 14th November 2012	NADA Training Centre	NADA	7pm	9.30pm
	Unit 6 - 8	Saturday 24th November 2012	NADA Training Centre	NADA	10am	4pm
	Unit 9 - 11	Saturday 8th December 2012	NADA Training Centre	NADA	10am	4pm
Athletic Player Development - Semester 2	Unit 12	Wednesday 12 December 2012	NADA Training Centre	NADA	7pm	9.30pm
		Saturday 12th January 2013	NADA Training Centre	NADA	10am	4pm
		Saturday 26th January 2013	NADA Training Centre	NADA	10am	4pm
		Saturday 13th April 2013	NADA Training Centre	NADA	10am	4pm
		Wednesday 24th April 2013	NADA Training Centre	NADA	7pm	9.30pm

Certificate in Conditioning for Gaelic Games* (HETAC level 6, Credits: 15 ECTS)

Event	Description	Date	Venue	Tutors	Start	Finish
Conditioning for Gaelic Games - Semester 1	Unit 1	Thursday 11th October 2012	NADA Training Centre	NADA	7pm	9.30pm
	Unit 2	Thursday 18th October 2012	NADA Training Centre	NADA	7pm	9.30pm
	Unit 3	Thursday 25th October 2012	NADA Training Centre	NADA	7pm	9.30pm
	Unit 4	Thursday 8th November 2012	NADA Training Centre	NADA	7pm	9.30pm
	Unit 5	Thursday 15th November 2012	NADA Training Centre	NADA	7pm	9.30pm
	Unit 6 - 8	Saturday 1st December 2012	NADA Training Centre	NADA	10am	4pm
	Unit 9 - 11	Thursday 13th December 2012	NADA Training Centre	NADA	10am	4pm
	Unit 12	Saturday 15th December 2012	NADA Training Centre	NADA	7pm	9.30pm
Conditioning for Gaelic Games - Semester 2		Saturday 19th January 2013	NADA Training Centre	NADA	10am	4pm
		Saturday 6th April 2013	NADA Training Centre	NADA	10am	4pm
		Thursday 25th April 2013	NADA Training Centre	NADA	7pm	9.30pm

*Courses going ahead are subject to minimum number of applicants **Dates subject to change

GPO IN-SERVICE TRAINING (staff only)

Event	Description	Date	Venue	Tutors	Start	Finish
G.P.O. In-service - ALL STAFF	Yearly Business Meeting	TBC	Parnell Park	G O'Connor	3pm	5pm
G.P.O. In-service - ALL STAFF	Finalise Athlete Dev Course	Wed 19th September 2012	Parnell Park	M Kennedy	3pm	5pm
GPO In-service Training - Northside	Developing Cross Curricular programme	Thur 25th October 2012	Fingallians	T Mc Williams	10am	4pm
GPO In-service Training - Southside	Developing Cross Curricular programme	Fri 26th October 2012	Thomas Davis	T Mc Williams	10am	4pm
G.P.O. In-service - Group 1	Tutor - Continuous Professional Development	Tues 20th November 2012	Parnell park	LTG	10am	4pm
G.P.O. In-service - Group 2	Tutor - Continuous Professional Development	Wed 21st November 2012	Parnell park	LTG	10am	4pm
G.P.O. In-service - Group 3	Tutor - Continuous Professional Development	Thurs 22nd November 2012	Parnell park	LTG	10am	4pm
G.P.O. In-service - ALL STAFF	Occupational First Aid Training	8th, 9th & 10th January 2013	Parnell Park	LTS Training	10am	5pm
G.P.O. In-service - ALL STAFF	Summer Camp Meeting	Tue 21st May 2013	Parnell Park	G O'Connor	10am	5pm

REFEREE EDUCATION

Event	Description	Date	Venue	Tutors	Start	Finish
Referee Course - Level 3	Juvenile Games (U13 - U16)	5th, 7th, 12th & 14th November 2012	Parnell Park	Ref Committee	7pm	9.30pm
Referee Course - Level 2	Go Games - Level 2 Course	26th & 28th Nov & 3rd & 5th Dec 2012	Parnell Park	Ref Committee	7pm	9.30pm
Referee Course - Level 1	Go Games - Level 1 Course	14th, 16th, 21st & 23rd January 2013	Parnell Park	Ref Committee	7pm	9.30pm
Referee Course - Level 1	Go Games - Level 1 Course	14th, 16th, 21st & 23rd January 2013	Thomas Davis	Ref Committee	7pm	9.30pm
Referee Course - Level 1	Go Games - Level 1 Course	28th & 30th Jan & 4th & 6th February 2013	Westmanstown Gaels	Ref Committee	7pm	9.30pm
Referee Course - Level 1	Go Games - Level 1 Course	28th & 30th Jan & 4th & 6th February 2013	Fingallians	Ref Committee	7pm	9.30pm
Referee Course - Level 1	Go Games - Level 1 Course	18th, 20th, 25th & 27th February 2013	Parnell Park	Ref Committee	7pm	9.30pm
Referee Course - Level 1	Go Games - Level 1 Course	18th, 20th, 25th & 27th February 2013	Naomh Olaf	Ref Committee	7pm	9.30pm

RECENT PUBLICATIONS FROM THE DUBLIN GAA COACHING DEPARTMENT



Ready To Play • “Ready to Play” is a much needed resource which has everything you need to plan, prepare and successfully implement nursery programmes in any club. This book is packed with top tips and useful practical advice for your nursery activities.

Available from the Coaching Dept for €6.99



Give us a Game • “Give us a Game” is the latest book with a collection of over 200 Games for football and hurling appropriate for all ages and abilities. The reason we play games is to get players to work together as a team and understand what to do and how to do it.

Available from the Coaching Dept for €9.99



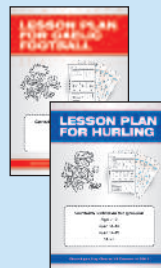
Game Sense • A book written by John Morrison which is designed to help coaches in team preparation. It provides 10 sessions for coaches to follow, each session is flexible & adaptable and focuses on a different theme.

Available from the Coaching Dept for €14.99



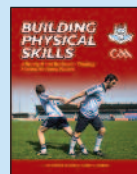
Wall Ball • This wall ball resource for football and hurling provides a range of activities that can be incorporated into any coaching session to improve individual practice. No amount of motivating will make up for the lack of ball control. At the wall, the coach can set targets for individual players and teams of three and fours. This resource is packed with simple tips for improving first touch and basic control.

Available from the Coaching Dept for €5 per manual.



Lesson Plan • A series of sample lesson plans appropriate for players from 7 to 18 years of age both in football and hurling. These lessons include such activities as warm-ups, skill drills and game based training recommended for each specific age. Each lesson plan focuses on a particular skill and develops that skill throughout the session. The lessons are fully illustrated to help coaches understand the activities. A total of 12 football and 12 hurling lessons are available.

Available from the Coaching Dept: Football pack €10, Hurling pack €10, Both €15



Building Physical Skills • ‘Building Physical Skills’ provides coaches with a variety of safe exercises—which can be done with little, or no equipment—that encourage working together using your own body resistance to develop strength. It contains warm up activities – pulse raisers, mobility & dynamic stretching. It also includes over 40 strength & resistance training exercises and activity cards detailing each exercise for on the field training

Available from the Coaching Dept for €14.99

For further information contact: Dublin GAA, Coaching Department, Parnell Park, Donnycarney, Dublin 5

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COACHING AND GAMES 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