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| **ACTION** | **OUTCOME SOUGHT** | **TIMESCALE**  **WHEN ?** | **Milestone** | **Responsibility** |
| Establish a coaching & games committee | To oversee all aspects of games development & ensure best possible coaching structures are in place in the club | 31.1.16 | \*coaching committee to include Youth Officer, school liaison officer, equipment coordinator, rep from each age group & code | Executive committee & Coaching officer |
| Appointment of coaching teams for all age groups | Head coach in place at each age group, sufficient assistant coaches( nos of coaches to reflect nos of players) | 31.1.16 ( reviewed and to be completed by 31st oct hereafter) | \*re-appointment of current coaches  \*Promote suitable assistant coaches  \*Identify individuals from within club eg current & past players  \*recruitment of parents & new coaches  \* Provide appropriate training for all present & new coaching personnel | Coaching & games committee  Coaching Officer |
| Club & GAA code of best practice & behaviour in place | To promote an environment of respect in the club & ensure that all children participate in a safe environment | 31.3.16 | \*all coaches to attend child protection workshop (renew every 3 years)  \*RESPECT posters visible on premises  \*GAA & club code of conduct to be read & signed by parents, players & coaches  \*discipline to be upheld by players and coaches | Youth Officer, Youth committee & Registrar |
| **Action** | **Outcome sought** | **When** | **Milestone** | **Responsibility** |
| All coaches working with underage players to have received Access NI Clearance | To provide assurance to players , parents & members that all coaches working with young people are suitable | Unvetted coaches to return forms by 10th February (by 31st November hereafter) | \*All new coaches to go through process asap | Childrens officers/ Youth Officer |
| Coach Education | \*an environment of best practice in coaching should be fostered with coaches willing to learn & improve  \*coaches should take what they have learnt & implement new ideas with their teams  \*all coaches to have minimum of Foundation award with ambition to move up coaching ladder  More First Aiders trained with defib competence.  \*concussion training  \*Ulster gaa CPD’s | 1st April  2016  Jan/feb each year | \*Foundation award available each year  \*Award 1 available each year  \*Award 2 available to experienced coaches  \*County & Provincial CPDS  \*First Aider in every coaching team with defib  \*workshops eg goal keeping, frees  \*refresher courses every 3 years (firstaid, defib, child protection, coaching) | Coaching Officer |
| Implementation of Specific Coaching Programmes for all stages of Long Term Player Pathway (see poster)  Coaches pathway for sustainability in our coaching plan | * Ultimately each team should be undertaking a programme of coaching appropriate to their age group. * As players move up the player pathway they will develop the correct skills & competencies with regard to physical capabilities, technical awareness, game sense, health & performance. * All coaches should have the option of remaining or moving up the coaching levels. There should be a mentoring process for this to happen i.e. most experienced coach in each age group must mentor new coaches planning to coach at the different age groups. | Ensure coaches have info by 28th February  Head coaches attend a mentoring session/s from Jan. onwards in preparation for their mentoring role. | \*coaching officer to ask head coach for 6-10 week plan for each age group  \*coaching officer to review the plans of each age group  \*head coaches to carry out the sessions as per their plans  \*coaching officer to monitor the delivery of these various plans. | Coaching Officer  Sample session – From Ulster Council.  Coaching officer provides mentoring training for this to happen. |
| Common coaching plan  Involving a system of play for all teams from U.14’s | \*that all players are coached in such a way as to cover all the skills they will need, be tactically aware, have good game sense  & play to an overall game plan agreed by all coaches as to the way Rasharkin want to play. | In place by 31st march 2016 and reviewed at CC. meetings | \*teams coached in a similar style from juvenile through to senior  \*coached in different playing styles so always options | Coaching officer, coaching comm, head coaches |

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| **Action** | **Outcome sought** | **Timescale** | **Milestone** | **Responsibility** |
| Programme of games for all ages ( go games, competitive games, challenge games, tournaments , blitzes, Funday, sports day, fitness testing at all age groups, internal club competitions, club tidy up, fundraisers | All players to receive sufficient games throughout the year to help with development i.e. not too many eg students and enough to challenge players training skills. | Reviewed at each coaching meeting ongoing | \*coaching com. To agree min. nos of games for each group  \*club secretary to notify head coaches of official fixtures & go games  \*Head coach to ensure fixtures are fulfilled  \*Head coach to organise challenge games(notify secretary)  \*weekly fixtures on club website &FB  \*training shedules on club noticeboard | Head coaches  Club Secretary  Coaching com.  PRO |
| Club school link in place & school liaison officer (SLO) appointed | To cement relationship between local schools & club  Ensure children receive GAA coaching all year round  Open up pathway for new players not attached to another club | March 2016 for entry into OLOL & St Brigid’s Ballymoney as well as our own Primary school.  Use our Deni. Coaches to run these courses and cpd’s to upskill your coaches throughout the year. To run with term time thereafter. | Start of year meeting with school reps.  After school coaching planned & delivered  Curriculum time coaching planned & delivered  Club notice board set up and updated regularly | School Liaison Officer  Coaching Officer  Available coaches |
| Club Fun day, Easter camp, parent & child day, kids to county matches | To give our players some fun and encourage new players in and help cement bond with parents | On going, dates to be established by 31.3.15 | \*events comm/ youth comm and coaching com to work together  \*half time mini games, especially at home in our senior games, all codes  \*meet the players, invite club senior players to help with underage training ( run a week of this along side parent and child day | Events, Youth and coaching committees  Youth officer  Head coaches  Coaching officer  PRO |
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| **Action** | **Outcome sought** | **timescale** | **milestone** | **responsibility** |
| Recruitment of New Players by organising the Gaelic Start programme run out by the Dept. of Educ. Antrim Primary School coaches. | Sufficient numbers of new children joining the club every year  These can be at first stage of pathway (u6s) or could be older children that have never been at club before | Ongoing but big push pre start of each season | \*Club –School links  \*Gaelic start programme implemented for 4-6 year olds  \*Promotion in local area( flyers, notice boards,bulletin, fbook, web)\*Registration night | School Liaison officer  Coaching Officer  Registrar  Youth Officer  Coaching & Youth committees.  KS 1 Dept. of Educ. Coaches |
| Registration Night | Yearly event to registrar all existing & new players and members, should be an exciting day, tied up with an event, fundraiser, help encourage non playing members also. | By 31st March each year | \*set date in early part of year  \*advertise via fbook, web, bulletin and flyers in schools | Registrar  Coaching Officer  Youth officer  Head coaches  Assistant coaches |
| Equipment coordination | Each team to have sufficient equipment for training & games  Each coaching team responsible for own equipment especially the new fundamental equipment for the U.5’s like sponge balls, 1st touch sliotars, hoops etc. | Inventory completed by 31st oct each season. Wish list submitted. | \*use equipment cabin  \*inventory carried out each year  \*order equipment for each team  \*monitor as year progresses  \*head coach to have key/combination of equipment cabin | Equipment coordinator  Head coaches  Coaching committee |
| Facility coordination | Schedule of training and games in place that everyone is aware of , so that every team has sufficient access to club facilities | By end Feb. each season | \*identify what facilities are required (club pitches, indoor halls, council hall, schools)  \*allocate training slot and games slot for each team  \*club noticeboard to show clearly who is using facilities throughout the week  \*up date noticeboard regularly  \*each head coach to have key of main gate & dressing rooms  \*coaches to be given code for store & defib box | Club secretary  Coaching officer  PRO  Head coaches |
| **Action** | **Outcome sought** | **timescale** | **milestone** | **responsibility** |
| Regular coaching committee meetings | Monthly/6 weekly schedule of coaching comm meetings planned  This will enable the Coaching officer to get feedback from all sections of coaching committee, monitor implementation of coaching plan& deal with issues that arise during the year. | ongoing | \*yearly schedule of meetings planned  \*all members of coaching committee and head coaches notified of schedule  \*reminders of meetings sent out with agendas  \*minutes with action points drafted and sent out to members of committee | Coaching officer |
| Team building & valuing coaches | That coaches work with each other and not against, that coaches help each other out and that coaches feel valued and appreciated by the club. | End of november | \*regular meetings  \*coaches tops for match day  \*end of season meal for coaches or voucher | Club committee, Treasurer, Finance & events committee  Attend county officer’s training session organised by the Ulster Council over Jan./Feb. |
| Teams top of agenda | Teams & performance be given a bigger emphasis by our club executive committee | ongoing | Coaching and games be given a dedicated section on the monthly club clar | Executive committee |
| Senior management roles | That senior team mgt be appointed **before** reserve and that senior mgt free to bring in their own team to manage reserves if willing to and also U21 team. Minor players encouraged to attend senior training. If senior mgt not willing to take u21 mgt nominees asked for immediately | 31.1.16 and reviewed 31.10.16 | \*appoint senior mgt  \*senior mgt take control of reserve team  \*senior management take on u21 team  \*minor training regularly with seniors | Executive committee  Senior mgt  Minor mgt  Coaching off |

MISSION STATEMENT

“At St Marys GAC Rasharkin we want to ensure we have an organised and structured coaching development plan in place, which is developed and implemented to maximize the talents of our coaches. We will ensure our coaches are properly educated, empowered and prepared to deliver a coordinated, integrated and enjoyable coaching plan, which maximizes the potential of all our players. We strive to actively encourage and foster Gaelic games in all codes within our parish and provide a safe, inviting and fun atmosphere for players, coaches and spectators”

Naomh muire Gac

Coaching & Games Development Plan 2016

