



April 2018

The goal of the CGAA is to create a coaching system which produces and supports the development of coaches and players at all stages of development, there are coaching courses available that take into account the different playing capacities that exist between children (up to 11 years), youths (age 12 – 17) and adults (age 18+), and the competencies that a coach is required to display when working with each of these playing populations. This stream have been identified to cater for the diverse needs of children, youth and of adults and the aim of these courses is to ensure that all players and teams are coached by a person qualified to the appropriate level who can enable them to achieve their full potential.

The programmes provides the opportunity for coaches to specialise in catering for the particular needs of child, youth and adult players as they strive towards total playing performance. It recognises that coaches will be best qualified to do so when using a games-based approach to training and development and when they have the required level of management and leadership capability, developed through a process of experience and reflection.

Coaching courses are grounded in the values of, among other things, Inclusiveness, Respect, Player Welfare and Teamwork; they focus on continuing education, so that coaches can improve by means of a series of specifically designed courses, workshops and conferences incorporating recognised principles of best practice. The principle of Applied Lifelong Learning makes provision for coaches to continually develop their skills and to progress at a rate suited to their own development.

The CGAA endorses all of the above to the fullest, and in doing so has provided clubs and coaches across Canada with all the relevant coach education programme courses at the following stages.

- Foundation Award Certification - minimum requirement for anyone assisting with any team of any age child/youth/adult
- Award One Tutor Certification - minimum requirement for anyone managing or as head coach of any team child/youth/adult

Coaches become certified and accredited when they have completed one or both one of the above courses.

GAA Coach Education Program:

In year 2018, the CGAA will allow for deviation from the “Mandatory Standards” as outlined on page number 2 of this document, in year 2018 Club management teams will contain coaches who are ‘Foundation Award Certified’ ideally the head coaches, 2019 and onwards, Club management teams will contain coaches who are “Award 1 certified” ideally the head coaches.

Sport Canada’s mandate: Coaches must submit a valid ‘Club Named GAA Specific’ police check clearance certificate before coaching any team of any age at child/youth level; this certificate is valid for three years from date obtained.

Liability Insurance Coverage:

Liability insurance is paramount; it provides insurance coverage for the entire CGAAs and its sanctioned activities. The CGAA in its submissions for liability insurance has undertaken and confirmed to the insurance underwriter that at a minimum, Club management teams contain a coach who is Foundation Award Certified, ideally the head coach, so it is vital that Clubs conform to this mandatory requirement, the legal and liability responsibilities and undertakings dictate so:

“No certified coach, no insurance, and consequently no game”



COACH EDUCATION PROGRAMME

MANDATORY STANDARDS

Árd Chomhairle has approved the following standards for Inter-County and Club teams from 2016:

Inter County Management Teams

- For the 2016 season, all Inter-County Management teams will contain an Award 2 coach. This person would ideally be the head coach. Applications for a derogation can be made to the National Games Development Committee where deemed to be in the best developmental interests of the relevant team.
- For the 2018 season, all Inter-County 'Head Coaches' will be Award 2 qualified.

Club Management Teams

- For the 2016 season, all Club Management teams will contain an Award 1 coach. This person would ideally be the head coach.
- For the 2018 season, all Club Head Coaches will be Award 1 qualified.



It is mandatory that, Clubs or Divisional Committees intending to provide coaching courses at any level, (Foundation Award, Award 1 or Award 2) must contact the CGAA Development Officer at: development.ca@gaa.ie

Foundation Award

The Foundation Award is the introductory award for coaches of Gaelic Games. The course is aimed at beginner coaches and will enable participants to assist a coach in the organisation of activities to develop hurling or football.

The course is seven and a half hours in duration and covers four key modules, as well as introductory and conclusion modules. These four modules are:

- Introduction to Games
- Skill Development
- Movement Skills
- Coaching Children, Youths and Adults

Coaching Competencies to be developed

By the end of this course participants will be able to:

- Assist a coach in organising a programme of games and skill development activities appropriate to each participant's needs and abilities
- Identify the skills of hurling
- Assist a coach in organising progressive activities (drills and fun games) to develop five key skills
- Assist a coach in organising progressive activities to develop movement skills appropriate to Gaelic Games
- Assist a coach in organising and managing players for an effective practice session
- Build Rapport, Observe, Analyse, Explain, Provide Demonstration and Provide Positive Feedback to Players

Course Philosophy

The GAA is committed to implementing an integrated Coach Education Programme with a view to maximising participation, optimising playing standards and ensuring that players' needs are catered for in a balanced way.

The course is designed to promote the development of the How to Coach skills through modelling of best practice, as demonstrated by the tutor, experimental learning and through the guided reflection on previous experiences – as a coach, player, official or parent – facilitated by the tutor.

Award 1

The Award 1 Coach Education course is the second award on the coaching pathway of Gaelic Games. The course is aimed at coaches that have progressed through the Foundation Award and have experience as a coach.

The Award 1 course has been designed to take account of the different playing capacities that exist between children (up to 12 years), youths (age 13 – 18) and Adults (age 19+) and the competencies that a coach is required to display when working with each of the playing populations. Therefore, coaches can specialise in coaching the particular players that they are involved with.

The course is 16 hours in duration and covers a number of key modules including:

- Technical Proficiency
- Tactical Prowess
- Team Play
- Physical Fitness
- Playing Facts
- Psychological Focus
- Communication

The focus of the course is the further development of the ‘How to Coach’ skills by placing the participant in situations that they will face as coaches – the organisation of games activities, activities to develop skill and activities to develop the various aspects of physical fitness.

Coaching Competencies to be developed

by the end of these course participants will be able to:

- Organise a programme of games and skill development activities appropriate to each participant's needs and abilities
- Organise progressive activities (drills and fun games) to develop five key skills
- Organise progressive activities to develop movement skills appropriate to Gaelic Games
- Organise and manage players for an effective practice session
- Build Rapport, Observe, Analyse, Explain, Provide Demonstration and Provide Positive Feedback to Players
- Understand the course philosophy

The GAA is committed to implementing an integrated Coach Education Programme with a view to maximising participation, optimising playing standards and ensuring that players’ needs are catered for in a balanced way.

The course is designed to promote the development of the How to Coach Skills through modelling of best practice, as demonstrated by the tutor, experiential learning and through the guided reflection on previous experiences – as a coach, player, official or parent – facilitated by the tutor.

Attending a Course

Attendance at an Award 1 course is for those people that have already undertaken the Foundation Award programme, and have gained some experience of coaching over a playing season. The Award 1 courses are organised locally within each County.

Award 2

The Award 2 Coach Education course is the third award on the coaching pathway of Gaelic Games. The course is aimed at experienced coaches that have progressed through the Foundation and Award 1 programmes.

In the same manner as the Award 1 course, the Award 2 course has been developed to take account of the different playing capacities that exist between children (up to 12 years), youths (age 13 – 18) and adults (age 19+) and the competencies that a coach is required to display when working with each of the playing populations. This allows coaches to further their knowledge, experience and capabilities when working with the various playing populations.

The Award 2 Coach Education course is the third award on the coaching pathway of Gaelic games. The course is aimed at coaches that have progressed through the Foundation Award and Award 1 programmes and have experience as a Coach. The Award 2 course has been reformatted to take account of the different playing capacities that exist between Children (up to 12 years), Youths (age 13 – 18) and Adults (age 19+) and the competencies that a coach is required to display when working with each of the playing populations. Therefore coaches can specialise in coaching the particular players that they are involved in.

The course is 27 hours in duration and covers a number of key modules, as well as Introductory and Conclusion modules. These modules are:

- Role of the Coach
- Technical Proficiency
- Tactical Prowess
- Team Play
- Physical Fitness
- Participant Feedback/Playing Facts
- Psychological Focus
- Talent Identification
- Nutrition and Hydration
- Communication
- Lifestyle
- Rules

The focus of the course is the further development of the coaching skills by placing the participant in situations that they will face as coaches – the organisation of games activities, activities to develop skill and activities to develop the various physical fitness skills.

Coaching Competencies to be Developed The Award 2 Programme:

- Focuses on the further development of how and what to coach based on the playing group that you are involved with but also to look further at the integration of key areas that contribute to performance.
- Use of the OTú model to do a personal, player and team analysis.

The Course is divided into a number of modules; some expose coaches to practical situations and others are designed to develop your knowledge base.

Attending a Course

Attendance at an Award 2 course is for those people that have already undertaken the Award 1 programme, and have gained some experience of coaching over a playing season. The Award 2 courses are organised by the Ulster Council.