



# Club Coaching & Games Planning Document

## OUR VISION

Our vision is that everybody is welcomed to participate fully in our games and culture, that they thrive and develop their potential, and be inspired to keep a lifelong engagement with our Association.

## OUR MISSION

The GAA is a community-based volunteer organisation promoting Gaelic games, Gaelic culture and lifelong participation.



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## Introduction

This Club Coaching & Games Planning document was developed by Connacht GAA in conjunction with our 5 provincial counties to be used annually by all our clubs in the province.

The purpose of this document is to build **self-sufficiency** and **self-sustainability** within your club in all aspects of Coaching & Games. This document helps to guide the Club Coaching Officer, under the guidance of the club coaching and games steering committee, in developing and continuing club coaching projects in line with best practice.

This engagement will also create a greater awareness for clubs of the comprehensive nature of all Coaching & Games activities that are been developed at county, provincial and national level. It affords the Club Coaching & Games Steering Committee responsibility for the future direction of Coaching & Games development within the club.

The Club Coaching & Games Planning document is based around the 6 National Merit based areas:

### Child



### Youth



### Cúl Camps



### School Initiatives



### Learning & Development



### Talent Academy



## Core Values of the GAA

When considering which projects the club undertakes as part of the Club Coaching & Games Planning document it is important that the GAA's Core Values are at the heart of each project.

Community Identity  
Amateur Status  
Inclusiveness  
**Teamwork**  
Player Welfare  
Respect

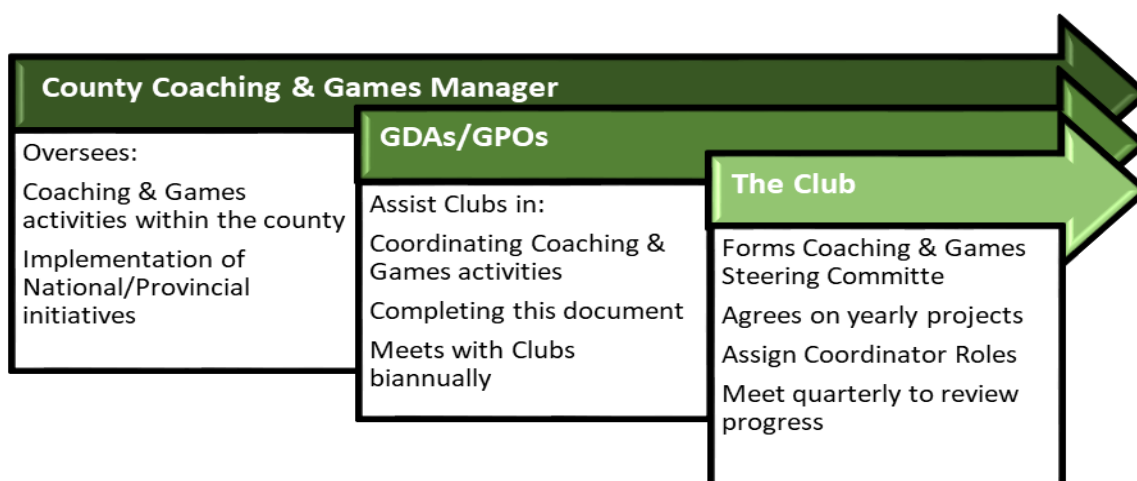


## Club Planning Program Structure

The Club Coaching & Games Planning document is delivered through a combined effort of all units of Coaching & Games of the Association.



Below is an overview of how the Club Coaching & Games Planning document, as part of the overall Coaching and Games Program, is conducted within each county.



### Club Details

Club Name: \_\_\_\_\_

Club Coaching & Games Steering Committee Members

Steering Committee Members	Contact Email Address	Contact Number
Club Chairperson		
Club Secretary		
Club Coaching Officer		
Club Treasurer		
Club PRO		

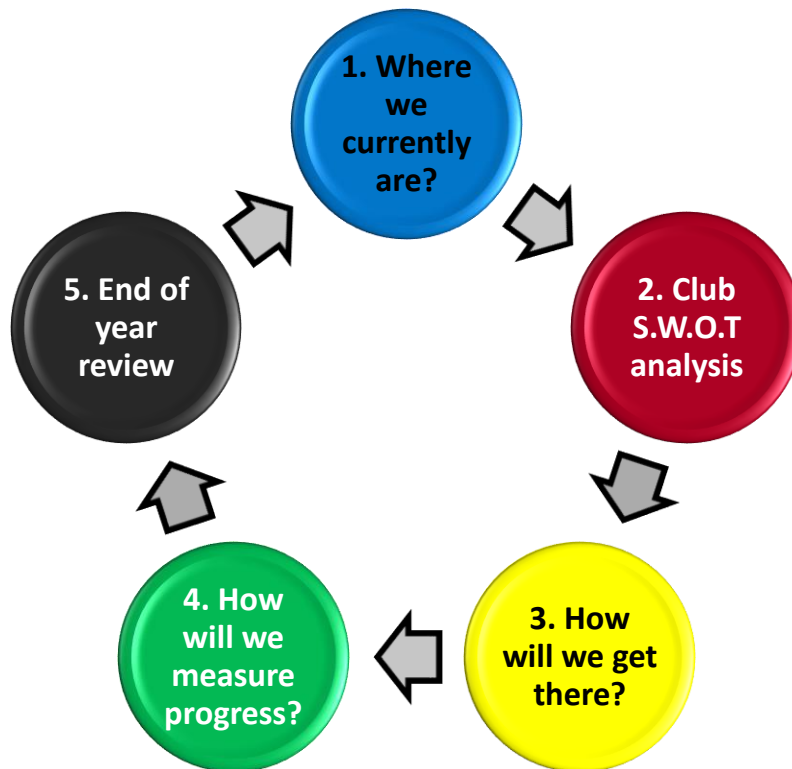
## The Planning Cycle

A major component of the Club Coaching & Games Planning document is the planning cycle.

The club will be supported in:

- Assessing the current status of Coaching and Games within the club.
- Identifying projects that will improve the status of Coaching and Games within the club.
- Measuring the progression of identified projects.
- Reviewing the outcome of the identified projects.

It is envisaged that the planning cycle will become a regular item for discussion when the Coaching & Games Steering Committee meet.






## Club Coaching & Games Audit (Where we currently are?)

### Club Structures Audit

		Yes	No
1	Does your club have an active coaching officer?		
2	Does your club have a Coaching & Games Committee in place?		
3	Do the Coaching & Games Committee meet quarterly?		
4	Is there a Club Coaching & Games Plan in place?		
5	Does the club have a club school link in place? (or provide coaching into the local NS)		
6	Does your club host or encourage members to attend regional GAA Cúl Camps?		
7	Are all your coaches Garda Vetted and Safeguarding 1? (Requirement by Law)		
8	Have all your coaches GAA coaching qualifications? (Requirement by Law)		
9	Does your club have a children's officer?		
10	Does your club have a code of conduct for Coaches, Parents & Players?		
11	Do your club coaches plan and review activities annually?		
12	Does your club track participation throughout the year?		
13	Do your coaches meet regularly throughout the year to share their experiences?		

### Club Participation Audit (This section should be updated at least once every three years)

		<b>Football</b>						
		Nursery	U7/8	U9/10	U11/12	U13/14	U15/16	U17/18
1	No. Attending School							
2	No. Playing with Club							
3	No. of Teams							
4	No. of Organised Games							
5	No. of Challenge Games							
6	No. of Blitzes							
7	No. of Coaches							
8	No. of GAA Qualified Coaches							
9	No. of Weeks of Activity							
10	No. of Sessions Per Week							

		<b>Hurling</b>						
		Nursery	U7/8	U9/10	U11/12	U13/14	U15/16	U17/18
1	No. Attending School							
2	No. Playing with Club							
3	No. of Teams							
4	No. of Organised Games							
5	No. of Challenge Games							
6	No. of Blitzes							
7	No. of Coaches							
8	No. of GAA Qualified Coaches							
9	No. of Weeks of Activity							
10	No. of Sessions Per Week							

## SWOT Analysis

### Club Strength, Weakness, Opportunities & Threats

What is a SWOT analysis and what should you use one?

SWOT stands for **S**trength, **W**eakness, **O**pportunity, **T**hreat. A SWOT analysis will help your club identify what their strength and weakness are as well as broader opportunities and threats. This will help your club Coaching & Games Committee to have a fuller awareness of the club's current situation and help them with future planning and decision making for Coaching & Games. Generally, strength and weaknesses are internal while opportunities and threats are external to the club.

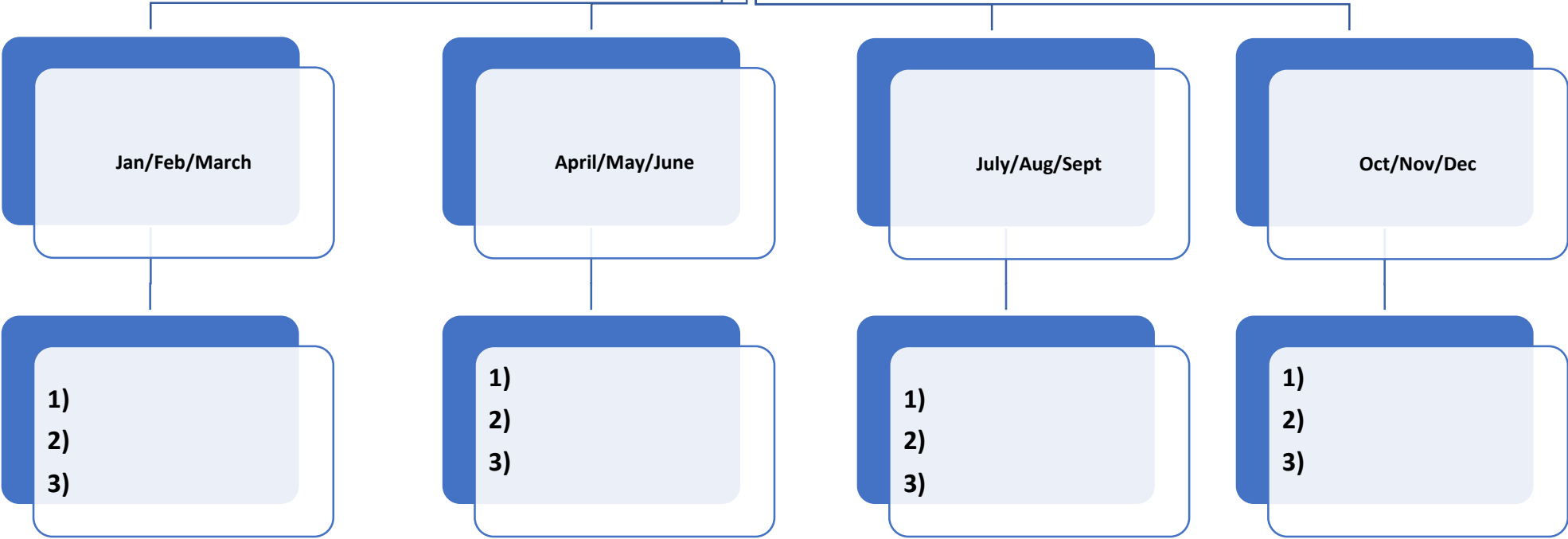
Strengths	Weaknesses
Opportunities	Threats





# Yearly Plan

1)  
2)  
3)  
4)  
5)



## Roles & Responsibilities

Below is a list of the objectives agreed in the previous section on planning. Here the club must appoint a person who is responsible for delivering each of the yearly objectives. Ideally there is a different person responsible for each objective.

### People Responsible for Delivering Agreed Objectives

Yearly Objective No.	Person Responsible	When
1		
2		
3		
4		
5		



## Reviewing Process

### Mid-Year Agreed Objectives Review – Internal

Yearly Objective No.	Current Status
1	
2	
3	
4	
5	

### End of Year Agreed Objectives Review - External

Yearly Objective No.	Current Status
1	
2	
3	
4	
5	

## Glossary

**GDA** – Games Development Administrator

**GPO** – Games Promotion Officer

**Coaching & Games Steering Committee** – Consists of the Club Chairperson, Secretary, Coaching Officer, Treasurer & PRO who oversee the implementation of Coaching and Games initiatives within the club.

**Club Coaching & Games Committee** – Consists of the Club Coaching Officer, Project Coordinators and a coach from each age grade. The committee discusses coaching related points in a group chaired by the coaching officer who reports back to the Club Coaching and Games Steering Committee.

**Coaching Officer** – It is the responsibility of the Coaching Officer and committee to nurture young coaches and to provide a consistent program of games, supported and complimented by quality coaching sessions for all our players.

**Children's Officer** – ensure the implementation and promotion of the relevant Child Welfare and Protection Codes and Guidelines for good practice in their Club/County so as to ensure that young people can participate, enjoy and benefit from our Gaelic Games in safe and enjoyable surroundings.

**Garda Vetting** – The GAA has a long-established principle of vetting any person who, on our behalf, works with children or vulnerable adults in our Association. This principle is enshrined in rule through our Code of Best Practice in Youth Sport and has become part of the overall recruitment and selection process for those who wish to work with us in the GAA, in a voluntary or paid role.

**GAA Coaching Qualification** – A Coach Education Award that is accredited by the GAA, namely Foundation Award, Award 1 and Award 2.

## Appendices

### Appendix A

<b>Coaching Committee</b>
<ul style="list-style-type: none"><li>➤ Should be chaired by the Coaching Officer</li><li>➤ Project Coordinators and a coach from each age grade should be on the committee (these can be the same person if necessary)</li><li>➤ Meet every 6/8 weeks or as is necessary.</li><li>➤ The coordinators/age grade representative communicates any concerns that they or their coaches may have, e.g. we don't feel confident in coaching skills through games.</li><li>➤ As a group they can discuss how this can be improved, e.g. GDA visit or observation of a coach within the club.</li><li>➤ Other issues such as, requests for equipment, competition schedules, proposed events can also be discussed, e.g. Féile participation</li></ul>
<b>Nursery Coordinator</b>
<ul style="list-style-type: none"><li>➤ Ensure training time and venue is confirmed.</li><li>➤ Responsible for ordering appropriate Nursery equipment.</li><li>➤ In conjunction with Coaching Officer/Coach Education Coordinator, ensure coaches are qualified, Safeguarded and Garda Vetted.</li><li>➤ Oversee coaches to ensure Nursery sessions are planned out, e.g. stations</li><li>➤ Liaise with Coaching Officer/Coach Education Coordinator to invite GDA to help develop the Nursery Coaches.</li></ul>
<b>Coach Education Coordinator</b>
<ul style="list-style-type: none"><li>➤ October start to advertise for new coaches who will need to complete their Foundation Course.</li><li>➤ October start to identify current Foundation coaches who are willing to complete their Award 1.</li><li>➤ October start to identify current Award 1 coaches who are willing to complete their Award 2.</li><li>➤ In conjunction with the Coaching Committee, identify areas where coaches require support and organise with the Coaching Officer to invite GDA to assist.</li><li>➤ Identify coaching workshops that will help upskill club coaches.</li><li>➤ Plan a club coaching workshop (can be used as a fundraiser for the club).</li></ul>
<b>Skills Challenge Coordinator</b>
<ul style="list-style-type: none"><li>➤ Decide if the club wants an internal Skills Challenge (Under 11s – Under 15s) or if they just want to concentrate on the age group that will take part in the County Competition.</li><li>➤ Organise a session for players and coaches to become familiar with the challenges.</li><li>➤ Invite GDA to demonstrate how to setup the Skills Challenges and scoring system.</li><li>➤ Schedule a number of Skill Challenge Events/Re-tests over the course of the Season (every 6 weeks).</li><li>➤ Oversee/Organise training sessions in the run up to the County Competition.</li><li>➤ Display the Coaching Skill Cards in dressing rooms for players and coaches to reference.</li></ul>
<b>School Link Coordinator</b>
<ul style="list-style-type: none"><li>➤ Responsible for creating a communication link between the club and school.</li><li>➤ Responsible for creating and updating a club display board in the school.</li><li>➤ Identify and organise club coaches who can provide regular coaching during school hours.</li><li>➤ Identify and organise club coaches who can assist with the Cumann na mBunscol teams.</li><li>➤ Ensure the school are kept up to date with any initiatives from Coaching and Games, e.g. Fundamentals Program, 10-week Coaching Block, Blitz Days, &amp; Skill Challenge Competition.</li></ul>

Appendix B

Planning

**Five Year Plan Objectives**

- 1)
- 2)
- 3)
- 4)
- 5)

**Three Year Plan Objectives**



- 1)
- 2)
- 3)
- 4)
- 5)

**Yearly Plan Objectives**

- 1)
- 2)
- 3)
- 4)
- 5)

## Appendix C

		<b>Ladies Football</b>							
		Nursery	U7/8	U9/10	U11/12	U13/14	U15/16	U17/18	
1	No. Attending School								
2	No. Playing with Club								
3	No. of Teams								
4	No. of Organised Games								
5	No. of Challenge Games								
6	No. of Blitzes								
7	No. of Coaches								
8	No. of GAA Qualified Coaches								
9	No. of Weeks of Activity								
10	No. of Sessions Per Week								

		<b>Camogie</b>							
		Nursery	U7/8	U9/10	U11/12	U13/14	U15/16	U17/18	
1	No. Attending School								
2	No. Playing with Club								
3	No. of Teams								
4	No. of Organised Games								
5	No. of Challenge Games								
6	No. of Blitzes								
7	No. of Coaches								
8	No. of GAA Qualified Coaches								
9	No. of Weeks of Activity								
10	No. of Sessions Per Week								