



Developing a Club Coaching Philosophy



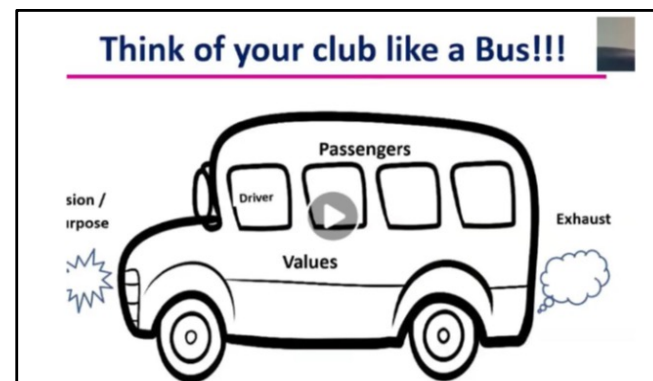
Developing Better Coaches

FUNDAMENTALS Under 6, 7 & 8	Learning to Train Under 9, 10, 11, & 12	Training to Train Under 13, 14, & 15	Training to Compete Under 16, 17, & 18	Training to Win Under 21 to Senior
<p>Chronological age Males: 6 - 8 Females: 6 - 8</p> <p>FUN and Participation Physical Literacy Equality Inclusion *Co-education *Wants and principles *Attention *Learning *Speed *Tactical Introduction to basic Gaelic skills *Skill *Tack *Kick *Hand *Goal *Mental *Physical *Lifestyle</p>	<p>Chronological age Males: 9 - 12 Females: 9 - 11</p> <p>Technical Tactical Mental Physical Lifestyle</p>	<p>Chronological age Males: 12 - 16 Females: 12 - 15 (Age ranges are PPEV dependent)</p> <p>Technical Tactical Mental Physical Lifestyle</p>	<p>Chronological age Males: 17 - 18 Females: 17 - 18</p> <p>Technical Tactical Mental Physical Lifestyle</p>	<p>Chronological age Males: 19 + Females: 18 +</p> <p>Technical Tactical Mental Physical Lifestyle</p>

Adapted from the Long Term Player Development Model by Dr. Ertan Bayli

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Skills Development



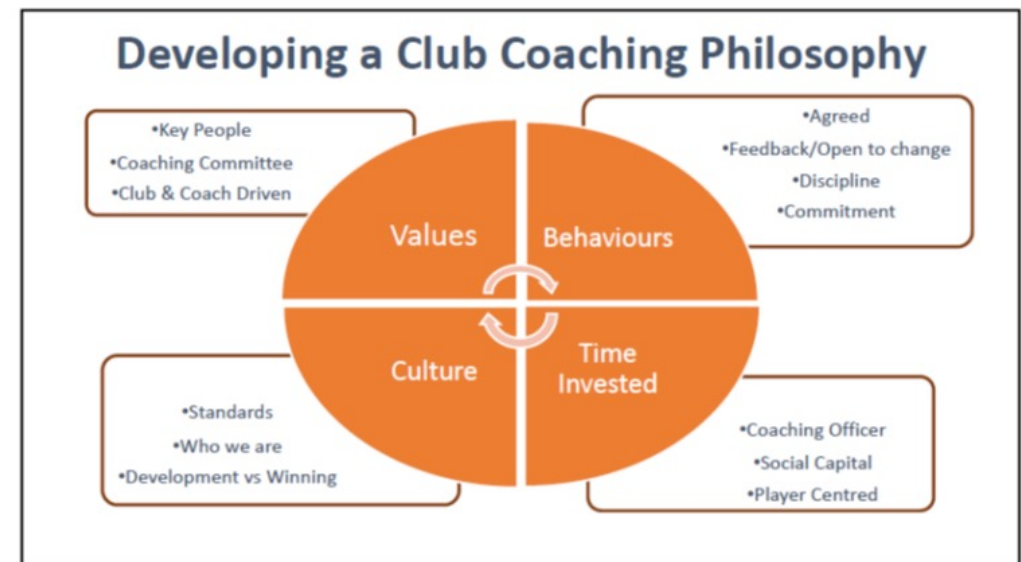
Creating the Journey



Developing a Club Coaching **Philosophy** or **Culture**



William Harmon



Garreth Thornton & Paraic McDonald

The focus is on driving a club wide effort but it needs to be grounded in what we do day to day

Model for BSJ - Club Coaching Philosophy at BSJ



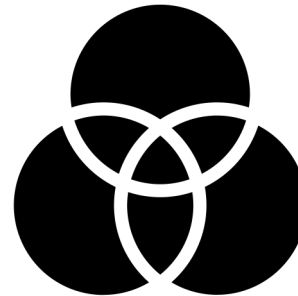
Our Purpose
“what are we trying to achieve”



Games and Coaching Structures

Coaching Guides and Materials

Coach Development and Training



Our Behaviours
“What we say we do & what we do”

Our Values
“what are our fundamental beliefs”

BSJ Value – Behaviours - Culture

- The pathway is underpinned by **six key principles**:
- **Club is Core** - Club is central to nurturing a love and passion for our games and sustaining communities and lifelong participation
- **Player Centred** - We develop the player and the person
- **Quality Coaching Experiences** - Our coaches create an enjoyable coaching environment to meet needs and welfare of the player
- **Connection** - Our pathway promotes connection through relationship building opportunities, communication and teamwork.
- **Inclusive** - Gaelic Games are for All, regardless of abilities, background, beliefs or identities
- **As Many as Possible for as Long as Possible** - Our Pathway prioritises long-term development with a games programme that supports recruitment, development and retention of players

BSJ Coaching Philosophy

Club culture is all about the pathway to Adult participation

- ❑ Developing Players & People
- ❑ Development most important at underage
- ❑ Both Sides, Both Feet, Both Hands
- ❑ Player Retention
- ❑ Culture & Ethos of Coach Improvement
#GAA #Club #Community #Patience
#Pathway

