



Ballinteer St Johns GAA

Coach Education Plan Autumn/Winter 2023

Quality Coaching – as part of an overall Games Development Plan - promotes fair play, builds social cohesion, self-esteem, and enhances health and well-being as well as supporting social and economic objectives. Coaches should be committed to creating fun, safe playing environments for all of our players, regardless of age or ability level. Coaches serve as the guiding force behind the development of our players, instilling values like teamwork, dedication, and sportsmanship. To succeed, coaches must embark on a perpetual journey of growth and development, which involves not only mastering the technical aspects of the game but also understanding the psychological, social, and emotional dimensions of coaching. It is a journey that requires dedication, curiosity, and a commitment to nurturing both personal and player potential.

The BSJ Coach Development plan comprises of a mix both formal and informal courses, workshops and webinars.

	Tutor	Target audience	Dates
<p>An Introduction to Coaching Gaelic Games - Dual</p> <p>(Accredited Introductory Course on behalf of the GAA, LGFA & Camogie association)</p> <p>Mandatory 8hrs min</p>	<p>Paraic McDonald</p>	<p>Beginner Coaches @ Nursery/CCC1/CC C2</p> <p>-Coaches who wish to complete Award 1, Award 2 Coaching courses</p>	<p>Course 1 (Dual course):</p> <ol style="list-style-type: none"> Tues 3rd Oct, Clubhouse, 7.15-9.30pm Sat 7th Oct, JAWP Ballinteer Comm School, 1.30pm -5pm Fri 13th Oct, JAWP, 7.15-9.15pm <p>Course 2 (Dual course) FEMALE COACHES:</p> <ol style="list-style-type: none"> Tues 17th Oct, Clubhouse, 7.15-9.30pm Sat 4th Nov, JAWP Ballinteer Comm School, 1.30pm -5pm Fri 10th Nov, JAWP, 7.15-9.15pm
<p>Award 1 (Child) Coaching Course - Dual Course -</p> <p>The Award 1 courses have 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 in.</p>	<p>Paraic McDonald</p> <p>Guest Tutors</p>	<p>Lead Nursery Coaches</p> <p>CCC1 Coaches</p>	<p>**Coaches should only sign up for this course if they are available for the majority of sessions. Missed modules must be picked up in a neighbouring club ASAP.</p> <ol style="list-style-type: none"> Tues 7th Nov, Indoor, Clubhouse, 7.15-9.30pm Sat 11th Nov, Outdoor, JAWP, 1.30 - 5pm Sat 18th Nov, Outdoor, JAWP, 1.30 - 5pm Fri 24th Nov, Outdoor, JAWP, 7.30pm - 9.30pm Sat 25th Nov, Outdoor, JAWP, 2-5pm Tues 5th Dec, Indoor, Clubhouse, 7.15-9.30pm

Coaches must have completed the Foundation Course or ICGG course (and have proof of completion) Mandatory 18-20hrs			A breakdown of modules & tutors and will be circulated to coaches who register interest.
Nursery Workshops	Paraic McDonald	Year 1, 2 or 3 Nursery Coaches	Workshop 1 - Introduction to Coaching in the Nursery Friday 6th Oct, JAWP, 7.30-9pm Workshop 2 - Year 2/Year 3 Nursery Coaching Friday 20th Oct, JAWP, 7.30-9pm
Transition Year Coaching Course	Paraic McDonald	BSJ members who are TY/5th year students in the local schools	Course 1 - Thursday 14th Sept, BSJ Clubhouse, 5pm - 7.15pm Course 2 - Tuesday 16th Jan 2024, BSJ Clubhouse, 5pm - 7.15pm
Workshops & Webinars	Paraic McDonald Guest Tutors	CCC2 Coaches Adult Coaches	Performance Analysis (& Performa Software) - a review of current practice in BSJ, best practice & future use. In-conjunction with 4 Senior Managements. Tues 12th Dec , Function Room, 8pm -10pm Webinar - Tactical Awareness & Principles of Play (Paraic McDonald), date TBC in January Athletic Development - Warm ups/Injury prevention - Breon White (Physiotherapist & Club member), Brian O'Rourke (Club Physiotherapist). date TBC
CCC1/CCC2 age groups	Lead Coaches & Co-ordinators		End of Year reviews & Handover meetings (Community of Coaches), dates TBC
Safeguarding Courses	BSJ Children's Officers & Safeguarding Tutor	All coaches over 16 years	Course 1 - Tues 12th Sept, Clubhouse, 7-9.30pm Course 2 - Tues 10th Oct, Clubhouse, 7-9.30pm Course 3 - Tues 14th Nov, Clubhouse, 7-9.30pm To register your interest and reserve a place please email ChildrensOfficer.ballinteerstjohns.dublin@gaa.ie
Further ICGG courses and an Award 1 Youth & Adult planned for Jan - April		Award 1 - Coaches who have previously completed the Foundation/ICGG or Award 1 Child	Registrations of Interest for the Award 1 Youth & Adult are now been taken. The course will be set up as a Dual course (Football & Hurling) but it will be possible to complete in a single code. *Depending on numbers we may partner with a neighbouring club to share resources & capacity
Athletic Development in BSJ		Nursery, CCC1, CCC2 & Adult Coaches	The club are hoping to finalise a club wide Athletic Development resource in the next couple of months. A range of interventions and coach development opportunities will be rolled out in tandem.

Other Resources

GAA Learning website 'TOBAR, Gaelic Games Learning'

<https://learning.gaa.ie>

- **Coach Education** - Courses, Gaelic Games Player Pathway, Activity Planner, GAA 15 Warm up, Skills of Gaelic Football & Hurling, Moving Well Being Well guide

Dublin County Board Games Development Programme 2023-2024

<https://coaching.dublingaa.ie>

<https://coaching.dublingaa.ie/coach-referee-education>

- **High Performance Courses** - Goalkeeping Courses in Gaelic Football (Gary Matthews) & Hurling (David Herity)
- **General Workshops** - Working with Parents in Sport (Gordon McClelland), Coaching Gaelic Games for Child with Additional Needs (Active Disability Ireland), Acquiring Skills through Games, The Coaches Guide to Teaching (Doug Lemov)
- **Football Workshops** - Forward Play (Stephen Beattie), Coaching Kicking Styles Mick Bohan), Creating a High performance Environment in an Amateur Ethos (Declan Darcy)
- **Hurling Workshops** - Focus Footwork & Flow (Derek McGrath), Fundamentals of Striking (Naoise Waldron), Improving Efficiency in Possession (Mark Dunne)

To register your interest in any of the above courses please click on this link - <https://forms.office.com/e/uW9iRyS4gE>

For further details please contact -

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