



# Walterstown GFC Coaching Plan

## 2019 – 2023

## **WALTERSTOWN GAELIC FOOTBALL CLUB MISSION STATEMENT:**

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

***The mission of Walterstown GFC is to promote Gaelic games at all age levels, provide our Club members and supporters with lifelong engagement in sporting and cultural activities and play a central and positive role in our local community.***

### **VISION:**

***The vision of Walterstown GFC is to welcome everybody to take part in our games and culture, to participate fully, to grow and develop and be inspired to keep a lifelong engagement with the club.***

### **VALUES:**

***The values of Walterstown GFC are:***

#### ***Respect:***

***We promote a sense of respect, sportsmanship, fairness and integrity across all club activities, among all members at all times.***

#### ***Community Identity:***

***We are at the heart of our community, supporting and enriching the lives of our members while fostering a clear sense of social inclusion.***

#### ***Inclusiveness:***

***We welcome everybody and all social groups, ages, gender and abilities to take part in club activities to develop a sense of social inclusion.***

#### ***Teamwork:***

***We are "one club"- all sections will work and support each other on and off the field. Ni neart go car le cheile. (There is no strength without working together).***

#### ***Player and Member Welfare:***

***We recognise the importance of our players health and wellbeing on and off the pitch.***

#### ***GAA Code of Behaviour:***

***Walterstown GFC fully recognizes and adheres to the GAA Code of Behaviour (this covers GAA, LGFA, Camogie, Handball & Rounders)***

**All that follows applies from the Clubs Nursery programme (under-5) to Minor (under 17-18) teams.**

### **Club Objectives**

The intent of this document is to detail the Club's Coaching Structure and planning for the next five years. It is only one part of what should be an overall Club Plan. The centre of this Coaching plan is the Child and their Sporting Development. It is our aim that we as a Club support every player and strive to ensure that all players are playing into adulthood with a deep loyalty and affinity for the Club. We hope to achieve the highest possible coaching standard and provide games for our young players in a safe and enjoyable environment. As a consequence of this the aim is that our Club's adult teams will perform to their full potential because we have the best possible coaching and games development structures in place at under-age level.

### **Key Actions:**

1. To establish a Coaching Committee
2. To Adopt "Long Term Player Development" Pathway (LTPD) with all underage groups

### **The Club aims:**

3. To recruit, develop and improve player and mentor technical ability so as to ensure that all our under-age teams are capable of competing at the highest 15-aside level possible.
4. Increase the awareness of Walterstown GFC in the community amongst adults and children in the parish and seek to get these people to participate in the playing/coaching of teams.
5. Create a formal structure for coaching from nursery to minor levels by:
  - a. Ensuring all coaches are qualified to Foundation Level as a minimum,
  - b. Ensuring all coaches are Garda Vetted for the Club,
  - c. Ensuring all coaches complete GAA Child Safeguarding,
  - d. Ensuring best coaching practice by conducting additional Coaching workshops,
  - e. Setting building blocks in place to ensure best preparation for teams,
  - f. Ensuring full participation of all players,
  - g. Putting player ability and development over winning at all cost and also catering for the late developer,
  - h. Creating a Club and Parish loyalty.
6. Increase number of mentor's year-on-year by 10%.
7. Develop players through coaching that have been taught all the skills of football according to best practice.
8. Develop players based on the principles of Long Term Player Development (LTPD).

9. That by following the LTPD pathway we help develop players who progressively become better players that can play at the highest level. We need to ensure that Coaches / Mentors are looking to progress players development at all stages up to Under 17-18 rather than results.
10. To be a self-sufficient Club in terms of the number of players playing so that the Club would play under the Walterstown GFC name from Under-5 to U-17-18.
11. Ensure that the intensity of training and coaching is done at the appropriate level and time of player development according to the LTPD.
12. To have a Community Practice Model of Training, whereby structured training sessions are organised on a weekly basis. (community practice model of training means coaches/teams work together to share ideas & training activities, which in turn helps to build upon the knowledge levels of our Coaches/players).
13. Develop a Coaching Link between the Adult and Juvenile Club by involving current adult Club players in coaching on a more frequent basis.
14. To Produce teams that are capable of winning County titles, striving towards division and ultimately play at Adult Level for the Club.
15. Develop a culture within the Club that it is important to progress as a Club rather than individuals.
16. Conduct coaching sessions with smaller groups of players. Run winter coaching programmes with the use of hall and gym.
17. Play older players on teams up to Minor level so as to ensure player retention and allow for late player development.
18. Provide adequate and additional training and playing equipment.
19. To produce a Coaching Manual for Walterstown GFC Coaches ie LTPD.
20. Those Coaches prepare training programme in advance of session and continue to vary it throughout the season in accordance with LTPD.
21. To ensure that Coaches use constant dialogue with players and parents to promote and enhance the value of the Club and its ethos.
22. Host our own Cul Camp.
23. Seek to have at least one player involved in every Meath Development Squad and play at Minor, Under-20 and Senior Level.
24. Increase communication between coaches, players, parents through email, Team App, Social Media, Club Website and Club Newsletter.

### **Coaching and Games Sub-Committee**

A Coaching and Games Sub-Committee shall be appointed yearly to oversee all aspects of games development within the Club. This will include helping to identify new coaches, seek to encourage more parental involvement in Coaching and ensuring all our Club's coaches will have GAA Coach Education qualifications, G.A.A Garda vetting and have completed Child Safeguarding Course. It will also be the job of this committee

to ensure that a balanced programme of games are in place and that all players get an opportunity to play, with priority given to the older player. The chairperson of this committee should sit on the adult Club executive committee. The committee will comprise of the min of the following: Coaching Officer, Games Development Officer & Secretary. This sub-committee shall meet a min of 6 times a year. In addition there will be bi-monthly Coaches meetings held.

### **Juvenile Sub Committee**

A Juvenile Sub Committee will be appointed yearly to manage and co-ordinate the fixtures, referees, County Board requirements of the Clubs underage section.

### **Coaching and Games Officer**

A Coaching and Games Officer shall be appointed yearly and they will act as Chairperson for the Coaching and Games Sub-Committee. He / She will have responsibility for managing the affairs of the Committee and for overseeing all coaching and games related policies.

### **School Liaison Officer**

A School Liaison Officer shall be appointed yearly to develop Club/School links, organizing coaching and games/blitzes within the local primary schools (the School Liaison Officer will link in with the Clubs GPO). Over the duration of this five year plan, consideration must be given by the Club as to how a better relationship with primary schools can be achieved that will help benefit our Club players who attend those schools.

### **Child Protection Officer**

A Child Protection Officer shall be appointed yearly to ensure Player Welfare and Protection. They will ensure that all Officers and Coaches/Mentors are Garda vetted and have completed a Child Safeguarding Course.

### **Health & Well Being Officer**

A Club Designated Person will be appointed yearly to help ensure Player Welfare and Protection.

**The Club is required to have such a person appointed.**

### **Child Safety: Coach and Officer Mandatory Requirements.**

All Club Officers, Coaches and Mentors are required to:

1. Be Garda G.A.A Vetted for Walterstown GFC
2. Have completed Child Safeguarding Course.

**Both of these requirements are mandatory. The Club will hold a register of this information that will be available to parents.**

The Club will run either annually/bi-annually, when sufficient numbers exist, a Child Safeguarding course internally. If there are insufficient new coaches/officers Club will run such a course in Partnership with Meath Coaching and Games.

### **GAA Code of Best Practice and Code of Behavior**

We will put in place the GAA Code of Best Practice and Code of Behaviour. Everyone in the Club will show due respect to each other, to Club officers, to team mentors and to the match officials. We will ensure that all our volunteers working with children are Garda vetted and that our children participate in a safe environment. The GAA Code of Behavior is available for review on the Clubs website and it applies to the following codes – GAA, LGFA, Camogie, Handball & Rounders.

**The Club is required to have a Code of Conduct in Place that is publically available.**

### **Coach Education**

We will put in place a programme that makes sure that every player is coached by a person qualified to the appropriate level. All Club coaches will receive GAA/LGFA coach education qualifications. Each coach will have a minimum of a G.A.A Foundation Award coaching certificate to coach an under-age team (or equivalent LGFA Course). We will aim to have all coaches at Award 1 level over the lifetime of this plan and at least one Level 2 coach involved with every team over the five years of this plan. We will also identify new referees, who will receive referee education and assistance from the County Board (both GAA & LGFA).

The Club will run bi-annually a G.A.A Foundation Level Coaching Course to facilitate this. The Club will hold a register that details the qualifications that each Coach holds.

### **Player development**

We will coach players based on best practice as learnt through Coach Education. Coaches will be encouraged at all stages to follow the Long Term Player Development Pathway (LTPD) to create players of a high standard of technical ability so as to be able to perform at the highest level.

Our Coaching strategy should develop all the skills of the players. We wish to develop adaptable players who have the following qualities:

- Hard Workers
- Team Players
- Play with intensity
- Have developed all the skills
- Bi-lateral skills coaching should be mandatory for all teams
- Can adapt to different tactics and styles of play

All players should be in addition to playing with Walterstown, actively encouraged to play with their primary/secondary-school and to participate with Meath development Squads and third-level Colleges. Coaches should encourage regular feedback from players as to how they are progressing with school teams and Meath development squads. The Club's PRO should be informed of players and teams achievements so that they can gain recognition.

**Teams**

The Club should aspire to play at the highest grade possible under the Walterstown GFC name where numbers are sufficient. Where possible, teams should field at 15-aside as this develops a better player. All such decisions must be made on numbers of available players and in the best interests of Walterstown GFC. Discussions should be held between the Team Management and the Coaching & Games Committee to help the Coaching & Games Committee make a decision in relation to this.

All mentors need to start games with the oldest players in preference to playing young players as we wish to retain all players playing with the club. Obviously as players get older, this must be balanced by a need to be successful. It is reasonable to assume such a policy would be in force up to Minor level.

**Team Building / Club Bonding**

Trips for all age groups should be organized to take each team to play other teams both inside and outside the County. This will help build team spirit, Club spirit and player confidence. (Coaches need to ensure that rules which have been put in place by both the GAA and LGFA in relation to underage teams playing matches/tournaments outside of the County are fully adhered to – information on these rules have been communicated to Coaches).

**Player Retention**

The Club needs to establish a system whereby there is a quick identification of a player who may have stopped playing for the Club.

Team Coaches should inform the Coaching & Games Committee of any player who has stopped playing or has not started playing with the Club so that efforts can be made to encourage them to play.

**Actions and Milestones reached**

Action	Outcome Sought	Timescale	Milestones	Responsibility
Coaching & Games Committee appointed by the Club Executive Committee	To oversee all aspects of games development in the Club and ensure the best possible coaching structures are in place in our Club.	January each year	January each year	Executive Committee

	To ensure the adoption of LTPD at each age group. Monitor and ensure its implementation			
Club-School link in place. Club-School liaison officer appointed	To cement the relationship between the local schools and the Club and ensure that the children are receiving GAA coaching. The Clubs GPO should link in with the School Liaison Officer.	January each year	January each year	Executive Committee
Decisions on what teams to be fielded to be made by Coaching and Games Committee of the Club, following liaison with Team Management.	To ensure decisions on team entry and grading are in the best interests of Walterstown GFC and that all players get to play games.	January each year	January each year	Coaching and Games Committee
Nursery programme for 4 to 7 year olds	To encourage our young players to become involved in Gaelic Games in a fun and safe environment	Ongoing	Ongoing	Coaching and Games Committee
Go-Games model in place for all u-12 players	To ensure that all under 12 players get appropriate games in a fun environment that promotes skill development	Ongoing	In place with games that are played from U8 to U-12	Coaching and Games Committee
Fun-Do education resource pack (Go Games) available for all Juvenile coaches	To aid our Club coaches in skill development of our players	Ongoing	On Club Website	Coaching and Games Committee
All Club coaches receive Ongoing GAA/LGFA Coach Education and have access to coaching resources within the club and from external sources	To ensure that our coaches are trained to the best possible standards	Ongoing	Aim to have all Coaches at Level One by 2020	Coaching and Games Committee



Internal Cúl Camps to be held by the Club	To give all children in the locality the opportunity to be coached in Gaelic Games	Yearly	Try to have at least 2 internal camps run each year	Coaching & Games Committee
GAA Code of Best Practice and Code of Behaviour in place	To promote an environment of respect in the Club and to ensure that all children participate in a safe environment	Ongoing	Make available to all on Club Website	Child Welfare Officer
All coaches working with underage players attend Child Safeguarding Course/Garda Vetting	To ensure that all children participate in a safe environment	Ongoing	Courses to be held on a yearly basis & Guide to Garda Vetting available on Club Website	Child Welfare Officer
All Coaches have completed minimum Coaching Education, namely Foundation Level Coaching Course or LGFA equivalent course	To increase the number of coaches available to our Clubs	Ongoing	Foundation Courses to be held yearly	Coaching and Games Committee
Club Defibrillator in place and Coaches trained in its use and First Aid Course.	To ensure that the welfare of our players and supporters is of top priority	Yearly	Training to be provided in as required	Club Executive Committee
New referees identified and trained	The Club has sufficient referees at underage and adult level	Ongoing	New referees in place at Go Games and Senior level	Coaching and Games Committee
Ensure Player retention	Keep players involved in the Club, help return players who may have stopped playing for a period	Ongoing	Coaches to keep Coaching & Games Committee updated	Coaching and Games Committee
Organize Winter training.	Help develop players skill and conditioning over the winter months.	Yearly	8–week programme to be run in December	Coaching and Games Committee

			and January each year	
All Club Officers (ie Child Welfare Officers & Coaching Officers) attend required training	Educate Officers	Yearly	All officers will attend courses as they arise	Executive Committee
Under- Age Presentation night	To reward the development of players and to involve parents	Yearly	End of Year	Coaching and Games Committee