



Club Coaching Plan 2021-2023

This Club Coaching Plan will assist us in the planning, monitoring and evaluating of the Coaching and Games taking place at our club.

A functioning club coaching plan will assist us in achieving excellence in coaching standards and in providing games for our young players in a safe and enjoyable environment. Our club adult teams perform to their full potential because we have the best possible coaching and games development structures in place.

Club Name: Crosserlough GFC

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Phone:



**County Senior
Champions 2020**



**County Camogie
Champions 2020**



**County Junior
Champions 2020**

Club Playing Numbers

Children/Youth Teams U6 – U17	Total
Gaelic Football (Mens)	150
Camogie	45
Ladies Football	72

Adults - Senior	Total
Gaelic Football (Mens)	68
Camogie	26
Ladies Football	39

Children/Youth U6-17	Male	Female
Bumblebees	10	6
Under 7	8	6
Under 9	28	22
Under 11	31	24
Under 13	28	24
Under 15	18	15
Under 17	27	20
Total	150	117

Adults - Senior	Male	Female
U20	19	14
Reserve	24	26
Senior	25	25
Total	68	65

SWOT Analysis of Coaching and Games in our Club

Strengths	Weaknesses
<p>What are we <u>doing well</u> in our club with regard to Club Coaching and Games that we need to keep doing?</p> <p><u>Coaching:</u></p> <ul style="list-style-type: none"> • Good span of experience in coaches involved in coaching in the club. We always have sufficient people/ volunteers to help out – never found wanting looking for personnel • Coaches are actively encouraged to upskill and are informed of upcoming coaching courses and first aid courses • Good complement of parents getting involved • Senior Players in all codes are starting to get heavily involved in coaching and attend on a regular basis – Lads or Ladies are only too glad to help. They are a massive positive for kids and working very well. <p><u>Training:</u></p> <ul style="list-style-type: none"> • We are commencing the training with our children at a very young age (Bumblebees Upwards) <p><u>Participation:</u></p> <ul style="list-style-type: none"> • Fielding team at all levels and codes <p><u>Club:</u></p> <ul style="list-style-type: none"> • Moral in the club is really high in all codes, whether we are winning or losing. • Great community spirit and this is evident from the numbers using the walking track. • Ambitious • Strong links in the community – evident during covid. <p><u>Facilities:</u></p> <ul style="list-style-type: none"> • The facilities available are excellent and everyone abides by their allocated time slot for training which avoids confusion • Good numbers at training <p><u>Communication:</u></p>	<p>What are the <u>bad things</u> that our club does with regard to coaching that we must stop doing?</p> <p><u>Plan/ Framework:</u></p> <ul style="list-style-type: none"> • Framework to be put in place so that all coaches (especially new ones) need to know what is required of them at their respective levels. Framework especially for u11 & u13 + <p><u>Coaching -</u></p> <ul style="list-style-type: none"> • need session prep, • better communication between coaches • Coaches to meet 1-2 per month • Over reliance on coaches, Same people are relied on across the club all the time • Numbers of coaches/helpers could be increased in some codes. Not necessarily with football but other code would benefit from more coaches. • Majority of coaches have foundation coaching completed but need to focus on more coaches completing higher levels of coaching so that they are upskilled to support teams. This would ensure coaches have the knowledge as to what they should be doing and would <p><u>Training:</u></p> <ul style="list-style-type: none"> • Break groups into smaller groups are it is more beneficial in training sessions. • We could do more to support our goalkeepers and grow this from a younger age • Bring fun back into training • More focus on participation and not on winning (if we have two teams they should be mixed evenly and not one strong and one weak team) – children involved sense this and it is hard to make the weaker players progress • improve variation in sessions for

- Good Admin in 3 codes
- Good communications
- Last year, the publishing of fixtures of all codes on social media platforms was very positive as everyone knew what games were on and it encouraged people to attend more games to support.

players.

- Get more teenage girls/boys involved (probably talking 15-17 year olds)
- Agility of players can be a weakness. Sometimes we focus too much on skill techniques and function and movement may not be part of the focus. Function and movement should be included in fun way as part of the training session and included in drills at the beginning or end in a fun way. Simple things such as jumping. This will improve performance in later years and can also reduce the risk of injury. When players move to senior levels this is of great importance.

Schools:

- Look at having a school liaison officers to build relationships in the schools. Important to have a presence in schools. Encouraging and promoting kids to join U8 and bumblebees. Relationships with the feeder schools aren't great
- County coaching in schools is very limited in schools due to the staffing resources. Time spent in each school is very limited. This needs to be reviewed at county level as in other counties around the country, they have more coaches available to coach in schools.
- Schools are limited as to what they can facilitate in addition to the kids' education. Maybe the club could look at after school sessions. More coaches needed to support sessions in the schools.

Communication:

- Ensure that all fixtures are circulated on all social media platforms so that everyone has access to this information.

Players /Participation:

- Losing players - this may be because parents have no interest in the sport and especially this will be challenging after kids not attending sport in the club for a long period of time. Percentages are always high with

	<p>players transitioning from minor to senior so it is important that we continue with junior teams to keep players playing.</p> <ul style="list-style-type: none"> • Not supporting all players equally • Coaches unconsciously focus on the more stronger players unknown to themselves and this can sometimes leave the weaker players at a disadvantage. • Lack of games
<p style="text-align: center;">Opportunities</p> <p>What our club <u>does occasionally</u> with regard to Coaching and Games that we need to do consistently?</p>	<p style="text-align: center;">Threats</p> <p>What our club <u>currently doesn't do</u>, with regard to coaching and games, that we <u>must start doing</u>?</p>
<p><u>Coaches/ Coaching:</u></p> <ul style="list-style-type: none"> • Avail of County Board Coaches on a more regular basis – if you don't ask you won't succeed • Get Coaches talking together (what was discussed previously possibly meeting every 1-2 months) • Opportunity for swapping of coaches on an odd occasion – Let Under 13 Boys Coaches train the Under 15 and vice versa – different voices and perhaps a novelty and a bit of fun • Share coaching ideas -Coaches attending different training sessions to learn from colleagues. Workshops would be very beneficial. • Motivate coaches to upskill to complete higher coaching levels. Recognise the coaches who complete courses which are higher than the foundation course. • Get more parents/helpers involved even if they don't have basic skills. Perhaps a couple of sessions a year where basic drills could be demonstrated for coaches • End of year targets from group to group. Have a framework in place for each age group – what each age group needs to have achieved by the time they progress. • Due to covid, there is a possibility that player drop off will increase due to kids not being involved in a long time. • Bring in an athletics coach to help with running/movement skills 	<p><u>Internal:</u></p> <ul style="list-style-type: none"> • Too much downtime over the year with regards football (season could finish in Sept/Oct and we do nothing with children for a period of 4-5 months). possibility that player drop off will increase due to kids not being involved in a long time and parents not encouraging kids to return to gaa. • Other codes • Age from u17 to senior level - Losing players due to lack of interest. Sessions need to be fun and enjoyable. Needs to have lots of variety. <p><u>External Treats:</u></p> <ul style="list-style-type: none"> • Substance abuse - influences such as alcohol, drugs etc. • Other sports - We had mixed opinions – some felt there was a lot of other activities and getting an evening was difficult while others felt those other activities contributed positively to the all around development of children.. • Some codes have a large number of coaches but some (camogie) are challenged because they have to train at younger ages at 5.30 to get a pitch and many aren't available to help out with coaching till later <p><u>Player welfare:</u></p> <ul style="list-style-type: none"> • Nutrition

- Encourage more interaction between coaches across all codes and within codes as appropriate

Plan / Framework:

- Develop a basic coaching plan that are suitable for each age group. Basic guidance tool and formalise it more for each age group. This would be a great tool so that each coach of each age group know what the should be coaching, target
- Follow up plans would be good also to show what has been achieved by each group as they move through grades.

Players/ Participation:

- Sending diagrams home from training, using mind maps to explain the skill/ task. Simple things to explain as to what you should be doing if your position is a back in a game etc.
- Develop challenges for different age groups to participate in. Many clubs have done challenges like this. E.g. challenge for kids to solo a ball with their left foot.
- Encourage all children to get involved in Athletics which is now back at our club
- Programs for older children 13/14 upwards – similar to S & C for the older/Adult teams
- Lack of understanding from kids as to what skills they need to be practising at home and how to do such skills. Sending diagrams home from training, using mind maps to explain the skill/ task. Simple things to explain as to what you should be doing if your position

Schools:

- Improve/establish our links with our 3 National Schools
- Schools - Run incentives in the schools that are organised by the club that all kids enjoy and get involved in. Fun games/ events, so that kids enjoy it and then if this is ongoing in the school, kids will want to go to training etc. in the club with their friends.
- Use club headed paper to invite kids to club events to raise the profile of the club

- Mental Health

- Health and wellbeing is very important with kids and especially following covid. Opportunity for the club to look at supporting kids in all age groups to ensure that everyone is looked after.

and encourage kids to attend.

- Club notice boards in schools.

Facilities:

- Utilise the Handball Alley during the winter months – it is a facility on our doorstep that we don't use often enough

Action Points and Planning

Short Term Action Points:	Est. Date Achievement	Achieved (Yes/No)	Date Achieved	Responsibility
<p><u>Coaching and Coach Education:</u></p> <ul style="list-style-type: none"> • All coaches to upskill on their coaching levels. Facilitate coaching courses/workshops at our own club. Encourage coaches to upskill to higher coaching levels 	Nov / Dec 2021	Partly	<p>Level 1 Award Nov / Dec 2021</p> <p>Foundation Course also completed</p>	Coaching Officer / Coaching Committee / County Board Coaching Officer
<ul style="list-style-type: none"> • Check to see what Level people are at (coaching Qualifications, Garda Vetting, Safeguarding) 	April / May 2021	Yes - Database setup	Ongoing	Coaching Officer / Coaching Committee / Children's Officer
<ul style="list-style-type: none"> • More help needed. Focus on support from parents who may not be coaches. 				Coaching Officer / Coaching Committee / all club coaches
<ul style="list-style-type: none"> • More help needed. Focus on support from current and former players who may not be coaches. 		Yes / ongoing – senior players involved with selection of teams		Coaching Officer / Coaching Committee / all club coaches
<ul style="list-style-type: none"> • Coaches within the club working together and meeting more often. Sharing best practices and information across different codes. 		No – priority for 2022		Coaching Officer / Coaching Committee / all club coaches
<ul style="list-style-type: none"> • Shared Coaching information and resources (e.g. Google Drive / portal). For those that are new to coaching especially, provide skill cards (available on gaa website) or encourage them to see online resources (I coach kids was mentioned as a good resource). 	Jan 2022	Ongoing	Jan/Feb 2022	Coaching Officer / Coaching Committee / IT Officer

<u>Plan / Framework:</u> <ul style="list-style-type: none"> Develop and implement a basic coaching plan (Player Pathway) as a tool for coaches to ensure that goals of each grade are identified and achieved by the end of the year. 	Oct/Nov 2021	Yes	Early 2022 (will be made available through online coaching Portal)	Coaching Officer / Coaching Committee
<u>Training:</u> <ul style="list-style-type: none"> Keep sessions fun so that players enjoy participation. ****FUN 		Ongoing		Coaching Officer and all coaches
<u>Club Day:</u> <ul style="list-style-type: none"> Organise fun day for everyone to participate in. 			2022	Coaching Officer / Coaching Committee / Club Executive
<u>Facilities:</u> <ul style="list-style-type: none"> More gym facilities & equipment Allocate pitches / facilities - Draw up a plan for training sessions and games for the pitch. Coaches having input into the plan and maybe look at younger age groups training earlier in the evening. An APP would be useful to use so that facilities could be booked or cancelled and coaches would have access to this app. 			2022	Club Executive Club Executive
<u>External resources:</u> <ul style="list-style-type: none"> Tapping into county coaches for various supports and workshops Inviting guest Coaches (including Goalkeeper coach) to carry out coaching sessions with coaches 		No (this will be a priority in early 2022)	2022-2023	Coaching Officer / Coaching Committee / County Board Coaching Officer
		No (this will be a priority in early 2022)	2022-2023	Coaching Officer / Coaching Committee / County Board Coaching Officer
<u>Links with National Schools:</u> <ul style="list-style-type: none"> Appointing a liaison officer in each school and developing links/relationships in the schools. 	Sept 2021	Yes - ongoing	Sept 2021	Coaching Officer / Coaching Committee / Club Executive / Schools / County Board Coaching Officer

<u>Players/ Participation:</u> <ul style="list-style-type: none"> Look at developing health and well-being events/session with kids. This is needed in all grades especially following covid. Reach out to weaker players on the fringes to stay within the club. 		No – need to link in with Health and Wellbeing Officer in 2022	2022-23 2022-23	Coaching Officer / Coaching Committee / Health and Wellbeing Committee Coaching Officer / Coaching Committee / all club coaches
Long Term Action Points:	Est. Date Achievement	Achieved (Yes/No)	Date Achieved	Responsibility
<u>Coaching:</u> <ul style="list-style-type: none"> Get coaching Level 1 and Level 2 in the club or in Cavan – there can be a lot of travel involved in going to do these courses. 	Oct – Dec 2021 Nov – Dec 2021	Yes – Level 1 Yes / ongoing – Level 2. 4-5 coaches enrolled on the Level 2 course	Nov / Dec 2021 Jan 2022	Coaching Officer / Coaching Committee / Club Executive / County Board Coaching Officer
<u>Schools:</u> <ul style="list-style-type: none"> Coaching in schools needs to be reviewed. Schedule to be provided by County Board Coaching Officer Links with three National Schools in the Parish – Club appointed coach to visit schools and support County Coaches 	Sept 2021 Sept 2021	Yes - ongoing Yes - ongoing	Sept 2021 Sept 2021	Coaching Officer / Coaching Committee / Club Executive / Schools / County Board Coaching Officer Coaching Officer / Coaching Committee / Club Executive / Schools / County Board Coaching Officer
<u>Fun Day:</u> <ul style="list-style-type: none"> Annual Schools/Children’s Day 		No	June 2022 through the three NS	Coaching Officer / Coaching Committee / Club Executive / Schools
<u>Player / Participation:</u> <ul style="list-style-type: none"> Not to lose so many players between the age of 14-17 years – possibly looking at career opportunities for them. Investigate reasons why players leave and try and understand why this is happening (type of exit interview). 			2022-23	Coaching Officer / Coaching Committee / Club Executive / all club coaches

<p><u>Strength & conditioning</u> programmes between all codes from U11-U13-U15-U17-Senior</p>	<p>Oct - Nov 2021</p>	<p>Yes / ongoing – Pilot with U15 boys commenced</p>	<p>Nov 2021</p>	<p>Coaching Officer / Coaching Committee / Club Executive</p>
<p><u>Facilities:</u></p> <ul style="list-style-type: none"> NEW PITCH NEEDED - for training and games. Any time after 6.30 every day is very busy and it's impossible for some to get times after this 		<p>No – application for Sports Grant in March 2021. Decision due in Jan/Feb 2022</p>		<p>Club Executive</p>
<p><u>Ethos:</u></p> <ul style="list-style-type: none"> Club really needs to look at the overall Ethos of the club. Is it about winning? Or is it about all players participating and having fun? This needs to be clarified and explained to all coaches. 				<p>Youth coaches in all codes</p>

Club Coaching Philosophy

Expectations from:

Club

- Adhere to the club code of conduct
- Club to prioritise coach and player development / recruitment
- Club to support coaches / players in terms of equipment / gear
- Create a positive environment

Coaches

- Be prepared / organised / communicate / time management
- Create a positive, fun, learning environment – create a culture
- Be enthusiastic
- Set standards
- Develop people and players
- Create and develop thinking players
- Joined up approach
- Share ideas / develop a community of practice / continuous development

Players

- Be prepared
- Be coachable
- Set standards – honesty / respect
- Never give up