

## COACHING Programmes available to clubs and counties

Resource/Initiative	Rationale	Target Group	Duration	Cost	No. of Participants	When Organise	Venue
<b>FUNdamentals Coaching Course</b>	This course is an introductory to coaching programme. Coaches will look at issues such as planning and implementing training programmes as well as practical coaching and introduction to the player pathway.	Any coach or anybody interested in getting involved in coaching 16 years and over.	6 Hours, completed in one day, may be split over two evenings if necessary	€400 (venue and food are separate) / €20 per person is normal charge.  <b>Booking fee: 150 Euro</b>	24 places min 30 places max	Feb to May  Sept to Nov	Central location to your clubs so that travel times are limited for those attending.  An indoor sports hall, a meeting room that can seat 30 people comfortably and an area to provide refreshments.
<b>Level 1 Coaching Course</b>	This course is developed to challenge existing coaches to look more in depth at coaching principles and practices. Coaches will apply information to solve coaching scenarios in practical situations.	Over 18 yrs Completed the FUNdamentals course Has at least 1 years coaching experience.	22 hours (12 hours course work, 10 hours practical coaching in own club) over 2 days separated by 3-6 weeks.	€600 (venue and food are separate) / €60 per person is normal charge.  <b>Booking fee: 300 Euro</b>	10 places min 20 places max	Feb to May  Sept to Oct  <b>NOTE:</b> Coaches have to complete a logbook at training between Day 1 & Day 2. There must be at least 6weeks between Day 1 & Day 2.	Central location to your clubs so that travel times are limited for those attending.  An indoor sports hall, outdoor pitch (for day 2), a meeting room that can seat 20 people comfortably and an area to provide refreshments.

WHO TO CONTACT FOR ALL COACHING COURSES:

**Aislinn Harkin, Ph 01 8363156, Email: [aislinn@ladiesgaelic.ie](mailto:aislinn@ladiesgaelic.ie)**

## NEW COACHING WORKSHOPS available to clubs and counties

Resource/Initiative	Rationale	Target Group	Duration	Cost	No. of Participants	When Organise	Venue
<b>Key2Coaching Stage 1 Workshop</b>	Coaches gain better understanding of how to plan, organise, deliver and evaluate a typical training session for players ranging from U8 to U12 age groups	All Ladies Gaelic Football underage Coaches who have completed Ladies Gaelic Football FUNDamentals Coaching Programme	3 hours	€150 (venue and food are separate) / €10 per person is normal charge. <b>Booking fee: €100</b>	15 places min 25 places max  Underage team required for practical	Feb to May	Central location to your clubs  An outdoor pitch or large indoor hall, a meeting room that can seat 25 people comfortably and an area to provide refreshments.
<b>Key2Coaching Stage 2 Workshop</b>	Coaches gain better understanding of how to plan, organise, deliver and evaluate a typical training session for players ranging from U14 to adult level	All Ladies Gaelic Football Coaches who have completed Ladies Gaelic Football FUNDamentals Coaching Programme	3 hours	€150 (venue and food are separate) / €10 per person is normal charge. <b>Booking fee: €100</b>	15 places min 25 places max  U16/Minor team required for practical	Feb to May	Central location to your clubs  An outdoor pitch or large indoor hall, a meeting room that can seat 25 people comfortably and an area to provide refreshments.
<b>Dealing with the Cards Workshop</b>	Supply coaches with knowledge and techniques on how to deal with numerical advantage/disadvantage on the field of play	All Ladies Gaelic Football Coaches who have completed Ladies Gaelic Football FUNDamentals Coaching Programme	2 ½ hrs	€150 (venue and food are separate) / €10 per person is normal charge. <b>Booking fee: €100</b>	15 places min 25 places max	Feb to May	Central location to your clubs  An indoor sports hall or outdoor pitch, a meeting room that can seat 25 people comfortably and an area to provide refreshments.
<b>Goalkeeping Workshop</b>	Supply coaches with the necessary knowledge and coaching techniques in order to provide focused and beneficial training for Goalkeepers	All Ladies Gaelic Football Coaches who have completed Ladies Gaelic Football FUNDamentals Coaching Programme	3 hours	€150 (venue and food are separate) / €10 per person is normal charge. <b>Booking fee: €100</b>	15 places min 25 places max	Feb to May	Central location to your clubs  An indoor sports hall or outdoor pitch, a meeting room that can seat 25 people comfortably and an area to provide refreshments.

WHO TO CONTACT FOR ABOVE WORKSHOPS:

**Aislinn Harkin, Ph 01 8363156, Email: [aislinn@ladiesgaelic.ie](mailto:aislinn@ladiesgaelic.ie)**

## REFEREE Programmes available to clubs and counties

Resource/Initiative	Rationale	Target Group	Duration	Cost	No. of Participants	When Organise	Venue
<b>Grab you Whistle Level 1 Referee Course</b>	To recruit and train <b>new</b> referees with a specific emphasis on females. On completion of the course the referee will be qualified to referee up to County U14 Level and all underage clubs depending on the age of the referee.	Course participants must be 16 years and over.	12 hour course over 3 days	<b>FREE</b> however a €200 deposit is required and is refundable if over 12 people complete the course  Venue and refreshments costs	12 min 20 max  <b>A BUDDY SYSTEM</b> must be set up for Grab Your Whistle Level 1 participants where they are supported by existing experienced referees in the county. It is the county's responsibility to pair up new and existing referees for this process and to allocate new referees games so that they can gain experience.	Feb to Oct  Day 1 & Day 2 can happen just before the season begins so that referees are ready to start when the season begins. Day 3 should be when all the new referees have had a chance to referee some games.	Central location to your clubs so that travel times are limited for those attending.  A meeting room that can seat 20 people comfortably and an area to provide refreshments.  An outdoor pitch or large indoor hall is required for Day 3. A meeting room that can seat 20 people comfortably and an area to provide refreshments. An outdoor pitch or large indoor hall is required for Day 3.
<b>Grab you Whistle Level 2 Referee Course</b>	Provide training for existing referees	Existing Ladies Football Referees in the County	2 ½ - 3 Hours	<b>FREE</b>  Venue and refreshment costs	12 min	Jan to May	Central location to your clubs so that travel times are limited for those attending.  A meeting room that can seat 25 people comfortably and an area to provide refreshments.

WHO TO CONTACT FOR ABOVE COURSES:

**Aislinn Harkin, Ph 01 8363156, Email: [aislinn@ladiesgaelic.ie](mailto:aislinn@ladiesgaelic.ie)**

## OTHER Programmes available to clubs and counties

Resource/Initiative	Rationale	Target Group	Duration	No. of Participants	When to Organise	Venue
<b>Club Officer Programme</b>	<p>A seminar to provide club officers with support and advice on how to best fulfil their roles on a committee in a Ladies Gaelic club. General information will be supplied on the Injury Fund Scheme, fundraising &amp; code of ethics.</p> <p>Individual workshops will then take place on the role of the Chairperson, Secretary, Registrar/Treasurer, PRO and Children's Officer.</p>	All club officers	Approximately 3 hours all in one night	80% of clubs need to be in attendance	Feb to April	<p>Need a venue with one room to cater for big number of participants plus 5 breakout rooms for presentations on each of the individual officership's</p> <p>A College would be ideal venue</p>
<b>Club Mentor Workshop</b>	A workshop to support Club Mentors from underage up to senior level. Covers rules of the game as well as the injury fund	All underage and senior Club mentors.	Approximately 3 hours all in one night	70% of clubs need to be in attendance	Feb to May	A meeting room that can seat large number of people comfortably and an area to provide refreshments.
<b>County Mentor Workshop</b>	<p>A workshop to support County Mentors from underage up to senior level. Presentations on rules and team building plus select 2 options from list below:</p> <ul style="list-style-type: none"> <li>▪ Planning – Season/Matchday</li> <li>▪ Communication/Decision Making</li> <li>▪ Leadership</li> </ul>	All underage and senior Inter County mentors.	Approximately 3 hours all in one night	ALL County mentors must be in attendance from u-14 to senior level	Jan to April	A meeting room that can seat 20+ people comfortably and an area to provide refreshments.

WHO TO CONTACT FOR ABOVE COURSES: **Paula Prunty, Ph 01 8363156, Email: paula@ladiesgaelic.ie**

**VOLUNTEER RECRUITMENT PROGRAMME**

Resource/Initiative	Rationale	Target Group	Duration	Cost	No. of Participants	When Organise	Venue
<b>Ready, Steady, Play Programme</b>	A volunteer recruitment programme aimed at increasing the number of "helpers" within the club, predominately in the area of coaching.	Clubs with new Volunteers who would like to assist with administrative duties or coaching underage teams	2-2 ½ hours	<b>Free</b> to all clubs (venue and food cost are separate)	Clubs would require minimum 6 new Volunteers. Clubs may run the programme individually or in conjunction with other clubs (Max 3 clubs) in the area.	Feb to Nov	Normally held in club facility  If number of clubs doing course together then select club venue that central to all

**WHY PROMOTE THIS PROGRAMME TO YOUR CLUBS – QUOTES SOUND FAMILIAR!!**

*'I couldn't do that on my own'*

**BUDDY SYSTEM**

All NEW 'helpers will be guided through the programme by a 'buddy', who is current mentor within the club.

**WHO TO CONTACT:**

**Aislinn Harkin**

**Phone:** 01 8363156

**Email:**  
[aislinn@ladiesgaelic.ie](mailto:aislinn@ladiesgaelic.ie)

*'But I am not sporty and do not know anything about Ladies Gaelic Football'*

**WHAT SKILLS DO I NEED?**

- Sense of Humour
- Enthusiasm
- Belief in Fair Play
- A will to learn

*'How do I become involved?'*

**BE PART OF THE PICTURE**

Come along to your local club and be part of this initiative – **NO COST** involved!

*'I don't have the time'*

**A VOLUNTEER CAN CONTRIBUTE TO THEIR LOCAL CLUB**

- Drive girls to/from pitch
- Supervise dressing rooms
- Assist the Club Coach
  - Score keeping
- Set up equipment for training

# **THINGS TO REMEMBER WHEN ORGANISING COURSES**

## **PICKING A DATE**

- When picking a date make sure to check that there are no other activities or events on that day that would stop possible coaches/refs from attending.

## **PROMOTING COURSES:**

- Contact your county secretary and get a list of all club email addresses and telephone numbers.
- Announce at your county board meeting the date of the course giving plenty of notice and give details for booking places.
- Follow up county board meeting with an email to all clubs giving them at least 1 month's notice of the course. In the email state that places will be allocated on a first come first served basis and that places will only be confirmed on receipt of payment. When clubs pay for a course they are going to turn up for it!!
- Put an ad in all local papers about the course. Some people may not hear about a course through their club so you need to make sure they hear about it another way.
- Put information up your County / Provincial / National Websites.
- If numbers are poor two weeks prior to the course email all clubs again to remind them. If this does not work try sending a text message.
- Setting a date for a course and announcing it at your county board meeting is not sufficient to get the word out to the public as quite often information from county board meetings does not get back to the people who need to hear it. Do whatever you can to make sure people hear about it!
- In the unlikely event that you cannot get the required number of participants for a course make sure to notify Croke Park a week before the date of the course, otherwise you will lose your deposit.
- Counties should ensure they receive list of participants that completed every course and put on file

## **AFTER COURSE:**

- Counties should ensure they receive list of participants that completed every course and put on file