



# ST NICHOLAS GFC

## JUVENILE COACHING POLICY

St Nicholas GFC are one of only a few clubs fielding standalone juvenile teams in football. The most important section of our club is the juvenile section and it is vital that we as coaches ensure there is an accepted coaching policy in this section of the club. We at juvenile level are laying the foundations for St Nicholas to become more successful at adult level. This coaching policy provides guidelines to help coaches make progress with their teams and it is imperative that these guidelines are adhered to.

### **1. Qualifications**

All mentors must be qualified at foundation level and be committed to implementing the “Code of Best Practice for Youth Sport” guidelines to their teams. Particular attention must be paid to instilling the highest levels of discipline in players, mentors and parents/supporters alike. Any abuse of players, mentors or officials should not be tolerated and should be promptly dealt with by the club committee. They must also implement the “Pathway for players” document into their sessions. Each age group is accommodated in the Pathway and attention must be paid to the skills section. All skills to be coached as indicated on skill cards and adapted to the relevant ages, all skills to be coached on both sides.

Mentors are requested to attend all workshops and coaching courses provided by the G.D.A and to implement any new coaching methods to their training. Ideally a high percentage of them will have Award 1, and over the coming seasons we should insure at least 1 coach progress to Award 2.

### **2. 1 Ball per two children**

It is imperative that if our children are to improve their football game, they need as much practice with the ball as possible. The more ball contacts our players get in training, the more improvement there will be in their handling and overall skills.

It is recommended that for each player to improve their skill level, they need a minimum of 200 ball contacts per session. To achieve this figure, you need a minimum of one ball per two children, and it will be up to each lead coach to ensure this is implemented.

### **3. Structure of a session**

While children love playing games, they will not continue to improve if they come to training and the ball is just thrown in for a match. Training sessions must include working of both sides.

It is beneficial to allow the children a few minutes of each session for creative practice, where they are encouraged to practice a particular skill in whatever way they choose. Modified games, such as 2v2 or 3v3 etc, scoring or possession games, are a great way of improving a players’ performance. The Learningaa web site is full of ideas. Coaches can also look to the Club website.

The basic structures of a session which should be followed and documented on the Club Session Planner

**1.** Warm up. **2.** Skill Drills. **3.** Modified/Conditioned Games. **4.** Full Match.

The **STEP** method is very simple method of changing the structure of a training session.

**Space.**                      **Task.**                      **Equipment.**                      **Players.**



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### **4. Fun games at start of session**

The importance of children having fun at training cannot be overstated. Children get bored very quickly if not having fun and they will be far more likely to come back to training if they are having fun.

All training sessions should be fun and one of the easiest ways to have fun is with the warm-up game. Fun games are a perfect way to start a training session and should involve as much movement jumping/changing direction using both left and right with pace etc as possible.

Fun games like tag-ball, call the number, bulldog, tag, catch the tails, stuck in the mud again refer to Club Website for more details. These are very beneficial for the following reasons: They are all about fun, so the children love them.

The movements involved in these games mimic exactly the movements involved in match situations.

### **5. No fitness training for juveniles**

The vast majority of top senior inter-county teams use the ball for at least 80% of all their sessions throughout the year. This percentage should be even higher for juvenile teams, where the physical aspect of the game is far less relevant.

Juvenile players are neither physically or psychologically matured yet and 'running' them without ball is far from enjoyable. As was stated in section 2, children need on average 200 ball contacts per session and taking into account children can work as hard in a drill using the ball, there is no need for purely fitness training.

### **6. Working with Beginners**

St Nicholas GFC are at all times actively looking to increase the number of juvenile members involved with the club. The presence of a School Liaison Officer who will work alongside the County Boards GDA Officer will help increase numbers. At Nicholas GFC, with assistance from the Management of Mosney, we have set up a scheme to help integrate the children from Mosney into the wider community. Children of all ages are encouraged to come along and are tempted with the prospects of making new friends, being part of a club and learning the skills of a new game. Obviously, a lot of these children won't already have the basic skills and it is our responsibility as coaches to encourage these children and work extra hard to help them to develop these skills.

Even though this takes extra time and effort from coaches, is it fair of us to say he/she is no good..."will never make it etc. ,and to just by-pass them?

### **7. Where to next**

Have clear targets/goals for sessions/season and review regularly

How are you supposed to know what you're doing and how you're progressing etc without setting any objectives/goals?

You need to have specific targets. If you don't know where you're going, how are you going to get there? All aims and objectives should be: **S.M.A.R.T.**

**Specific:** goals should be very specific. For example, it is our goal to ensure that all our players can kick a ball accurately over 20 metres with both feet.

**Measurable:** objectives, such as the one mentioned above, should be measured frequently.



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**Action related:** Aims must be relative to the skills/games. For example, St Nicholas U12 team are going to spend 10 minutes of every session doing shooting practice.

**Realistic:** Obviously aims must be realistic. There is no point in expecting the children to be able to kick over 45's with both feet...as it is not realistic.

**Timescale:** Set a date by which you hope to achieve your goals. For example, by March we want every player to be able to solo with both feet.

It is very important and helpful for you as coaches to set targets for yourselves and your team as it will give you something to aim for.

All mentors should keep records of training attendances and players participation in games as it can be referred to if problems arise concerning team selection etc.

### **8. Footballing left and right side to be developed in every session**

It should go without saying that every young player should be constantly encouraged to use their left and right hand/foot in football.

This should happen in every session, not just the odd one.

Is it the player's fault that they can't use both sides? No - unfortunately it is the fault of the coach. In all drills, skill, games, shooting practice etc, players must develop their left and right sides.

### **9. Team Selection**

Player's should be made available to play for teams one age above eg, u12 to u13. However, this should not happen at the expense of a player already part of that particular team. Mentor's must play players from their team before using underage players. As the number of players increase at each level we need to be in a position where players will only be permitted to play one year above their existing year. Retention of players is vital if we want to be reach the highest level. From under 12s down all players are to receive the same amount of game time. Any movement of players between age groups must be approved by the player's parents.

### **10. Parents/Supporters**

Every effort should be made to encourage the support of parents at training sessions and especially on match day in particular with nets or if there is a requirement for calling the line or standing in as umpire. However, we as mentors are responsible for the behaviour of the supporter/parents and so the parents/supporters must take direction from the appointed mentors on match day. Any unwelcome behaviour should be reported to the Chairman. Parents should be encouraged to support the team, players and mentors in a positive sporting way. Under no circumstances should the parents/supporters attempt to coach the team unless invited to by the management team.

### **11. Development Squads**

Names of suitable players are to be forwarded to the Chairman, GDA and coaching development officer for approval before being sent for trials. Talented committed players with excellent discipline are ideal and should be given preference. Players who are not training and playing in their own age group in the club should not be considered for selection. Selection for Development Squads should be encouraged by coaches and where possible as many players as can be allowed should be put forward.



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### **12. Skills Testing**

If players are training and playing games in the club two or three times every week there should be an improvement in their level of skill and performance.

Players will have to be competent in the basic skills appropriate to their own age group. Mentors should regularly skills test their teams and keep a record of each players progress. Players and Coaches can be assessed and be tested on these skills at any time by the GDA. The Skills tests should also be a method of encouraging our players to pick up a ball and to practice at home.

### **13. Winning is not everything (or the only thing!)**

In St Nicholas GAA Club juvenile section, player participation, enjoyment, development and retention are the most important things. All mentors must be committed to long term player development and must not adopt a short-term win at all cost attitude.

**Chairperson:**

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**Date:**

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**Coaching and Development Officer:**

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**Date:**

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