



Eoghan Ruaidh Uí Néill Leac Phádraig



COACHING AND GAMES 5 YEAR DEVELOPMENT PLAN

1. Building stronger school links:

Aim	Action	Led By	Time Scale	Support/Assistance	Target
1a. Improve links with local secondary school and Higher Education College	Advertisement of student's success from Club recognized from school / colleges reports noting sporting as well as academic achievements. Club attendances at games, support with coaching, equipment, travel and provision of jerseys.	Club Coaching Officer	Beginning September 2011 ongoing annually reviewed each September until September 2016	Schools, Teachers/lecturers, PE Coordinators, Youth Officer and School Liaison Officer, Tyrone County Board, Club coaches	An annual increase of 5 new recruits stemming from secondary school or higher education faculties. A recruitment of a minimum of 5 players male or female aged 11+
1b. Improve primary school links between Evis, Cloughcor and Glenmornan. Also seek links with Strabane based schools with parish children attending ie Strabane Controlled P.S and Barrack St Boys' PS.	Club coach visiting schools regularly, In-school Club notice board, monthly newsletters, School Blitz's run twice annually.	Club Coaching Officer	Beginning September 2011 ongoing each year, reviewed in 2016	Tyrone County Primary School Coach, Club coaches, school teachers and staff, parents, Youth Officer and School Liaison Officer, School P.E Co-coordinators, Cuman na Bunscoil	An annual increase in numbers of participation from schools to Club football at this age level. 5 children recruited annually from each of the 3 schools, with all schools competing in Blitzes with minimum of 1 team per school. Provide support with equipment, sponsorship, encourage parental involvement to aid Club experiences.





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1. Building stronger school links (cont'd):

<u>Aim</u>	<u>Action</u>	<u>Led By</u>	<u>Time Scale</u>	<u>Support/Assistance</u>	<u>Target</u>
1c. Develop a structured programme to introduce hurling to Club	Continue hurling coaching at Club in conjunction with primary schools hurling program. After spell at schools completed continue coaching at Club. Have 1 coach annually obtain the Foundation Award for the next 3 years.	Club Coaching and Games Development Officer	Beginning January 2012	Tyrone Hurling Development Officer, local Shamrocks Hurling Club coaches, Active Communities Coaches, Club members, parents. Appoint Club Hurling Development Officer.	Promote indoor and ground hurling by allowing usage of Club facilities during schools coaching term. Supporting and organizing an annual School Blitz at Club. Combining football and hurling sessions during winter months.





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2. Coaching Development:

<u>Aim</u>	<u>Action</u>	<u>Led By</u>	<u>Time Scale</u>	<u>Support/Assistance</u>	<u>Target</u>
2a. Revise and develop coaching programmes at youth and adult levels for male and females	Plans devised and implemented by coaching and youth officer with support from all coaches	Coaching Officer	After 2011 AGM for 2012 season preparations.	Coaching Officer, Youth Officer, Club Coaches, County Coaching Development Officer	Have programme in operation for 2012 season reviewed thereafter annually with an evaluation of coaching performances. Division promotion after two years with team. Ensure Ladies teams are competing at all age levels by 2016
2b. Regular review of Club teams coaching and management personnel	Ensure appropriate standards of coaching are delivered at the various age levels from U6-Senior through player/parental feedback and coach analysis. Ensure appropriate coach ability and expertise is coaching at the appropriate levels to maximize player performance and guidance for players pathway	Coaching Officer and Youth Officer	Beginning 2011 with regular reviews ongoing	County Coaching Development Officer and Ulster Council Coaching staff	Quarterly coaching/training review with notes of meeting. Regular feedback to coaching officer from parental support group. End of season review and planning for next season.





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2. Coaching Development (cont'd):

Aim	Action	Led By	Time Scale	Support/Assistance	Target
2c. Build reservoir of highly qualified coaches at all levels within Club	Increase number of coaches at Foundation and Level 1 with male and female coaching awards progressing to Level 2. Run annual coaching clinics if required.	Coaching Officer	Ongoing annually	County Coaching Committee, Ulster Council, Strabane District Council Department of Sports and Recreation	Have a minimum 5 new Foundation Award coaches per year (2 female awards and 3 male awards) by 2013. 2 new Level 1 Award coaches by 2013 and 3 new Level 2 coaches by 2014
2d. Host coach education / development programmes and refresher events with participation from Club coaches	Encourage and support coaches to participate in these events run by Ulster Council, TLGFA, ULGFA, Tyrone County Coaching Officer and GAA	Coaching Officer	Ongoing annually from 2012	Ulster Council, Tyrone Coaching and Games Development Officer, Strabane District Council	Annually review Club coaches' qualifications and CPD attendances on advice relayed / referred by Club Coaching Officer. Records obtained of all coaches and qualifications obtained annually with details of awards obtained displayed on Club notice board. Report to Committee by October meeting prior to AGM planning for year ahead.





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2. Coaching Development (cont'd):

<u>Aim</u>	<u>Action</u>	<u>Led By</u>	<u>Time Scale</u>	<u>Support/Assistance</u>	<u>Target</u>
2e. Develop and implement FUNdamentals coaching programme for youth and LTPD pathway to be recognized and adhered to	As well as spring/summer coaching for U12 players outdoor, an indoor winter programme to be administered	Coaching Officer	Beginning winter 2011 continuing annually	Tyrone County Primary Schools Coaches, Ulster Council Coaches, Active Communities Coaches and Club Coaches	Running Gaelic Start programme indoor over winter period as well as nursery Have a Ball programme beginning winter 2011 annually thereafter. Seek to raise participation numbers by 10 annually.





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3. Discipline and Fair Play:

<u>Aim</u>	<u>Action</u>	<u>Led By</u>	<u>Time Scale</u>	<u>Support/Assistance</u>	<u>Target</u>
3a Ensure knowledge of Club's Code of Conduct, disciplinary policies and requirements are made aware to players, parents, coaches, Committee and members	Portfolio and information pack on registration given to all individuals participating in Gaelic games within Club in any mode. Have this publically displayed on notice boards.	Coaching Officer and Children's Officer, Youth Officer, Schools Liaison Officer	Beginning after 2011 AGM, run continually there after	Tyrone Development Officer, Tyrone Liaison Officer and Ulster Council Development Officer	Implementing the GAA Give Respect Get Respect initiative, adhering to Club policies of what is expected of players, parents and coaches. The information pack to be read and signed by all parents annually. Review by Parents Committee at end of season – feedback of views. Introduce a fair play award for all levels at end of season.
3b. Referee development within Club - Committee to be structured.	Promotion of the benefits of refereeing within Club. Grab Your Whistle campaign by LGFA and the GAA Young Whistlers Programme to be promoted and also ensure current referees attend annual refresher courses	Club Coaching and Games Development Officer and Referee Committee.	2011 annually thereafter	Referees Development Officer, Tyrone GAA, County Referee Committee, Ulster Council.	An increase of 2 newly qualified referees annually within Club (1 male and 1 female) from any age group actively refereeing games around county at any age level. Active at Go-Games and Blitzes. Present Club recognition awards on awards night.





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4. Inclusive Games For All:

<u>Aim</u>	<u>Action</u>	<u>Led By</u>	<u>Time Scale</u>	<u>Support/Assistance</u>	<u>Target</u>
4a. Develop annual camps for coaching and recreational games	To increase games for youth players and club involvement out of season. Also on a recreational basis for adults promoting fun games participation and for the entire community by 2012.	Coaching Officer	2012 annually	Tyrone GAA, Strabane District Council, and Ulster GAA	As well as Tyrone Summer Camps we aim to plan our own Halloween/ Easter camps over holiday periods measured by participation number.
4b. Inclusive games for all at Owen Roe O'Neill's GAC. As SportNI recognizes a deficit in female, elderly, and disability participation in sport we aim to combat these issues to involve all members of our community in our games for competition and recreational purposes.	Promoting the benefits of healthy lifestyles and exercise combined, such as arm chair aerobics and walking club for OAP's, cycling days for all ages, fun games at sports days	Club Committee, SDC, Club Health and Wellness Officer, Club Community Officer.	2012 continuously reviewed	Strabane District Council, North West Volunteer Center, Active Communities, U3A	Increase female and disabled participation by encouraging and supporting beginners with programmes designed specifically for target group. Run workshops for elderly within community on an increasing trail basis.





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4. Inclusive Games For All (cont'd):

<u>Aim</u>	<u>Action</u>	<u>Led By</u>	<u>Time Scale</u>	<u>Support/Assistance</u>	<u>Target</u>
4c. Seek wider involvement of current and past players in coaching and team management	Get more personnel involved in games in any capacity. Targeting individual characteristics and talents recognized and utilized for better of Club development and future progress.	Coaching Officer	Beginning 2011, continuing regularly	PRO, coaching support and advice from County GAA as well as advice from Ulster GAA	Have at least 5 additional recruits each year in coaching and in games support with completion of Foundation/FUNDamentals/ Level 1 award – 5 per year

