



Owen Roe O'Neill's GAC  
LECKPATRICK



## **COACHING AND GAMES 5 YEAR DEVELOPMENT PLAN**

**Successful Clubs reflects upon effective administration and a strong and motivated volunteer and coaching work force with clear plans for future development (where we are and what we want to achieve).**

**Within our Club we have recognized a number of key areas where we feel issues must be addressed in order to continue a thriving success at all ages and also to promote the family of GAA games around our community, inclusive to all.**

**Our new 5 year Coaching Development Plan has been devised to guide us in achieving these goals and ambitions, with weakened areas identified, structures in place to resolve and develop and targets to be achieved.**

**Within our Club we aim to identify and improve upon the following key areas of coaching and games development:**

Currently we have three feeder primary schools, one secondary school, and one College of Further and Higher Education in our area. We have always maintained a good relationship between the three primary schools in Cloughcor, Evisk and Glenmornan as they are in our rural catchment area.

In recent times we have seen a reduction in the number of children playing at our Club from these schools, influences being children participating in other sporting activities or lack of interest in Gaelic games.

To address this we need to look at the following:

- Promotional materials such as monthly newsletters and an in-school Club notice board should be put in place relaying all information of what's happening at Owen Roe O'Neill's GAC., eg advertisements of youth teams' success, fun days out, etc.
- An active Club coach regularly visiting the schools delivering coaching sessions to all age levels promoting the club and the FUN element of the games we play inviting/encouraging children to participate in training sessions.





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- Liaise with our local secondary school and College of Further and Higher Education to promote our Club from a healthy living point of view and the opportunities which can be gained through playing sports via newsletters, Facebook notices on school/college pages and also on Schools Sports Department notice boards of our training schedules.
- Improve links with local secondary school and Higher Education College
- Continue to improve primary school links between Evisk, Cloughcor, Glenmornan and others
- Revise and develop coaching programmes at youth and adult levels for male and females
- Build reservoir of highly qualified coaches at all levels within club
- Coach education/development programmes and refresher events participation from coaches
- Regular review of Club teams coaching and management personnel
- Develop and implement FUNdamentals coaching programme for youth and LTPD pathway to be recognized and adhered to
- Ensure knowledge of Clubs Code of Conduct, disciplinary policies and requirements are made aware to players, parents, coaches, Committee and members
- Seek wider involvement of current and past players in coaching and team management
- Investigate drop-out rates in young players and develop remedial action
- Develop a structured programme to introduce hurling to Club
- Implement a policy of increased awareness of healthy living and fitness issues among youth and adult players
- Develop annual camps for coaching and recreational games
- Inclusive Games For All at Owen Roe's. As Sport NI 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.
- Referee development within Club - committee to be structured.

**Enhance coaching capacity in the Club to enable increased participation at all ages and levels**





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To promote Gaelic games around the community for all ages.  
Working closely with local schools primary and secondary encouraging participation in games within club.

To provide everyone at all age levels the opportunity to engage in Gaelic games with free coaching sessions delivered thus enhancing healthy lifestyles and better modes of living with the benefits. Offering these services with particular emphasis at underage levels is the concrete settings for future development in terms of teams (male and female) and success at the Club.

### **To sustain and maintain levels of participation:**

In order to continue growing interests of football within the Club it is vital that any services offered to members are carried out in a friendly but professional manner with quality coaching, facilities and equipment being instrumental in this. Again this is targeted at all ages within Club, with particular emphasis on youth. They are our future and what we are heavily reliant upon for success on the field at the Club.

We must also embrace the new generation of up and coming coaches, encouraging their involvement for many future years, as with all Club members and their involvement within the Club through every medium.

### **Improve educational and club links with local primary, secondary and 3<sup>rd</sup> level schools:**

Club links are now active in most of the primary schools and secondary schools within our parish/catchment area. Notice boards are in place for pupils to see what is on offer at the Club at each school with training session times and details etc available for the pupils to avail off.

Primary School Blitzes will be run 2/3 times a year for children to experience. These are opportunities for children to become familiar with the Club itself, the chance to play and experience that taking part is a fun element of the game. Tyrone Summer Camps are also held at Club annually with 60 plus children participating.





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### **Coaching and skills development for coaches:**

To increase the number of qualified coaches within the Club male & female.

To ensure all active coaches are currently in possession of their Foundation award with an aim to progress to Level 1 award in the next year or two as experience is gained.

For coaches in possession of Level 1 award to gain more experience and progress to level 2 award.

Ladies coaches have recently completed the FUNdamentals Award are encouraged to progress to the next level also after experience is gained working with the teams they have.

Also to ensure all coaches have completed Access NI checks, are Child Protection certified and also a minimum of one coach per team management holding a valid current recognized First Aid certificate.

To maintain and increase the number of Club members who have completed defibrillator training.

For all coaches to avail of the Ulster Councils CDP and Strabane District Council Coach education program.

### **Long term athlete development program LTAD:**

Grassroots Gaelic football has been noted to be vital for future attainment and development of players male and female.

At Owen Roe's the coaching work at this early stage of children's involvement in GAA is vital for the ongoing success and future of the Club in terms of competition.

With over 50 children involved at under 12 all coaches, working on a volunteer basis, encouraging a fun fuelled environment, coaching new skills to all kids.

Adopting the FUNdo, CANdo, WANTto and WILLdo synopsis within the Club.

Developing players through the age marks on the path way to elite performance.

Each age group now supported with a strong coaching team with fresh ideas and notable success seen at U14, U16 and Minor levels.

### **Non-GAA physical activities development program:**

At the Club we aim to promote healthy lifestyles and physical activity participation alongside our Gaelic games.





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During the off-season of competitions (winter months) members of the Club and community make use of indoor hall in the Glenmornan Community Centre where physical activity classes are provided eg circuit training, indoor soccer, female fitness etc. These classes are open to everyone.

### **Increase playing performances and team achievements:**

Without team achievements and success, playing performances would not improve.

We aim to encourage all coaches to take advantage of the Ulster Councils CDP's with the hope of experiences gained can be reflected on the standard of coaching delivered through all the teams.

At present we have had a few very successful underage youth teams in both Leagues and Championship competitions. The maintaining of this standard of coaching and the accomplishments achieved can be sustained for these players progressing to senior level with the prospects of attaining League and Championship titles alike in the future. This is also reflected with the Ladies youth teams where we hope to build towards a highly skilled and motivated Senior Ladies team in the next 5 years.

### **Promote other codes Gaelic games:**

Unfortunately within our Club Gaelic football is the only game promoted. Recent County strategy to promote hurling within non-hurling clubs has been fostered where it is now being coached at local primary schools through Active Communities coaches which should encourage future interest in the game.

This County strategy has been endorsed by the Club with 6 players in representation for recreational Club amalgamated tournaments.

A local interest, in particular in camogie, has been increasing which we would like to see developed in the near future of the Club, as within the surrounding areas.

### **Disabled participation:**

We at Owen Roe's have a number of registered disabled players, in particular at underage level who participate and play in our games alongside their team-mates. The games are simply adapted for all underage participants to enjoy in a fun environment. We do not discriminate against any individual with any disability and welcome them freely as with any other player/participant.





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The GAA For All strategy has been instrumental in supplying Clubs with inclusive games training which coaches have found invaluable. We also have a Sport NI Disability Inclusion trained and certified coach at our Club.

### **Female participation:**

This has excelled in recent years within our Club, in particular at youth level where it can be noted the increase in numbers of participants at training sessions. We also have more females engaging in the FUNdamentals coaching award and who have become actively involved with coaching in the Club with the Ladies youth teams.

Over the years our Ladies Senior team has struggled in terms of numbers playing. However now with relatively successful Under 14 and Under 16 teams and the ongoing development at Under 12 we have a positive outlook for the Ladies Senior grade in the future.

Gaelic For Mothers has also generated much interest in 2010/2011. In the next year we aim to have a team up and running for mothers to get involved in and compete in.

For the first time ever at our Club one of our Ladies coaches has just recently obtained her Level 2 coaching award also and is also actively coaching at all levels within the Club.

### **Increase number of referees (male and female)**

There is some degree of success in the Club provision of referees. We currently have 3 referees refereeing male football and 1 covering Ladies football.

We also have 2 younger referees who cover U12 matches and 2 Ladies Youth members currently doing their Grab Your Whistle course.

We hope to see an increase in this in the future with the promotion of benefits and experiences that can be gained from such a vital role within the GAA.

### **Target plan devised under the following four sub-headings:**

1. Building stronger school links
2. Coaching Development
3. Discipline and Fair Play
4. Inclusive Games For All

