



Round Tower GAA Coaching Newsletter





Content

1. Intro
2. Skill of the Month
3. CC1 Skill Activity
4. CC2 Skill Activity
5. Game of the Month
6. Coaching Tips-Further reading
7. Coaching Tips- Podcast
8. Monthly “Hot Topic”
9. Coaching resources



Intro

Hi Coaches,

This monthly newsletter has been designed by the Coaching & Games Committee to support our coaches.

Each month we will focus on a particular skill and ask coaches to include it in their training sessions throughout the month.

We will provide sample drills and links to resources for you to check out.

Enjoy!!!



Skill of the Month

Football-The Solo



[Click Here](#)

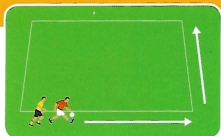
Skill of the Month

Football The Solo CCC1

FOLLOW THE LEADER

HOW TO PLAY: Get the kids in pairs with one ball for each pair • Use a sports hall or playground where there are court line markings if possible • One player solos around the marked area while the other player runs behind, following the leader • When the teacher calls switch, the leader passes the ball to the follower and the roles switch.

WHAT IT DEVELOPS: Reactions and soloing.

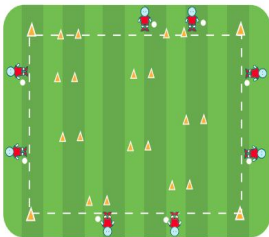


The Solo

Skill of the Month-CCC2

SOLO A GOAL

4



In a tight environment players must identify space and learn to exploit it.

A large square is set up (25m x 25m) with a variety of small goals randomly placed around the inside (see diagram).

Players start on the outside of the square with a ball each.

On the whistle players must try solo the ball through as many of the goals as possible to gain points.

Each of the goals should be made using as many different coloured cones as possible. Players must go for a different coloured goal each time.

After 30 seconds players count up their scores. Repeat the exercise with the opposite foot.

Progression:

Coaches can move around the square and block off certain goals. This will force players to look up and also encourage change of direction.

Players can knock someone's ball away while they solo. If successful that person must step out and perform 5 solos before rejoining. If tackle is unsuccessful the tackler must step out and do the same.

KEY COACHING POINTS

Participant Feedback

Why do you need your head up?

To scan the grid and identify goals that are empty

How would a side step be helpful here?

Avoiding contact/tackle and exploiting space

When is the best time to knock someone's ball away?

During a solo, hop or a fumbled ball.

How can players ensure they protect the ball?

Hold ball in two hands when taking steps.



The Solo



Skill of the Month

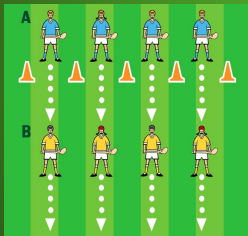
Hurling / Camogie
Hooking



[Click Here](#)

Skill of the Month

Hurling / Camogie Hooking CCC1



This Basic Drill to practice the Hook technique focuses on getting into the correct position to perform the Hook.

Organisation

- Players pair off
- Beginning shoulder to shoulder Player A takes three steps backwards and one to the side to position themselves behind Player B
- Player A adjusts this position to ensure their dominant arm is behind the side Player B is going to strike from
- Player A begins in the Ready Position while Player B adopts the Lock Position
- Player A strides into the Hooking position on the whistle
- Repeat several times before changing roles

STEP Variation

Task - Challenge the players to improve their positioning by repeating the drill while walking, and eventually while jogging across the field

Equipment required:

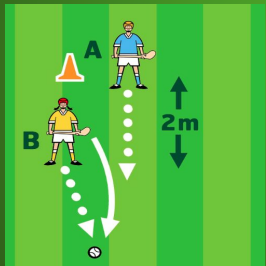
 Cones



[Hooking](#)

Skill of the Month

Hurling / Camogie Hooking CCC2



This Intermediate Drill to practice the Hook technique challenges the players' to react quickly and adapt their position to perform the Hook technique

Organisation

- Players pair off, one ball per pair
- Player A is positioned 2m behind Player B; both players in the Ready Position
- Player B throws the ball out in a random fashion, following it immediately to attempt to strike it on the ground
- Player A reacts to the throw and follows to hook Player B
- Encourage Player A to follow up the tackle and gain possession by jab-kicking the ball
- Switch roles after each successful hook and lift

STEP Variation

Equipment - As the Players become more proficient, introduce a smaller ball like the Quick Touch hurling ball

Equipment required:

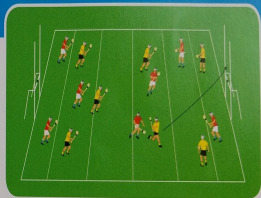


[Hooking](#)

Game of the Month

THREE SECOND HURLING

HOW TO PLAY: Full rules 9 v 9 except players can only be on the ball for 3 seconds • Coach counts out loud 1,2,3 initially • Defenders and attackers are to be in their own half for all puck-outs • If a defender/attacker are on the ball they can cross into the other half, their marker may follow but they must retreat on delivering the ball • This promotes moving the ball quickly and encourages players to scan the pitch before using the ball • It improves decision making on the ball and encourages players to go looking to take the ball of a team mate • Again it involves continuous play with quick puck-outs, side-lines etc



PROGRESSION: Players are only allowed 3 seconds so those defending are aware ball must be played-award a point for execution of the frontal block. After a few minutes coach begins to count into himself-the onus is now on the players to be aware of moving the ball quickly. There are always players who will call for everything, whether they are in the right position or not...put in a NO TALKING condition. Reduce time on the ball to 2 seconds.

WHAT IT DEVELOPS: Moving the ball quickly, vision, decision making & supporting the man in possession



Adapt for Football



Coaching Tips Further reading/ Posts

This months further reading focuses on preparing your training sessions



[“Designing a
GAA Coaching
Session using
Modern
Techniques – by
Ciaran Deely”](#)



Coaching Tips Podcasts

The Coaching Bubble- Ep 5- Ger O'Connor

Topics discussed in this Podcast

Ger O'Connor, Dublin GAA Coaching & Games Manager, chats about the importance of Coach Development within clubs and coaches being open to learning

Monthly “Hot Topic”- Round Towers Coaching Charter



Coaching in Round Tower GAA Club

Coaches provide immense value as volunteers in our club. While we put players first our Mentors are critical for the development of players and our success. As a club our goal is to support, empower and assist mentors to be successful and to achieve maximum enjoyment, fulfilment and satisfaction from their time and efforts.

Role of the Coach

The role of the coach is to **develop** the individuals on their team, as **people and players**. To create a **Safe Environment** where players can reach their full potential and **be the best that they can be**, in a way that that is enjoyable, supportive and challenging.

Role Model & Leader

The coach should be a leader and a role model for players, parents, fellow coaches, and supporters.

Set the Standards

As a leader, the coach sets the standards of acceptable behaviours (as defined by the club) , through their words and actions, and to hold themselves and others accountable to these standards.

Values Led

The coach is expected to set the example by living the clubs' values and adhering to the acceptable behaviours as set down by the club. To treat everyone with **Respect**. To act at all times with **Integrity**. To consistently strive for **Excellence** and the highest standards, and to recognise their part of the wider Towers family; **One Club, One Identity**.

Coaching Philosophy

Players come first, ultimately we aspire for **each individual to reach their own potential**. The coach's role is to facilitate this development, ensuring enjoyment is optimised. Fun comes in many forms, **learning and developing as individuals and as a team brings the ultimate fulfilment and enjoyment**. We cultivate team bonds based on respect and inclusion which will sustain our club in the long run.

As coaches we strive to **continuously improve our standards**, we buy into the systems and structure prescribed by our club. We promote team work, work rate and skills focus as central to our ethos. The Club's coaching philosophy is achieved through developing players across the 4 Pillars (technically, physically, psychologically, and tactically).

Framework for Development

We use the player pathway as the framework for development, in an age-appropriate manner.

Coaching Focus

Our coaching focus, to the age of 15 ,is on player retention and development. Thereafter its "Performance"¹ ,Development and Retention.

Definition of Success

Coaching success is not measured on grading, league titles or championship wins. Success will be measured on how well players are developed along the player pathway, as well as player retention.

Issue 3 2023



[Club Culture- The New Towers Way](#)

Monthly "Hot Topic"- Continued



Role	Sample Description
Registrar	<ol style="list-style-type: none"> 1. Ensures all players and coaches are members 2. Registers all new comers 3. Ensures coaches have relevant qualifications (Child Protection,Foundation etc.) 4. Ensures all are approved by Club Coaching Officer. 5. Liaises with Club Coaching Officer and arranges/directs coaches to relevant learning opportunities run by club (e.g. workshops/courses) 6. Management of the team kitty and processing of refunds (e.g. for referee fees)
Manager (Logistics Coordinator/Administrator)	<ol style="list-style-type: none"> 1. Coordinates the weekly administration of the squad e.g. Notification training & games, Squad attendance at sessions etc...) 2. Implements effective communication system to inform parents/guardians/players of practice sessions and games 3. Ensures attendance is taken every session and shares with Head Coach for planning purposes. 4. Keeps constant eye on fixtures and fixture changes 5. Liaises with Social Committee to arrange any up coming team social events
Head Coaches (H+F) (Most Experienced and Award 1 qualified coaches) ✓ Knowledge of: ✓ Long Term Player Pathway and ✓ What is appropriate for the age group ✓ Attends coach development opportunities as guided by Mentor	<ol style="list-style-type: none"> 1. Liaises with Manager 2. Plans and implements yearly programme of age-appropriate coaching sessions and games 3. Involves group and assistant coaches 4. Communicates effectively with club coaching officer, club coaching administrator, other head coaches, children's officer, equipment coordinator, assistant coaches, parents/guardians and players 5. Delegate responsibility of coaching and other duties to assistant coaches and parent/guardian helpers 6. Monitor coaching sessions to ensure they are Fun and challenging and that players have an environment to develop and progress 7. Provides instruction to group coaches and makes sure they are adhering to the development programme 8. Represents age group/code at coaching community meetings 9. Receives guidance/mentorship from Coach Developer/Assigned Mentor 10. Selects teams for weekend matches
Group Coaches (Min. coaching qualification & experience)	<ol style="list-style-type: none"> 1. Leads coach for group of 8-10 children during practice session/matches 2. Adheres to the GAA Code of Behaviour (re: a positive player centered environment) 3. Coaches the development programme to the children 4. Attends coach development opportunities as guided by Head Coach
Helpers/ Assistant Coaches (Garda vetting & min. experience)	<ol style="list-style-type: none"> 1. Assists the group coach 2. Helps set up drills and games 3. Helps if one to one coaching is required 4. Echoes cues/messaging of group coach 5. Assists in moving children from one station to another 6. Helps if child is injured
Equipment Manager	<ol style="list-style-type: none"> 1. Ensures all equipment is in working order (e.g. makes sure all balls are pumped up, bibs are washed) 2. Ensures all equipment is out on pitch available ready for set-up at start of each session 3. Reports any lost or damaged equipment to the Manager 4. Makes sure that equipment is returned to storage at end of each session 5. Ensure first aid bags are fully stocked.
Social Committee	<ol style="list-style-type: none"> 1. Arranges any up coming team social events with group of parent/guardians who are not supporting in coaching related activities





Coaching Resources for material in this Newsletter

Activities

- GAA Learning
- “Give us a Game” by Ger O’Connor (Available Dublin GAA)
- “GAA Football Training Tens” by Colm Nally
- Leinster GAA