

# Headford GAA Club

## Roles and Responsibilities



As a result of the recent HGAA survey we have drafted this guideline to assist everyone in understanding their roles and responsibilities. It is meant to help, guide and clarify parties. It is a living document that will change and evolve as required.

### Coach

A **Coach** is a person who **assists** and **challenges** players to achieve their full potential.

The coach plays a central role in the development of the GAA player. The challenge for the coach is to create the right conditions for learning to happen and to empower the player to develop him/herself to reach their potential.

**Quality Coaching** – as part of an overall Games Development Plan - promotes fair play, builds social cohesion, self-esteem, and enhances health and well-being as well as supporting social and economic objectives. Coaches should be committed to creating fun, safe playing environments for all of our players, regardless of age or ability level. To safeguard our players, coaches abide by the GAA Code of Conduct, have completed the GAA/ISC Child Protection in Sport Awareness Workshop and are vetted by An Garda Síochána/Access NI.

Source: [Coach Education | GAA DOES](#)

### Parent

Parents and guardians have an influential role to play in assisting and encouraging their children to fully participate in Gaelic Games, whether by playing our games or attending training or coaching sessions.

The ethos of volunteerism forms the basis of our community. Our players are children, our coaches are volunteers and our referees are human. We all have a duty to act as role models for our children as they enjoy Gaelic Games.

#### **PARENTS/GUARDIANS SHOULD:**

Complete and return the annual registration/permission and medical consent forms for their child's participation in the Club.

Inform the Coaches, and any other relevant Club personnel, of any changes in their child's medical or dietary requirements prior to coaching sessions, games or other activities.

Ensure that their child punctually attends coaching sessions/games or other activities.

Provide their child with adequate clothing and equipment as may be required for the playing of our games including for example gum shields, gloves etc.

Ensure that the nutrition/hydration and hygiene need's of their child are met.

Show approval whether the team wins, loses or draws a game.

Never attempt to meet their own needs and aspirations for success and achievement through their child.

### **CODE OF BEHAVIOUR UNDERAGE.**

If a parent has any issues to raise regarding their child's participation or performance in a team, they may raise this with the team coach. But should do so in a constructive and non-confrontational manner and not in the company or vicinity of young players or other parents.

Complaints about the conduct or practice of a coach should be brought to the attention of the relevant Club Children's Officer.

Be an active member by participating in Club activities.

### **PARENTS/GUARDIANS SHOULD ASSIST THEIR CLUB BY:**

Showing appreciation to volunteers, coaches and Club officials.

Attending training and games on a regular basis.

Respecting the rights, dignity and worth of every person

Not entering team dressing rooms unless deemed necessary by the team coach(es) so as to protect the privacy of other underage players

What To Say	What Not To Say
<ul style="list-style-type: none"> <li>- Did you have fun?</li> <li>- How did you play?</li> <li>- What did you learn?</li> <li>- What would you do differently next week?</li> <li>- Did you try your hardest?</li> <li>- I love watching you play</li> <li>- I am proud of you</li> </ul>	<ul style="list-style-type: none"> <li>- Did you win?</li> <li>- You played rubbish</li> <li>- You were so much better than X</li> <li>- You're so talented?</li> <li>- False praise</li> <li>- Why did you do that?</li> <li>- You should of done this!</li> </ul>

Source: [Role of the Parent - Connacht GAA](#)

## Player

Player Capacities covering Child (4 -11 years), Youth (12 – 18 years) and Adult (18+ Years)

**The Player Development Pathway is subdivided into a number of strands:**

Child (age 4 – 11)

Youth (age 12 – 17)

Adult (age 18 years +)

and Retirement.

**Each strand contains a number of stages:**

3 within Child,

3 within Youth

2 within Adult.

### Child Player Capabilities (4 – 11)

Stage 1	Stage 2	Stage 3
4 – 6	7 – 9	10 – 11

### Youth Player Capabilities (12 – 17)

Stage 4	Stage 5	Stage 6
12 – 13	14 – 15	16 – 17

### Adult Player Capabilities (18+)

Stage 7	Stage 8
18 – 21	22+

### Retirement

**The capacities within the Player Development Pathway are divided into a number of categories as follows:**

- Technical Proficiency
- Tactical Prowess
- Team Play
- Physical Fitness
- Psychological Focus
- Participant Feedback
- Fair Play
- Lifestyle
- Personal

### Child Player Capabilities (4 – 11)

[Stage 1](#)

[Stage 2](#)

[Stage 3](#)

**Stage 1: Player Capacities (4-6 years of age)**

**Technical Proficiency**

Develop bilateral coordination incorporating CPKST (catching, passing, kicking, striking with a body part and equipment and Throwing).

Develop the basic motor skills relevant to learning the technical skills of the game of Gaelic Football.

Use appropriate footwear, clothing and protective equipment

**Tactical Prowess**

Develop basic decision- making in relation to where, when and how to gather possession and where, when and how to release possession.

**Team Play & Tactical Ploys**

Develop a basic sense of game and movement concepts e.g. cooperative, small sided, invasion games

**Physical Fitness**

Develop fundamental movement skills of Agility, Balance and Coordination (ABC) and Running and Jumping Techniques (RJ) through short games and activities.

Develop an understanding and appreciation of (Gross) movement and mobility

Using ABC's, develop basic joint e.g. shoulder, core, spine and ankle mobility and stability.

Develop multi-directional and segmental (leg/arm) speed.

**Participants Feedback**

Develop basic awareness of performance through feedback from play and from the coach

Develop basic awareness of performance through outcomes e.g. targets, scores, numbers etc.

**Psychological Focus**

Develop a positive attitude to self, sport and participation

Develop confidence in all relevant aspects of player development, with a particular emphasis on the fundamental movement skills, basic motor skills and bilateral coordination.

Build concentration through active engagement in games and activities

Develop concentration

Develop composure through dealing with distractions

Develop commitment through a determination to practice and master the skills

Develop the ability to respond to feedback appropriately

### **Fair Play**

Develop an understanding and appreciation of the simple rules and ethics of sport

Demonstrate fair play and sportsmanship.

### **Lifestyle**

Live an active life through engaging in a variety of physical activities and sports

Develop awareness of factors that affect personal safety and the player's role in the safety of others

Develop intrinsic motivation through practice at home particularly in relation to technical proficiency.

Develop an awareness and understanding of drinking regularly during exercise and eating healthy, nutritious food.

Use appropriate footwear, clothing and protective gear

### **Personal**

Be open to and contribute to the enjoyment/fun

Develop a positive attitude

Develop teamwork, interaction and social skills and the ability to contribute to the social organisation of games and activities with friends and peers.

### **Youth Player Capacities (12 – 17)**

#### [Stage 4](#)

#### [Stage 5](#)

#### [Stage 6](#)

### **Stage 4: Player Capacities (12-13 years of age)**

#### **Technical Proficiency**

As an individual, perform the skills of Football in a closed environment

From imaginary, to stationary, to while moving (walking to jogging to running)

Further develop and consolidate the skills of Football incorporating team mates and/or opponents.

Non-pressurised to pressurised

Adaptation of skill performance in response to the environment

#### **Tactical Prowess**

Develop relevant decision making in a variety of positions

#### **Team Play & Tactical Plays**

Understand the fundamental principles of attack and defence

Creating and Denying Space

Develop communication and support play skills through pre-defined patterns of play e.g. open play and set piece play

Be able to react and adjust to appropriate patterns of play based on environmental situations e.g. how many players aside

Understand positional awareness

### **Physical Fitness**

Further develop fundamental movement skills of Agility, Balance and Coordination (ABC) and Running and Jumping Techniques (RJ) through games and activities utilising more sports specific skills (Throwing, Catching, Passing, Striking and Kicking)

Continue to develop speed, agility, power and endurance through fun games

Continue to engage in basic resistance exercises using body weight activities and age appropriate equipment.

Develop and maintain flexibility (mobility)

Continue to use ABC's to develop basic joint e.g. shoulder, core, spine and ankle mobility and stability

Develop the routine of warming up in preparation for activity and cooling down post activity

Get sufficient sleep for full recovery

The emphasis for the player at this stage is age appropriate, balanced (left & right), general physical conditioning through games related activities.

Develop multi-directional and segmental (leg/arm) speed (through activities of no longer than 5 seconds in duration complete recovery)

Develop functional control, stability and range of motion through the major joints.

Develop functional strength through body resistance exercises, emphasising technique, pre Peak Height Velocity (point during puberty where growth tempo is greatest)

Maintain flexibility through static stretching and dynamic mobility activities (Pre PHV)

Learn basic running technique.

### **Participants Feedback**

Continue to develop the capacity to self-evaluate performance through feedback

Be able to evaluate performance of opponents in order to enhance individual action/reactions (the decision making process)

Informed participation through awareness of personal strengths and challenges

### **Psychological Focus**

Develop balanced motivational, attitudinal & self confidence skills

Utilise short and medium term participation based goals

Begin to develop imagery skills that uses the senses to aid technical proficiency and increase self confidence

Be aware of physical cues that trigger the psychological traits of patience and control, e.g. developing routines

Players develop physical (eye contact) and mental tools (cue words) to aid in maintaining concentration at times of activity and rest

Players develop positive reinforcement through self-talk

### **Fair Play**

Adhere to the guidelines of the GAA Respect Initiative & Code of Behaviour

Develop an understanding of controlled aggression

Demonstrate the ability to communicate with officials, players and management in a non-confrontational manner

Further develop knowledge and appreciation of the rules of Hurling/Football

### **Lifestyle**

Understand & appreciate the correlation between playing Gaelic Games and a healthy life style

Understand and appreciate strategies to facilitate rest and recovery

Develop an understanding of the implications that positive nutritional habits and appropriate hydration practice can have on performance

### **Personal**

Develop the skills to be able to integrate oneself and all members of a squad in all aspects of team activity

Understand the varying degree and rate of change that puberty will bring in an individual context

Encourage and support team mates

Demonstrate the ability to communicate with coaches, players and officials in a positive manner

### **Adult Player Capacities (18 – 21 years of age)**

#### [Stage 7](#)

#### [Stage 8](#)

### **Stage 7: Player Capacities (18-21 years of age)**

#### **Technical Proficiency**

Continue the refinement of skills to achieve autonomous performance in match conditions

#### **Tactical Prowess**

Display the ability to alter decision making in real time to respond to oppositional, situational, environmental, and risk management factors

Refine the ability to create and/or deny time and space through individual decision making

### **Team Play & Tactical Ploys**

Refine the understanding of team play principles

Understand the various systems of play that exist

Function effectively in a variety of systems of play

### **Physical Fitness**

Maintain and improve, where possible, physical capacities with a view to maximising individual and team performance

Be functionally capable to perform resistance training exercises

### **Participants Feedback**

Utilise performance analysis techniques/tools to inform performance development and games strategies

analyze and interpret feedback in order to put in place a strategy to improve key areas for development

Employ performance analysis techniques to allow focus on areas of individual development

### **Psychological Focus**

To develop personal routines to enhance psychological focus

Utilise well developed, refined and individualised mental skills and routines

Continually review, and where necessary adjust, short, medium and long term goals to ensure performance standards

### **Fair Play**

To have an understanding that players are role models and should act as such

Players will continue to show respect for match officials, coaches, team mates, spectators and opponents

Players will continue to play in a competitive manner while always facilitating an environment where their safety and the safety of others is paramount

Be aware of the GAA social media usage guidelines

### **Lifestyle**

Refine knowledge of Lifestyle and its implications on performance i.e

Rest and Recovery

Injury reduction strategies

Player diaries

Nutrition/hydration/supplements



Appropriate life and sporting balance

### **Personal**

Full integration of sport, career and life goals

The ability to prioritise each of these when necessary

Source: [Player Capacities - Connacht GAA](#)

## **SUPPORTERS**

Young Players are eager to enjoy and benefit from the support they receive from supporters parents, guardians, friends and other members of the Club who attend our games. Active, loyal and well behaved supporters are always welcome to attend and support our games but should be aware that their conduct will reflect upon the team, players and Clubs that they support and represent.

Fellow supporters have a responsibility to ensure that all spectators conduct themselves in an acceptable and well behaved manner at all times, when attending our games and competitions. Unacceptable conduct by supporters should be reported to stewards or officials in charge (if appropriate) or at Club level to the Children's Officer.

Supporters should realise and consider that Young Players are encouraged to participate in Gaelic Games so that they may enjoy themselves while also improving their skills levels.

SUPPORTERS ADD TO THE ENJOYMENT OF OUR GAMES BY:

- Applauding good performance and efforts from your Club's players and from your opponents, regardless of the result.
- Condemning the use of violence in any form, be it by fellow spectators, coaches, officials or players.
- Demonstrating appropriate behaviour by not using foul language or harassing players, opposition, supporters, coaches or officials.
- Not entering the field of play, before, during or after a game.
- Respecting the decisions of all officials.
- Never ridiculing or scolding a player for making a mistake during games or competitions.
- Showing respect to your Club's opponents. Without them there would be no games or competitions.
- Upholding the principles of FAIR PLAY and RESPECT for all

Source: [ukepuvlq3ghyie10jfy.pdf \(gaa.ie\)](#)

During training sessions or group activities no other third parties should be present in the immediate vicinity of the players i.e., they cannot be on the pitch, in the club house etc. Only garda vetted, registered Coaches/Managers should be coaching/instructing players.

Source: HGAA Leadership Policy

## **Diversity & Inclusion**

In the GAA official guide, the Association is Anti-Sectarian, Anti-Racist and committed to the principles of inclusion and diversity at all levels. Any conduct by deed, word, or gesture of sectarian or racist nature or which is contrary to the principles of inclusion and diversity against a player, official, spectator or anyone else, in the course of activities organised by the Association, shall be deemed to have discredited the Association.

Source: [Zero tolerance for racism in Gaelic Games \(gaa.ie\)](https://www.gaa.ie)

**N.B.** Breaches as outlined above may lead to further potential disciplinary action.

Source: HGAA Leadership Policy