



# **Coaching Guidelines**

**Pasaiste Og Academy**

**U5/6**

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## 1 Prerequisites

It is necessary that all members of the coaching group have familiarised themselves with the Pasaiste Og Player Pathway [here](#).

## 2 Introduction

The purpose of this document is to provide coaches with the necessary tools, resources, contacts and direction for the U5/6 age group in Hurling and Football. It will also make coaches aware of the responsibilities required for this age group. This document is based on the Player Development pathway which provides the overall direction for Pasaiste Og for all age groups. U5 & 6 is where the majority of players will be introduced to the club.

This guidelines document will include direction on the following:

- Management Structure
- Age Specific Objectives
- Communication Protocols
- Required Coaching qualifications, courses etc.
- Where to source equipment
- Contact Numbers
- Recruitment considerations
- How to manage Parents
- Session Planner Template /Examples
- Essential Skills
- Fundamental Movements
- Links to Resources containing
  - Fun Activities
  - Conditioned Games
  - Drills

This guideline document along with a book called ‘Give us a game’ will form a coaching pack that will be provided to coaches at this age group.

### 3 Vision

*“To provide players to the senior section of Passage West developed to their full potential“*

### 4 Mission

*“To provide excellent coaching that provides all kids the opportunity to be the best player they can be. To further cement the friendships and camaraderie already developing within the team. To be fair and give equal chances to all kids regardless of ability. To ensure that as many kids as possible are retained within the club. To further impart to each kid a sense of honour and integrity and most importantly a strong measure of self-worth.”*

### 5 Goals

Under 5/6 Core Management and Coaching Objectives:

- **Recruit** as many kids as possible within the club
- Get all kids to play **both** hurling and football
- Every session **FUN** based
- Have cohesive and cooperative coaching teams
- Provide excellent and evolving modern coaching
- Develop kids self-worth and self confidence
- Help all kids develop and maximise their own personal potential.

## 6 Management

### 6.1 Pasaiste Og Academy

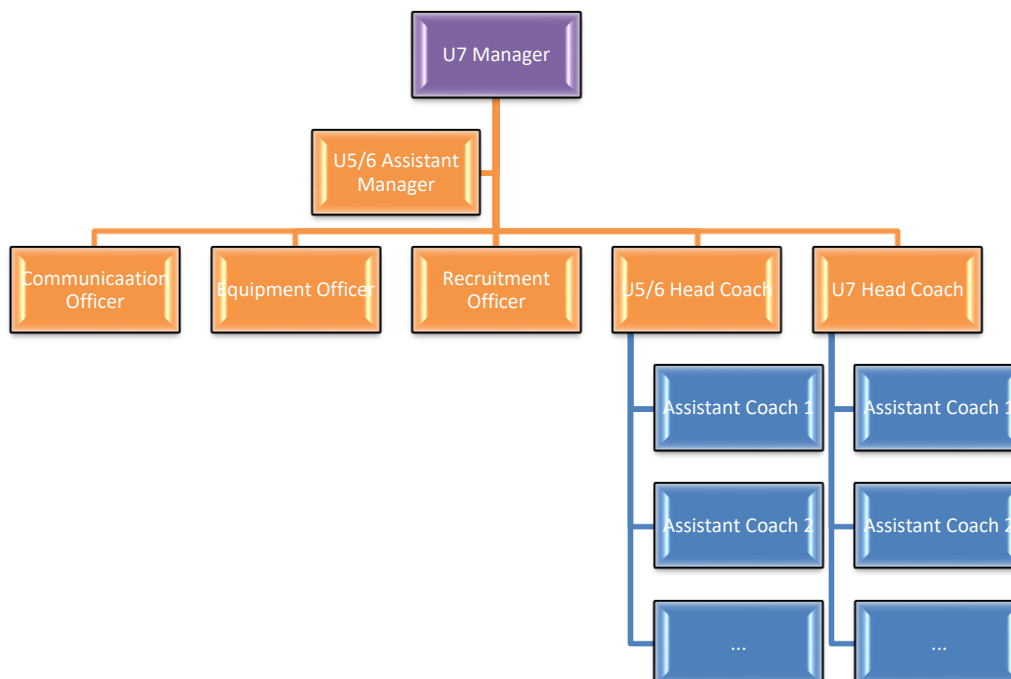
The Pasaiste Og Academy is made up of U5 to U7s and forms the foundation of the Juvenile section of the club. The Academy is where the majority of new player and parents are introduced to the club with a primary focus of FUN. The Academy’s U5/6’s should train at the same time and within the same group. U7s should train at the same time but as a separate group. The purpose of this is to make the academy look vibrant and attractive to new parents, to create a good atmosphere. Also the U7 management structure will need to take responsibility for bleeding in a new U6 management structure before they move on. .



**Note:** Management transition has been identified as one of the root causes for poor numbers and structure at some age levels.

### 6.2 Structure

The U7 Manager shall be responsible for assembling and coordinating the coaching team and putting the structures in place at U5/6/7. The manager should recruit as many coaches as possible with the simple objective of enabling more people to do less. Depending on coach numbers the following is the recommended management structure for the Pasaiste Og Academy . Where coaching numbers are limited the same person may perform multiple roles.



<b>Role</b>	<b>Responsibilities</b>
<b>Manager (U7)</b>	<ul style="list-style-type: none"> <li>• Coach recruitment</li> <li>• Coach Training</li> <li>• Ensuring Coach and Team compliance with club policy and Player Pathway directives</li> <li>• Parental Management</li> <li>• Player Attendance and player retention</li> <li>• Matches</li> </ul>
<b>Assistant Manager</b>	<ul style="list-style-type: none"> <li>• Assists with above tasks.</li> <li>• Primary affiliation to U5/6 group</li> </ul>
<b>Head Coach</b>	<ul style="list-style-type: none"> <li>• Compliance with Player Pathway Directives</li> <li>• Season objectives</li> <li>• Session planning (FUN)</li> <li>• Session Execution &amp; Coordination (FUN)</li> </ul>
<b>Assistant Coaches</b>	<ul style="list-style-type: none"> <li>• Session Training</li> <li>• Skills training</li> <li>• Adherence to session plan</li> </ul>
<b>Communications Officer</b>	<ul style="list-style-type: none"> <li>• Parental Communication (Matches/ Training)</li> </ul>
<b>Equipment Officer</b>	<ul style="list-style-type: none"> <li>• Medical Bag and medical stock</li> <li>• Training Equipment (Poles, Cones etc)</li> <li>• Footballs/Hurleys Stock &amp; Sales</li> </ul>
<b>Recruitment Officer</b>	<ul style="list-style-type: none"> <li>• Membership Forms</li> <li>• Player Recruitment</li> <li>• Meet &amp; Greet new Parents</li> <li>• Information and Orientation</li> </ul>

### 6.3 Succession Planning

The Assistant Manager is a key role in the Academy and needs to be affiliated with the U5/6 group. U7 Manager needs to recruit and groom an Assistant Managers who will take over the Pasaiste Og Academy when the U7 Manager moves on to U8s.

## 6.4 Competing Sports

Passage West provides rich opportunity in terms of sporting choice for our children. However, this presents a challenge for the club in that we are very sensitive to player numbers. (i.e. *Player numbers are limited with many adopting multiple sports.*) A guiding principle is that Passage West GAA managers work with the managers of other sports in the community to avoid and resolve training and match conflicts. Managers need to work to avoid situations where players and parents are forced to make a choice as to what training session to go to. When this happens both sports suffer. Resolve by choosing training days that do conflict as little as possible with other sports. If match days collide, try moving times or change the day. At this age playing two matches in a day while not desirable is possible. Include parents and managers from other codes when these issues occur. Affected players could have reduced playing time.

## 6.5 Recruitment

Recruitment at this age group is one of the most critical tasks. The manager is responsible for ensuring that this activity is performed. This does not mean that the Manager has to perform this task, just to make sure it happens successfully. Leaflet drops to the schools Star of the sea, Monkstown and Educate Together along with leaflet drops to the estates is essential. The Juvenile committee will provide a lot of support here.

## 6.6 Parental Management

At this age its common that parents are new to the club and may not know too many people. Parents bonding with the club and enjoying their interactions with coaches and other parents is an essential part of player retention. For home blitzes the club can be opened for teas/coffees to help parents develop these relationships.

Take every opportunity to tell parents how their child seems to enjoy training, how much potential you see and how well their child is improving regardless of the facts. If a parent mentions that their child is finding something difficult offer specialised assistance. Provide reassurance in the sense that its perfectly normal that kids develop different skills at different times. If any issues arise with a specific child, parents often very much appreciate being consulted on how best to handle the issue.

Parents can often move their children away to other sports where the player may seem more successful. Remember players develop at different speeds and times. Essential to communicate to parents that a seemingly weak player at this age could be your best at U12 or U14. Re-enforce that you see great potential in the child which will take time to develop.

## 6.7 Communication

Communication to kids regarding matches and training must be conducted through parents only. It is recommended that separate communication groups are created which will cover both hurling and football.

- **Coaches Group**  
Used for communications within the coaching group. Availability of coaches, session planning etc.
- **Parent Group**  
Used for training and match notifications.

## 7 Coach Training

All coaches involved with children under the age of 18 need to be Garda vetted and will need to also complete a child safeguarding course.

### 7.1 Garda Vetting Process

All coaches involved with children under the age of 18 need to be Garda vetted. The passage west child protection officer is on hand to guide coaches through the following process.

Unfortunately at present if a coach has been vetted for another sport this does not count. This can be done online using the following procedure:

#### 1. **Initial Application at club level.**

You must in the first instance complete the [GAA E-Vetting ID Form](#). This form compels you to provide proof of your identity to the Club Children's Officer, who must verify that they have received the ID verification as required. The ID verification may be retained by the Club Children's Officer for the duration of the e-vetting process or it may be attached by you at Step 2 to the On Line Vetting application Form. The primary purpose of this form is for you to provide your name, address, club, role for which you applied, and to present your ID (e.g. copy of your passport plus a utility bill showing your current address) plus a valid email address for future reference. The full list of documents which are accepted for verification can be found here [Click here for the GAA E-Vetting ID Form](#)

#### 2. **Completing the Vetting Application form**

Following completion of the initial process you will then be directed to [www.gaa.ie](http://www.gaa.ie) where the GAA on-line E-Vetting Application Form is available to download. Once you complete the GAA on-line E-Vetting Application Form the



information provided is forwarded to the NVB by the GAA and you will receive an on-line NVB Vetting Form to complete. The details entered will be emailed back to you, for your own records. Your Club Secretary will also receive an email informing him/her that you have applied as a member of the club, to be issued with the NVB Vetting Application Form. [Click here for GAA on-line E-Vetting application form](#)

### 3. NVB Vetting Application form

The NVB will issue you with the NVB Vetting Application form. This will be issued to the email address you provided in Step 2. Completing this form is a confidential matter between you and the NVB. All sections of the form including current and previous addresses, email address and contact telephone numbers, information on convictions and prosecutions (if any), plus other information will be required when completing the form. Once all sections of the form have been answered this then completes your application process for E Vetting in the GAA and within a short period of time you shall be contacted by the GAA to informing you as to the outcome of the vetting application.

You and your Club Secretary will be notified when the vetting process has been completed.

## 7.2 Safeguarding

The safeguarding course is initially a classroom based course. The child protection officer will organise this. Refresher courses (every 3 years) can thereafter be done online through a GAA portal using the following link : <https://learning.gaa.ie/safeguardingrefresher>

## 7.3 Coaching Skills Training

A foundation course is available for new coaches at this level. It covers both codes on how to teach the basics skills of the game. Contact the Juvenile secretary to get details of when the course is next available.

## 7.4 First Aid Training

A first aid training course will be organised by the Juvenile committee and provided to all coaches. This will enable coaches to be able to treat basic injuries and how to use the Defibrillator which will be located on the wall outside the clubhouse.

## 8 Discipline

Simple discipline rules need to be introduced from the very beginning and apply to any GAA activity. These rules include:

- no talking under any circumstances to any referees
- no use of bad language
- no spitting
- no sledging or slagging of other players
- only encouragement to your own teammates allowed
- respect for all coaches.

Breach of rules by players means taking some time out at training or coming off for few minutes in a match. As they get older running helps.

Players will follow a coaches/parents lead so we need to make sure all coaches do not criticize referees. The focus is only on participation and keeping as many players as possible. We must have the silent side-lines from parents. Before each match, team manager to remind parents about silent side-lines. Let the kids play.

## 9 Session Training

### 9.1 Principles

- At this age both sides are equally weak. Essential that equal focus on the development of both sides (dominant and non-dominant) in both hurling and football during all sessions.
- Guide children . Don't tell them
- Set FUN activities.
- All sessions to include 10 minutes of warm up, core exercise and fundamental movement skills & stretching.
- No Queues. Every player should have a ball or at the very least ball between two.
- All sessions to include a match at the end. Multiple games. Small groups. Max 6 V 6. Again, groups may be split to ensure all kids have maximum chance and touches on ball.
- Commit to minimum 20 sessions in both hurling and football.

## 9.2 Session Management

Players at this age have a very short attention span. To optimise training sessions (*i.e. listening and learning*) it is recommended that at this age level the group be split into pods with a max ratio of 1 coach to 5 players. Each pod is managed by a different coach. A different skill/activity/game taught at each pod for a specific time. Players rotate through the pods during the session with all players having completed all skills by the end of the session.

Parents must be informed that they need to stay for the duration of the session. This is for child protection purposes and provides an opportunity to get parents involved.

## 9.3 Session Planning

Section 11.1 identifies the skills that should be developed at this age group. The Head Coach will need to design session plans that develop these skills. It is important that session difficulty is aimed at just above the average ability of the team. The head coach can draw from the following resources when designing session plans. The following links provide access to a Session Planning template, Skill Cards, Activities etc.

Link	Description
<a href="#">Munster GAA</a>	Session Planning Template, Skills, Activities, Skill cards. Etc.
<a href="#">Learning GAA</a>	Age specific GAA planner facility
<a href="#">Coaching Resource</a>	Covers, how to create a positive environment, how to develop the skills of the game, Communication, Physical fitness, first aid.
<a href="#">Hurling Resource</a>	Age Specific skill for Hurling
<a href="#">Football Resource</a>	Age Specific Skills for Football

## 9.4 Development Windows

The player pathway identifies development windows at specific age groups. Research has shown that development windows present at particular stages in human development where the development of a specific capacity has an optimal effect. For the U5/6 age group there is 1 development window. Suppleness. Therefore, it is essential that stretching is incorporated into every session plan.

## 10 Matches

Matches are not formally organised by Rebel Og at this age group. The Manager should also organise challenge games with other clubs. Games create excitement, enthusiasm and a bond to the club for both players and parents. When organising matches the following is it recommended:

- All players play equal time as much as possible
- Winning is NOT the priority
- Participation , player development and FUN trump winning
- Coaches from opposing teams welcomed and greeted before the game
- All players line up shake hands (non-covid) or elbow bump (Covid) at the end of the game
- Goalie position rotated
- Take pictures and post on communication platform.

### Tips

- While coaches may not keep track of the score , kids often do. While winning is not the priority, try to avoid heavy defeats
- A player with a good puck/kick out needs to play in goal. (Essential to avoid heavy defeats)
- Tip: Stronger players should be aligned up the middle of the pitch with weaker players filling the gaps. (This will enable a more structured game)
- Coach's communication should always be encouraging. NEVER GIVE OUT.

### 10.1 Challenge Games

All challenge matches at these age groups should be both hurling and football. This gives the best chance of keeping all kids playing hurling. Contacts for other clubs can generally be found on club websites. It is also recommended that these challenge matches should include the different groups at the same time as much as possible (u5/6 and u7 and u8). It creates excitement if multiple ages are playing at the same time in hurling and football. It is also as easy, to bring 2 or 3 age groups from a club as one and it helps develop coach familiarity across age groups.

## 11 Equipment

The Juvenile committee will ensure that coaches at each age group have the equipment they need. You can find a list of contact numbers of committee members on the Passage GAA website [here](#).

Other useful contacts below.

<b>Item</b>	<b>Contact</b>	<b>Email</b>
<b>Sliotars</b>	Dave Maxwell	Dave_Maxwell@trendmicro.com
<b>Medical Bags</b>	Billy Cotter	billy@pharmacare.ie
<b>Young Whistlers</b>	Damien Taff	damientaaffe@gmail.com

### U5 -> 6 DEVELOPMENT PILLARS

#### Player Characteristics

- Only Goes flat out
- Self Centred
- Little Concern for team activities
- Limited Sense of Time & Space
- Short Attention Span

#### Challenges for Coach

- Set FUN Activities, involving adults
- Variation
- Guide Children. Don't tell them
- Be a role model
- Awareness of LTAD Speed and Suppleness window at U6
- Ensure Players have correct Hurley Size

#### Environment

- FUN Number 1 Priority
- Coach to Player Ratio 1:5
- Every Child has their own ball
- Trial and Error
- Variation in Equipment, Size and Colour.

#### Hurling Core Skills

- Hand Positions on Hurley
- Ready Position
- Ground Strike - Left & Right
- Ball Control - Stopping Ball. Flick to Space. Bean Bag Solo. Bean bag flick
- Roll Jab Pick (Intro – Scoop)

#### Football Core Skills

- Ground Kick (Both Feet)
- Bounce
- Low/Chest Catch
- Throwing/Passing
- Punt Kick (Both Feet)
- Pick Up (Intro)

#### Game

- Small sided games 2x2, 3x3, 4x4
- First Touch soft Sliotar
- Each Child has their own Hurley, Helmet, Water Bottle, Gum Shield
- Sliotar Per child at all sessions

#### Physical Fitness

- Running (Marching, Forwards, Backwards, Sideways Shuffle)
- Jumping Landing (1 leg, both legs/variety of directions)
- Agility (chasing games, evasion games, sidestep evasion, Balance)
- Coordination (Hand Eye - Hurley and Bean Bag, Eye Foot - Dribble)
- **Speed (At least 4 sprint > 40M per session - LTAD Speed Window at U6)**
- **Stretching start/end every session - LTAD Suppleness Window at U6)**

#### Psychological Focus

- Develop Listening Skills (Simon Says Game)

#### Team Play

- Zones (Use for positional sense, Stops Bunching)
- Small Sided games only (More touch time for all)

#### Tactical Development

- Target Games
- Decision Making

