

# Award 2 Coach Education Programme

## YOUTH/ADULT FOOTBALL



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### 1. OVERVIEW OF THE AWARD 2 PROGRAMME

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The Award 2 Coach Education course is the third award on the coaching pathway of Gaelic games. The course is aimed at coaches that have progressed through the Foundation Award and Award 1 programmes and have experience as a Coach.

The course covers a number of key modules, as well as Introductory and Conclusion modules. These modules are:

- Role of the Coach
- Technical Proficiency
- Tactical Prowess
- Team Play
- Physical Fitness
- Participant Feedback/Playing Facts
- Psychological Focus
- Talent Identification
- Nutrition and Hydration
- Communication
- Lifestyle
- Rules

The focus of the course is the “Why to do it” and further development of the coaching skills by placing the participant in situations that they will face as coaches – the organisation of games activities, activities to develop skill and activities to develop the various physical fitness skills.

#### **Entry Requirements:**

Applications will be considered from those who:

- Hold both Foundation Award and Award 1 Youth/Adult qualifications.
- Have substantial experience in a coaching and are currently coaching a youth/adult team.
- Must be 18 years or over.  
Candidates must be Garda vetted and have complete the GAA Code of Best Practice in Youth Sport
- Candidates must be currently actively involved coaching a Youth/Adult team.

**Course cost: €150** per person payable before the first session

The course is designed to promote the development of the coach self-awareness and reflection through modelling their coaching against best practice.



Coaches will learn more effectively if they are active in the learning process and have an opportunity to apply their knowledge.

The old proverb:

*I hear and I forget*

*I see and I remember*

*I do and I understand*

Within the Award 2 course, the practical activity delivered by the participants. There are 4 major practical elements – Spot& Fix Advanced Technical skills, Coaching for Decision Making, Principles of Team Play and Physical Fitness. Participants are asked to plan sessions for all 4, and to deliver 2 during course contact time.

### **Coach Portfolio.**

A portfolio of all this information including tutor feedback, lesson plans and course assignment's must be kept by each coach, this will be submitted on completion of the course. (All coaches receive this on the first session.)

A post course coaching assessment is conducted either in person by a Tutor, or a DVD of active coaching is submitted by the participant for review. More details of this assignment will be explained on the last session.

**Coaches must attend All sessions if for some reason a session is missed the coaches must catch up when these sessions are delivered again.**

**Coaches will not be signed off for accreditation until all aspects of the course are complete. This includes Full attendance, on course practicals and the final assessment.**

## **COURSE DETAILS**

**Code: Football**

**Grade: Youth & Adult**

**Venue: Manguard Plus Hawkfield Centre of Excellence GAA, Kildare**

**Dates: See below**

### **CANDIDATES MUST BE AVAILABLE TO ATTEND ALL 10 SESSIONS**

Saturday 21st	March	9.00am	1.30pm
Saturday 4th	April	9.00am	1.30pm
Monday 27th	April	7.00pm	9.00pm
Saturday 16th	May	9.00am	1.30pm
Monday 25th	May	7.00pm	9.00pm
Saturday 6th	June	9.00am	1.30pm
Monday 22nd	June	7.00pm	9.00pm
Saturday 11th	July	9.00am	1.30pm
Monday 20th	July	7.00pm	9.00pm
Saturday 8th	Aug	9.00am	1.30pm



## GAA Award 2 Youth/Adult Course Application Form

Name: \_\_\_\_\_

Address:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail: \_\_\_\_\_

Club/School: \_\_\_\_\_ County: \_\_\_\_\_

Team/s you are currently coaching:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Why you would like to take part in this course:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**APPLICATION FORMS MUST BE EMAILED TO [declan.otoole.gda.kildare@gaa.ie](mailto:declan.otoole.gda.kildare@gaa.ie)  
NO LATER THAN FRIDAY 31<sup>ST</sup> JANUARY 2020.**