

# Coaches Charter



# COACHES CHARTER

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## Coach Requirements

*All Coaches working with young people and children in Carryduff GAC are required to:*

1. Be a member of the Club
2. Have completed Child safeguarding training,
3. Have completed Access NI verification
4. Possess a relevant coaching qualification.
5. Comply with guidelines set out in the GAA Code of Behaviour.
6. Adhere to Club policy, guidelines and values.

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## Specific Responsibilities of Head Coaches & Managers

- *Ensure that the environment is safe for players to train and play matches. Player safety is paramount.*
- *Keep a record of attendance at training and at games by both players and coaches.*
- *Liaise with Club officials / Head of code to ensure pitch availability for training slots and matches.*
- *Ensure that all players are members. Compile a squad list in Foireann.*
- *Assemble a coaching team, ensuring that coach – player ratios specified in the code of behaviour are adhered to. For ladies teams there should be a Female Liaison Officer appointed to all teams as part of the coaching team. A female mentor must be present at all training sessions and matches.*
- *There must be fairness in team selection. Effort and Commitment should be rewarded. Starting players should be rotated. The same players should not start on the substitute bench week after week.*
- *Players should have the opportunity to play in different positions over the course of the season.*
- *Rotate Captaincy*
- *Dressing rooms should be cleaned after use. They must be locked and the shutter pulled down.*  
*You are responsible for dressing rooms used by your visiting team.*



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## Coach Behaviours

- Be positive and approachable during coaching sessions, games and other activities so that underage players always leave with a sense of achievement and an increased level of self-esteem. Provide opportunities for players in training to experience success.
- Recognise the development needs and capacity of all underage players, regardless of their ability. Build connections with players to understand their needs and challenge them appropriately. Our aim is to improve every player in the group. Be aware that player development is not linear and that some players will mature at different rates than others.
- Build confidence in players by letting players play without fear. Encourage mistakes. The training environment should be a psychological safe space.
- Create a training environment that fosters a deep connection with the club and GAA games. Make them “students of the game”. Encourage juvenile players to attend senior Club matches. Instill a sense of connection and belonging to our club and present our young players a vision of a future within our club for all.
- Strive to improve your knowledge of Gaelic games and continually develop as a coach by attending coaching courses and education programmes.
- Encourage parents to become involved in team and Club activities wherever possible.
- Encourage players to compete and give their best. Notice and reward effort.
- Develop, from the earliest possible age, a sense of work ethic, team and community that are the bedrock of great players, great teams, great people and great clubs.





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## Best practice

- Hold an introductory meeting with parents.
- Plan training sessions in advance and share a session plan among coaching team in a timely manner.
- Regularly review and reflect on training sessions and matches. Seek feedback from players and parents.
- Greet players by name at training sessions.
- Promote learning by including games-based activities with opportunities for problem solving, scoring and ball contacts.
- Create a supportive environment with enjoyment at the core.
- Ensure there is consistency among coaches. Coaches need to be on the same page, delivering a consistent message to avoid confusion. Unity of purpose is very important.
- Show commitment. Players will learn value placed on commitment. Commitment is necessary to succeed.
- Challenge players to be a better version of themselves within a positive, supportive environment.
- Be punctual and properly attired.
- Ensure that all of your players are suitably and safely attired to play their chosen sport, e.g. helmets, goggles (Handball), shin guards, mouthguards.
- Be accompanied by at least one other adult in underage team dressing rooms.
- Make adequate provision for First Aid services. Keep a record of any injuries and action subsequently taken.



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## The Coaching team

Our coaching teams are comprised of people:

- With complementary and varying skill sets.
- Who are focused on creating an excellent holistic environment for our players.
- Who are organised, aligned and operate in a manner that enables all members of the team to contribute in a meaningful way.

## Dual Players and Individual Player Loading

It is the responsibility of Coaches to make being a dual player as easy as possible. A player should never be placed in the middle of arguments and have to pick between codes or teams, regardless of their age. When there are two separate management teams for hurling/football, or different age groups, there should be close communication to ensure that decisions are made in the best interest of the player and to prevent player burnout.



# COACHES CHECKLIST

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## How we treat our players:

- Welcomed by name.
- Valued as a person and treated fairly.
- Encouraged and challenged where they are at.
- Supported through playing games in a fun, supportive and safe environment.

## A Carryduff Coach Is:

- Well organised.
- Knowledgeable and approachable.
- Supports long-term player development.
- Creates a positive, supportive environment where players are challenged to be better versions of themselves.
- Is bound to club values of respect, honesty, effort and inclusion.

## A Carryduff Player:

- Strives to learn and to improve themselves, their team and their club.
- Is physically fit, fast and strong.
- Is technically proficient on both sides.
- Competes with courage, effort and respect.
- Is adaptable to challenges.



# COACHES CHECKLIST

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- 1) Was every player welcomed by name?
- 2) Was every player made to feel valued as a person and treated fairly?
- 3) Was the majority of the session games-based?
- 4) Did I (the coach) create a supportive, psychologically safe environment that encourages the players to learn and strive for continuous improvement?
- 5) Was a session plan prepared in advance and shared with the coaching team?
- 6) Was the appropriate higher focus placed on honesty of effort and respect over skill?
- 7) Did the session include an age-appropriate long-term athletic development component?  
Was age-appropriate speed work included?
- 8) Did the session include development of technical skills with equal focus on both sides?

