



The Carryduff Way



Foreward

This document aims to be a comprehensive blueprint which all our coaches use and work towards. It is a working document and we will continue to amend and improve it as we evolve and learn as a club.

“Continuous improvement is our goal”

This document includes relevant information, tools and policies for our coaches. Cohesive collective coaching over the expanse of time is the logical way forward. We are all part of a “bigger picture”.

“We are all part of a ‘bigger picture’. Together we can achieve so much”





Background

A series of Coaching Workshops took place in Carryduff GAC over the winter 2022/2023. These workshops were facilitated by Paul Kilgannon of The CARVER Coaching Framework. This coaching manual is the product of those workshops and a collaboration between Carryduff GAC and Paul Kilgannon. This process established the following:

- We are all serious about developing the club and are aiming for the highest coaching standards possible, both individually and collectively.
- There is an understanding that the clubs with the best coaching system / model / pathway will enjoy long-term sustainable sporting success.
- We have established a need for change. We have accepted a need for self-improvement and personal development.
- We understand watertight implementation of our visions, philosophies and beliefs will provide an exceptional environment within which to coach and play the game.
- A measure of how effective our coaching structure will be its ability to continually help each and every player and coach to reach their full potential.

A Father's Wish

A Poem. Author Unknown.

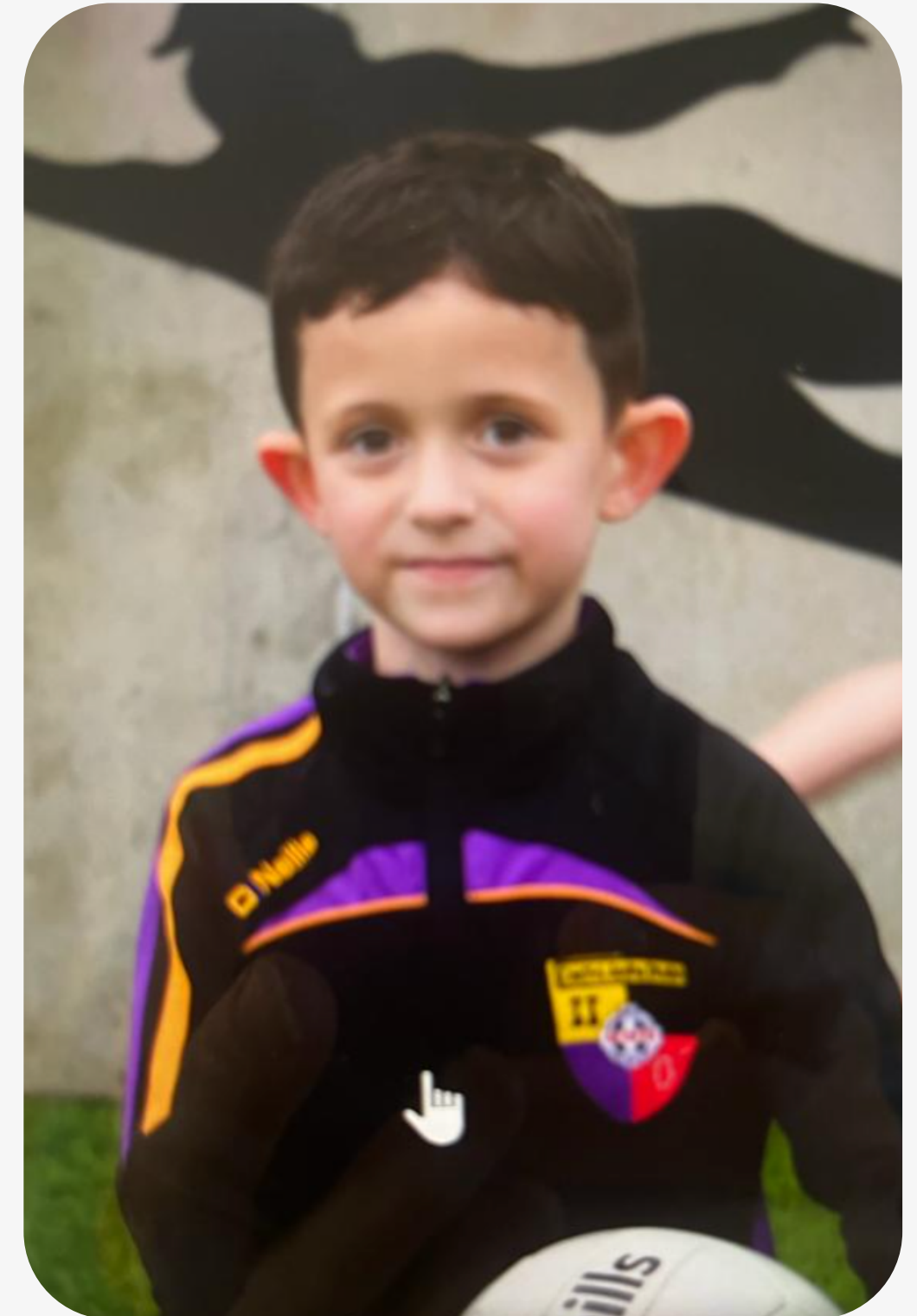
Tomorrow morning my son starts football. He is going to step out onto the field, and a great adventure that will probably include joys and disappointments begins.

So I wish you take him by his young hand and **teach him** the things he will have to know.

- To respect the Referee and that his judgement is final
- Not to hate his competitors but to admire their skills
- It is just as important to be a team player and set up a score as it to score one
- To play as part of a team and never be selfish
- To never blame his teammates if the team is losing
- That winning isn't everything but trying to win is
- That it is far more honourable to lose than to cheat
- To be a competitor
- To close his ears to the howling mob and stand up for himself if he thinks he is right
- Be gentle, but don't coddle him, because only the test of fire makes fine steel

This is a big order Coach, and I place my son in your hands. See what you can do for him. He is a great fella

His Dad.



Our Mission

To be a club where everybody is welcome
to contribute to our Gaelic Games.

A safe and enjoyable environment of belonging,
respect, friendship and excellence.



Our Purpose

To provide an inclusive and healthy environment where everyone in our community can experience sport, culture and belonging.

Through the medium of Gaelic Games, we strive to embody: physical and mental health, development, enjoyment and unity.



Our Values



RESPECT

Respect is at the core of how we behave.

We aim to treat all (referees, coaches, opponents, parents, supporters, administrators) as we would like to be treated if we were in their place.

We assume referees and coaches are doing their best. We will respect the opinions, feelings and ideas of others.



HONESTY

We believe honesty is the foundation of trust.

We will endeavour to be trustworthy in all activities within the club and Gaelic Games domain.

We will act with integrity and transparency and take responsibility for our actions.



EFFORT

We believe continuous effort is the key to unlocking our potential as a club.

Sustained effort and struggle lead to strength and growth.

Valuing effort and commitment above all things is the best way to support the long-term development of players and teams.



INCLUSION

We are committed to a warm, welcoming environment in the club.

Where all - irrespective of age, gender, religious or cultural backgrounds can be authentic to themselves and feel like they belong.

Everyone will be given a fair opportunity to play and develop.

OUR VISION FOR:

A Carryduff Player



- Our vision for the Carryduff player is to develop individuals who are committed to learning, improving, and embodying the values of our club.
- We believe that a Carryduff player is someone who strives to learn and is dedicated to improving themselves, their team, and their club. We aim to develop players who are physically fit and strong, as well as bilateral and technically proficient in the skills of the game.
- We value players who compete with courage, effort, and respect, both on and off the field.
- We believe that a Carryduff player is someone who embraces the challenges that the game throws at them and is adaptable in their approach.
- We want to develop players who are not only successful on the field but also demonstrate leadership, sportsmanship, and integrity in their everyday lives.
- Our goal is to develop players who are proud to represent Carryduff and who carry the values of our club with them throughout their lives.
- We aim to provide an environment where players can develop their skills and abilities, build strong relationships with their teammates, and become leaders within our club and the broader community.
- We believe that through our commitment to developing well-rounded individuals, we can create a lasting legacy of excellence for future generations of Carryduff players.



OUR VISION FOR:

Player Experience

All a kid needs is a little help, a little hope and somebody to believe in them.

- We strive to create a welcoming and inclusive environment where every player is valued, respected, and supported in their personal and athletic development.
- We believe that every player deserves to be welcomed by name and treated with fairness and respect.
- We endeavour to challenge and encourage each player in an age-appropriate manner so they can achieve their full potential on and off the field.
- We understand that every player is unique and has different abilities and aspirations.
- We are committed to create a supportive and safe environment where players can develop their skills through fun and enjoyable games.
- We believe that through positive reinforcement and the support of our coaches and community, we can instill in our players a sense of confidence, teamwork, and sportsmanship that will serve them well in all aspects of their lives.
- Our goal is to create an environment that not only provides the opportunity to excel on the field but also to develop as a person.
- We believe that with a little help, hope, and someone to believe in them, every player can achieve their full potential.
- We are committed to being that someone and providing that environment for every player in our club.

OUR VISION FOR:

A Carryduff Team

- We strive to create united, well-organized, and resilient Carryduff teams who compete with skill, determination, and respect.
- We believe that a Carryduff team is one that is united socially and task-oriented, working together towards a common goal.
- Our commitment to creating a supportive and collaborative team environment will help us to achieve success on and off the field.
- Our teams will be well-organized and focused, with each player contributing their unique skills and talents towards achieving our shared objectives.
- We believe that a Carryduff team competes relentlessly with skill and resilience, never giving up in the face of adversity.
- We value the importance of respect in both victory and defeat, treating both as opportunities to learn and grow as a team.
- Our teams will beat with one heart, where every player feels valued, supported, and motivated to perform at their best.
- We believe that a successful team is one that goes far together, not just in terms of results but also in terms of personal growth and development.
- Our commitment to building a united and respectful team will help us to achieve our goals and create a lasting legacy of success for future generations of Carryduff teams.

Ní Neart Go Cur Le Chéile



Our Playing Philosophy

We believe a Carryduff team should fearlessly compete with passion & confidence and be able to adapt to whatever the game throws at them. United in a common purpose and placing the team first, players will still have the freedom to express themselves as individuals.





OUR VISION FOR:

A Carryduff Coach

A good coach can change a game. A great coach can change a life

- The Carryduff coach is a role model for our players. Our coaches will be knowledgeable, organised, and approachable, with a focus on supporting the long-term development of our players.
- We believe that a coach who challenges players to be their best while providing support and guidance can help them grow both on and off the field.
- We value a coach who embodies our club values of respect, honesty, effort, and inclusion, and who communicates effectively with their players to foster a positive team environment.
- By providing a positive, supportive atmosphere for players to learn and develop their skills, a Carryduff coach can make a lasting impact on their lives both as athletes and as individuals.
- We believe that a great coach not only changes the game, but also changes the lives of their players.



OUR VISION FOR:

Winning & Success

Giving all, it seems to me, is not so far from victory

- Giving our best and competing to the end in every game.
- Learning from both victory and defeat, and striving to improve individually and collectively.
- Staying true to our core values of respect, effort, honesty, and inclusion while pursuing success.
- Our club is successful when our players continually return to play and contribute to the growth of our community.
- We strive to develop skilled athletes who embody our club values of respect, honesty, effort, and inclusion.
- We are proud to be an inclusive and welcoming community that embraces diversity and fosters a sense of belonging.
- Whilst we compete to be the best within the rules of the game, we never lose sight of the importance of fair play and sportsmanship.
- We understand that continually developing our facilities is crucial to providing a safe, enjoyable and supportive environment for our players and members.
- At our club, success is measured by the positive impact we have on the lives of our members and the community we serve.

OUR VISION FOR:

Our Coaching Model



- **Player Centric:** The Carryduff Coaching Model places the player at the centre of everything we do. We believe that every player is unique and has their own strengths and weaknesses, and our coaching approach is tailored to meet the needs of each individual player.
- **Game-Based Learning:** We believe that players learn best through active participation in games and activities. Our coaching sessions are designed to be fun and engaging, while also providing players with opportunities to learn and develop their skills.
- **Problem-Solving:** Our coaching model emphasizes the importance of decision-making and problem-solving skills in the game. We encourage players to think for themselves and develop their ability to make quick decisions on the field. Additionally, we place a strong emphasis on scoring and ball contacts to help players develop their skills and build their confidence.
- **Enjoyment:** We believe that enjoyment is a key factor in player development. Our coaching sessions are designed to be fun and engaging, which helps to foster a love of the game in players and encourages them to continue playing.
- **Supportive Coaching:** We believe in creating a supportive coaching environment where players feel safe to try new things and make mistakes without fear of criticism. This helps to build confidence and resilience in players, which will serve them well both on and off the field. Our coaches aim to provide constructive feedback and encouragement to players, which helps to foster a positive learning environment.

OUR VISION FOR:

Parents & Supporters

- Our parents and supporters are an integral part of our club whose role it is to encourage and support teams, players, volunteers and coaches in a positive manner.
- We expect our parents and supporters to be supportive, involved, and respectful.



OUR VISION FOR:

A Carryduff Coaching Team

*Alone we can do so little.
TOGETHER we can do so much.*

Our vision for our coaching teams is that they are made up of individuals with complementary and varying skill sets who are focused on creating an excellent holistic environment for our players.

We believe that an organised, aligned coaching team operates in a manner that enables all members to contribute in a meaningful way, and we value the contributions of every team member. By working together, we can achieve great things and provide our players with the best possible experience. Our coaching teams are committed to the idea that together we can do so much more than we can do alone.



The **DUFF** Mantra

Our coaching mantra embodies the values of our Carryduff GAC. It represents our commitment to creating an environment that fosters the development of our players, while also promoting unity, friendship, family, fun, and fairness.

It reflects our commitment to the holistic development of our players, promoting unity, friendship, family and fun. Fairness is at the heart of our coaching philosophy and underpins the values of our Club.

Fair play is fundamental to the ethos of the GAA and is essential for the development of our players. We encourage our players to compete with respect for their opponents and the rules of the game.

We believe that by embodying these values, we can create a positive and supportive environment that fosters the growth and development of our players, both on and off the field.

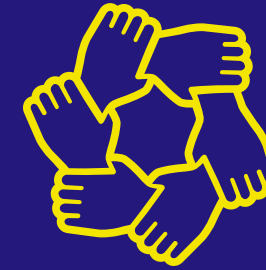


The **DUFF** Mantra



DEVELOPMENT

We strive to create an environment that challenges and encourages players to improve their skills and reach their full potential. Through skill development, players gain confidence, improve their physical fitness, and develop their mental toughness.



UNITY

A united team is a successful team, and we work hard to create an environment where every player feels valued, supported, and motivated. We encourage our players to work together, communicate effectively, and embrace their roles within the team.



FUN

When players enjoy the game they are more likely to stay engaged, work hard and achieve success. We strive to create a positive and enjoyable environment where players can develop their skills while having fun.



FRIENDSHIP

The bonds formed on the field can extend beyond the game, creating lifelong friendships and a sense of belonging within the Carryduff GAA community. We aim to create a family-like atmosphere where players feel safe and supported, both on and off the field.

The road ahead or the road behind

Sometimes I think the Fates must grin
as we denounce and insist
The only reason we can't win
Is the Fates themselves that miss

Yet there lives on an ancient claim
We win or lose within ourselves
The shining trophies on our shelves
Can never win tomorrow's game
You and I know deeper down
There's always a chance to win the crown

But when we fail to give our best
We simply haven't met the test
Of giving all, and saving none
Until the game is really won

Of showing what is meant by grit
Of fighting on when others quit
Of playing through, not letting up
It's bearing down that wins the cup
Of taking it and taking more
Until we gain the winning score

Of dreaming there's a goal ahead
Of hoping when our dreams are dead
Of praying when our hopes have fled
Yet losing, not afraid to fall
If bravely, we have given all

For who can ask more of a man
Than giving all within his span
Giving all, it seems to me
Is not so far from victory

And so the Fates are seldom wrong
No matter how they twist and wind
It is you and I who make our fates
We open up or close the gates
On the road ahead or the road behind.

by George Joseph Moriarty

