

CARRYDUFF GAC PLAYER PARTICIPATION & RETENTION GUIDELINES



PLAYER PARTICIPATION & RETENTION GUIDELINES

1. Juvenile teams up to and including U12



PLAYER PARTICIPATION & RETENTION GUIDELINES

1.1. Purpose

The intention of these guidelines is to provide clear, consistent and fair team structures that will foster the participation and development of all players, regardless of skill or ability, in line with the values of the Club. We strive to retain players into adult competition whilst helping them to achieve their full playing potential.



PLAYER PARTICIPATION & RETENTION GUIDELINES

1.2. Coaching Principles

The Club Coaching principles that are the foundation of our player participation and retention guidelines are as follows:

- The Club's values of Respect, Honesty, Effort & Inclusion.
- We coach people not players.
- Head Coaches are Coaches of squads, not individual teams.
- We seek to maximise opportunities for players to play in competitive games.
- Challenge and encourage each player, in an age-appropriate manner, so they can achieve their full potential on and off the field.

Our teams at U12 will adhere to the GAA Go-Games guidelines in the first instance. Thereafter the following sections apply.



PLAYER PARTICIPATION & RETENTION GUIDELINES

1.3. Training

- All players in the squad should train as one squad. Players of similar ability may be paired in drills and/or game-based match scenarios if deemed to aid development.
- To maximise ball time per player we strive to minimise the numbers per side in training and challenge games, coach numbers permitting.



PLAYER PARTICIPATION & RETENTION GUIDELINES

1.4. Games

- Selection of teams is based on providing an appropriate level of challenge for players, whilst allowing teams to be competitive within the League structure provided by County Boards.
- Coaches should endeavor to give equal attention and development opportunities to all players. Playing time in matches is an important part of this.
- Players should be intentionally rotated through different playing positions, including goalkeeper, and different teams within the squad to give them the best chance to develop.



PLAYER PARTICIPATION & RETENTION GUIDELINES

1.5. Playing Up

Playing up is to facilitate maximising opportunities for players in the age group above to play in competitive games. Playing up an age is only permitted when:

- The team above is short of numbers.
- There is agreement of the Head Coach(es) of the age group below.
- It is in the best interest of the selected player to optimise their development as a player. Players develop at different ages and not all will be ready for this challenge. This is a decision for the Head Coach(es) of the younger age group.
- In the spirit of providing equal development opportunities for players who are deemed ready to play up, it is good practice to rotate those players selected. A record of players selected to play up must be maintained on a match-by-match basis by the Head Coach of the younger age group and must be available to share with the Coaching Development Officer upon request and submitted at year end.
- Only older players in the younger age group should be considered to play up. (i.e. those who will automatically, through age, move up the following year).



PLAYER PARTICIPATION & RETENTION GUIDELINES

2. Teams from U14-U16



PLAYER PARTICIPATION & RETENTION GUIDELINES

2.1. Purpose

The intention of these guidelines is to provide clear, consistent and fair team structures that will foster the participation and development of all players, regardless of skill or ability, in line with the values of the Club. We strive to retain players into adult competition whilst helping them to achieve their full playing potential.



PLAYER PARTICIPATION & RETENTION GUIDELINES

2.2. Coaching Principles

The Club Coaching principles that are the foundation of our player participation and retention guidelines are as follows:

- The Club's values of Respect, Honesty, Effort & Inclusion.
- We coach people not players.
- Head Coaches are Coaches of squads, not individual teams.
- We seek to maximise opportunities for players to play in competitive games.
- Challenge and encourage each player, in an age-appropriate manner, so they can achieve their full potential on and off the field.



PLAYER PARTICIPATION & RETENTION GUIDELINES

2.2. Coaching Principles

The characteristics that allow juvenile players to thrive in Gaelic sports such as physical ability and technical skills, although still important, are not those that allow players to thrive in adult competition. Decision making and psychological skills such as commitment, honesty of effort, resilience, coachability, the ability to self-reflect, role clarity, goal setting and coping with pressure are much more important in adult competition. As our purpose is to retain players into adult competition, we must try to equip them with these skills. For this reason, there is a transition in the player participation and retention guidelines from U14 upwards to support all players, we hope, to transition to adult competition. This is evident in a clear distinction in focus between League and Championship. Fostering a love of the game is important in all age groups.



PLAYER PARTICIPATION & RETENTION GUIDELINES

2.3. Training

- All players in the squad must train as one squad. Players of similar ability may be paired in drills and/or game-based match scenarios if deemed to aid development.
- It remains good policy to include small-sided games within coaching sessions to maximise ball-time, decision-making opportunities and enhance long-term athletic development.
- All players within a squad must be afforded an equal opportunity to develop during training sessions.
- All players within an extended squad of two or more teams must train together, be afforded the same training opportunities, and warrant the same input & attention of the entire Coaching Team.
- Head Coaches are coaches of the entire squad, not individual teams, and their time and focus at training should reflect this.



PLAYER PARTICIPATION & RETENTION GUIDELINES

2.4. Games

2.4.1 League

- Graded A and B teams can be selected, and indeed must be, to fulfil GAA, Camogie and LFGA rules whereby the top 10/13 in each squad are named. The named top 10/13 players in all teams must be provided to the Head of Code, Coaching Development Officer and Club Secretary.
- The ethos of the Club is to maximize opportunities for players to play in competitive games. Therefore, to maximise player game-time, consideration should be given to having multiple teams within a squad where possible, even when there may not be enough players to field two (or more) full squads. The minimum number of players within a squad required to enter more than one team may vary according to code, age and County Board regulations. The Coach(es) of the age groups below must be involved in this conversation and decision as their support is vital to ensuring all teams' field.

PLAYER PARTICIPATION & RETENTION GUIDELINES

2.4. Games

2.4.1 League

- Head Coaches are Coaches of the entire squad, not individual teams, and attendance at matches for teams within a squad should reflect this.
- Players should be selected on a basis of challenging them at the level they are at and where they will have the best chance to develop. This needs to be clearly communicated to the players and their parents.
- Whilst every team should aim to be competitive in every game, League matches are deemed 'player-developmental' and all players training regularly, should be given at least a half a match of game time in every fixture. Selection should reflect honesty of effort and commitment in training and matches. It is a privilege to represent the Club. The same players should not routinely start as substitutes. Players should be intentionally rotated through different playing positions to give them the best chance to develop.

PLAYER PARTICIPATION & RETENTION GUIDELINES

2.4.1.1 Playing Up-League

Playing up an age is only permitted when:

- The team above is short of numbers.
- There is agreement of the Head Coach(es) of the age group below.
- It is in the best interest of the selected player to maximise their development as a player. Players develop at different ages and not all will be ready for this challenge.
- Players playing up should be rotated. A record of players selected to play up must be maintained on a match-by-match basis by the Head Coach of the younger age group and must be available to share with the Coaching Development Officer upon request and submitted at year end.
- Older players in the younger age group should be given first consideration for playing up.
- Players who do not regularly train and play for their own age group will not be considered for playing up.
- Players should prioritise playing fixtures at their own age bracket.

PLAYER PARTICIPATION & RETENTION GUIDELINES

2.4. Games

2.4.2 Championship

- Championship is 'team developmental' and the team deemed most likely to be competitive by the Coaching Team should be selected, whilst adhering to GAA, LGFA and Camogie Association rules. Selection should not be solely based on ability, but also strongly reflect attendance at training and the player's commitment, attitude, and effort at training.
- Playing time cannot be guaranteed in Championship matches and this should be communicated to players and parents in advance of the Championship. Coaches should still endeavor where at all possible to use as many players as the Championship rules allow. It is a privilege to represent the Club.

PLAYER PARTICIPATION & RETENTION GUIDELINES

2.4. Games

2.4.2 Championship

- Graded A and B teams can be selected, and indeed must be, to fulfil GAA, Camogie and LFGA rules whereby the top 10/13 in each squad are named. Any player that plays in one grade cannot play in a lower grade. For example, players that play in a Division 1 Championship match then cannot play for another team in a lower tier.
- If a team in a lower tier is beaten in the Championship, whilst a team in a higher tier remains in the competition, then players should continue to train with the whole squad as they may remain eligible for selection at the higher tier.



PLAYER PARTICIPATION & RETENTION GUIDELINES

2.4.2.1 Playing Up-League

Playing up an age is only permitted when:

- There is agreement of the Head Coach(es) of the age group below.
- The players involved have been required to play up to fulfil League fixtures.
- It is in the best interest of the selected player to maximize their development as a player. Players develop at different ages and not all will be ready for this challenge.
- Players playing up in a competitive situation will normally require some level of participation in training with the higher age group squad. This requires agreement with the Head Coach(es) of their own age group.
- A record of players selected to play up must be maintained on a match-by-match basis by the Head Coach of the younger age group and must be available to share with the Coaching Development Officer upon request and submitted at year end.
- Players who do not regularly train and play for their own age group will not be considered for playing up.
- Players should prioritise playing fixtures and training at their own age bracket.

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3. Féile na nGael/Féile Peil na n-Óg



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Although a festival of football/hurling/camogie, with inclusion and participation as key values, this is a competitive tournament with the winners of the County Féile representing the Club and County on an All-Ireland or Regional stage. Selection for County, Regional and All-Ireland Féile tournaments should be in line with the rules laid out by the organising Committees and the Féile Charter.

The following guidance should apply to selection of the squad:

- Selection should not be solely based on ability, but also strongly reflect attendance at training and the player's commitment, attitude, and effort at training.
- Players within the age group should be given first priority in squad selection, ahead of players in younger age cohorts.
- The ethos of the Club is to maximise opportunities for players to play in competitive games. Therefore, to maximise player game-time, consideration should be given to having multiple teams within a squad where possible. Given this is a competitive tournament, graded A and B squads may be selected.
- Communication with parents to explain selection criteria should be as early as possible.

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4. U18 Teams



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At U18 level, these guidelines seek to reflect the ethos of the player pathways set out by the GAA, LGFA and Camogie Association which highlight increased emphasis on learning to compete at this level, in order to retain players into adult competition. U18 League is still deemed “player developmental” and all players training regularly should be guaranteed game time. U18 Championship is in most codes the last stepping stone to adult competition, is “team developmental” and the team most likely to be competitive by the Coaching Team should be selected based on player honesty of effort, commitment and performance. Previous involvement in U18 League is not a pre-requisite for selection of players in the age group below for U18 Championship matches.



PLAYER PARTICIPATION & RETENTION GUIDELINES

4.1. Training

- All players in the squad must train as one squad. Players of similar ability may be paired in drills and/or game-based match scenarios if deemed to aid development.
- It remains good policy to include small-sided games within coaching sessions to maximise ball-time, decision-making opportunities, and enhance long-term athletic development.
- All players within a squad should be afforded an equal opportunity to develop during training sessions.
- All players within an extended squad of two or more teams must train together, be afforded the same training opportunities, and warrant the same input & attention of the entire Coaching Team.
- Head Coaches are Coaches of the entire squad, not individual teams, and their time and focus at training should reflect this.

PLAYER PARTICIPATION & RETENTION GUIDELINES

4.2. Games

4.2.1. League

- Graded A and B teams can be selected, and indeed must be, to fulfil GAA, Camogie and LFGA rules whereby the top 10/13 in each squad are named. The named top 10/13 players in all teams must be provided to the Head of Code, Coaching Officer and Club Secretary.
- The ethos of the Club is to maximise opportunities for players to play in competitive games. Therefore, to maximise player game-time consideration should be given to having multiple teams within a squad where possible, even when there may not be enough players to field two (or more) full squads. The minimum number of players within a squad required to enter more than one team may vary according to code, age and County Board regulations. The Head Coach(es) of the age groups below should be involved in this conversation and decision as their support is vital to ensuring all teams' field.

PLAYER PARTICIPATION & RETENTION GUIDELINES

4.2. Games

4.2.1. League

- Head Coaches are Coaches of the entire squad, not individual teams, and attendance at matches for teams within a squad should reflect this.
- Players should be selected on a basis of challenging them at the level they are at and where they will have the best chance to develop. This needs to be clearly communicated to the players and their parents.
- Whilst every team should aim to be competitive in every game, League matches are deemed 'player-developmental' and all players training regularly, should be given at least a half a match of game time in every fixture. Selection should reflect honesty of effort and commitment in training and matches. It is a privilege to represent the Club. The same players should not routinely start as substitutes. Players should be intentionally rotated through different playing positions to give them the best chance to develop.

PLAYER PARTICIPATION & RETENTION GUIDELINES

4.2.1.1 Playing Up-League

Playing up an age is only permitted when:

- The team above is short of numbers.
- There is agreement of the Head Coach(es) of the age group below.
- It is in the best interest of the selected player to maximise their development as a player. Players develop at different ages and not all will be ready for this challenge.
- Players playing up should be rotated. A record of players selected to play up must be maintained on a match-by-match basis by the Head Coach of the younger age group and must be available to share with the Coaching Development Officer upon request and at the year end.
- Players who do not regularly train and play for their own age group will not be considered for playing up.
- Players should prioritise playing fixtures at their own age bracket.

PLAYER PARTICIPATION & RETENTION GUIDELINES

4.2. Games

4.2.2. Championship

- Championship is 'team developmental' and the team deemed most likely to be competitive by the Coaching Team should be selected, whilst adhering to GAA, LGFA and Camogie Association rules. Selection should not be solely based on ability, but also strongly reflect attendance at training and the player's commitment, attitude, and effort at training.
- Playing time cannot be guaranteed in Championship matches and this should be communicated to players and parents in advance of the Championship. Coaches should still endeavor where at all possible to use as many players as the Championship rules allow. It is a privilege to represent the Club.

PLAYER PARTICIPATION & RETENTION GUIDELINES

4.2. Games

4.2.2. Championship

- Graded A and B teams can be selected, and indeed must be, to fulfil GAA, Camogie and LFGA rules whereby the top 10/13 in each squad are named. Any player that plays in one grade cannot play in a lower grade. For example, players that play in a Division 1 Championship match cannot then play for another team in a lower tier.
- If a team in a lower tier is beaten in the Championship, whilst a team in a higher tier remains in the competition, then players should continue to train with the whole squad as they may remain eligible for selection at the higher tier.

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4.2.2.1 Playing Up-Championship

Playing up an age is permitted when:

- There is agreement of the Head Coach(es) of the age group below.
- It is in the best interest of the selected player to maximise their development as a player. Players develop at different ages and not all will be ready for this challenge. This is a decision for the Head Coach(es) of the younger age group.
- Players playing up in a competitive situation will normally require some level of participation in training with the higher age group squad. This requires agreement with the Head Coach(es) of their own age group.
- Players who do not regularly train and play for their own age group will not be considered for playing up.
- Players should prioritise playing fixtures and training at their own age bracket.

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5. Player Load

Coaches should be aware that players within squads may play for multiple teams, including different Codes and County teams, as well as Club. It is the responsibility of Coaches to make being a dual player as easy as possible. Coaches should be aware of the challenges that these players face and recognise that these players may have a higher load than others. When there are two separate management Teams in different Codes or different age groups there should be close communication between Coaches and parents to ensure that decisions are made in the best interest of the player.

