



## Good Principals for Training Execution

The following are guidelines to aid executing a successful training session.

### Equipment

- Ensure adequate number of bibs, sliotars, cones etc. based on the size of the panel.
- Ensure bibs are washed frequently especially if they become wet or sweaty.
- Other training aids, equipment etc. should be in good condition.

### Plan your training session, the planning element is as important as executing the training session.

1. Depending on the age group and/or the time of year you may be facilitating continuous improvement in the skills, or you may have identified some critical deficiencies in the core skills which need prioritizing. This will impact your training session planning/content. Important prior to training to plan how the coach(s) intends to teach the skills through drills, what works well with the numbers expected and what doesn't. How many coaches have you available to assist and what is the impact on the group size for the drills, players shouldn't be hanging around in large numbers. If the coaching support is low on an evening for a given reason, adapt the session accordingly, i.e. play a longer match or spend additional time on physical training.
2. Plan your training matches, if you have a consistent squad with personnel who you can rely on to attend training then its good practice to have the teams prepicked for the training game, this allows the game to start quickly plus it demonstrates to the players you have spent time considering team selection. An important support to this is that the parents contact the management if the player is not attending training, useful to let the parents know the teams are prepicked before training so no text assumes their daughter is attending.
3. Try and get the right balance between physical training and skill-based drills/matches. Players respond positively to physical training when done correctly in the right balance.



## Execute the Training Session

- Ensure the warm-up is adequate with a mixture of with and without the ball, dynamic stretches are recommended as opposed to holding for long periods. Pick two or three different type warm ups and vary them throughout the month.
- As per the section above the session should be preplanned where possible, arrive as early as possible and look to have the drills laid out in advance of training commencing, this allows the coach(s) talk to the players about the skills execution rather than rushing off setting up the next drill, it also creates an impression with the players of an organized coaching approach which has been thought out in advance.
- The session should be executed in a positive environment, positive constructive criticism /feedback to and from players is important for players and coaches to learn/improve. Important for the coaches to get to know their players to understand what personal approach will get the most from the player.
- Regardless of the age group, its important for players and coaches to be enjoying the training sessions, if this isn't happening it's important to stop and question why?
- Ensure that all your players are suitably and safely attired to play their chosen sport. e.g. helmets
- As a coach always be punctual and properly attired.
- Be accompanied by at least one other adult at coaching sessions, games and in underage team dressing rooms.
- Abide by a minimum ratio of 2 adults to 10 children, (2:10). This ratio level requires at least one qualified coach and at least one other responsible adult to be present at all times.
- Groups of 10-20 children must have a minimum of 3 adults present at all times.
- In the case of an all-female team, at least one of the two adults must be female and similarly in the case of an all-boys team, at least one of the two adults must be male.



- Where a team or training group consists of both boys and girls, the supervision/coaching personnel, must also comprise of both male and female personnel.
- Clubs may choose to appoint suitable persons to the role of Supervisor, i.e. Supervisor of Children. A supervisor is not a coach, but a person appointed to assist in normal supervisory roles which could include access and entry to club grounds, registration, dressing room duties, supervision at away trips etc.
- A Supervisor must be a member of one of our Associations, must be an adult and is required to be vetted and have attended relevant Child Safeguarding Training.
- The number of coaches required will naturally depend on the number of children attending a training session, camp, game or other activity. When assessing how many coaches are required always note that Supervisors and Camps Assistants (at camps) do not have a coaching role.

#### **MAINTAINING GOOD PRACTICE AND BEHAVIOUR**

- Set realistic – stretching but achievable – performance goals for your players and teams.
- Keep a record of attendance at training and at games by both players and coaches.
- Rotate the team captaincy and the method used for selecting teams so that the same children are not always selected to the exclusion of others.
- Afford meaningful playing time to young players to assist in the development of their playing skills, within their own age groups.
- Keep a record of any injuries and actions subsequently taken. Ensure that another official referee/team mentor is present when a player is being attended to and can corroborate the relevant details.
- Make adequate provision for First Aid services.
- Do not encourage or permit players to play while injured.
- Inform parents/guardians if their child has been injured or becomes unwell at games and training as soon as is practical.



- Be aware of any special medical or dietary requirements of players as indicated on the medical consent/registration or FOIREANN forms or as informed by parents/guardians.
- Be willing to keep the necessary and emergency medication of players in a safe and accessible place in accordance with the wishes and permission of the parents/guardians. • Do not administer medication or medical aid unless you are willing to do so and have received the necessary training to do so.
- Avail of the Communication system (SPOND) to communicate with the parents of young players.
- If necessary, use mobile phones, only via a group text or email system, for communicating with the parents of players. Any exception to this form of group texting can only be proceeded with following permission from parents/guardians.
- Do not communicate individually by text, email or via social network sites and or apps with underage players.
- Encourage parents/guardians to play an active role in organising and assisting various activities for your teams and your Club.
- If it is necessary to transport a child/young person in your car, ensure that they are seated in a rear seat with seat belts securely fastened and that all drivers are adequately insured.
- With the exception of their own child a coach should not transport a child alone, except in emergency or exceptional circumstances.
- Ensure that all dressing rooms and the general areas that are occupied by your players and other Club personnel, prior to, during or immediately following the completion of any match are kept clean and are not damaged in any way.
- Should you be aware of or have concerns regarding the possible abuse of a child you should, without delay, report this to the relevant statutory authority or may seek the assistance of your Designated Liaison Person (DLP) so that they may assist you in processing this matter. All such reports must also be forwarded to your Association's National Designated Liaison Person/ Mandated Person, without delay.