

Good Coaching makes a Difference



NATIONAL
COACHING & TRAINING
CENTRE

IONAD NAISIUNTA OILIÚNA AGUS TRÁENALA

Michael McGeehin
Director

WWW.NCTC/UL.IE

THE
IRISH SPORTS
COUNCIL



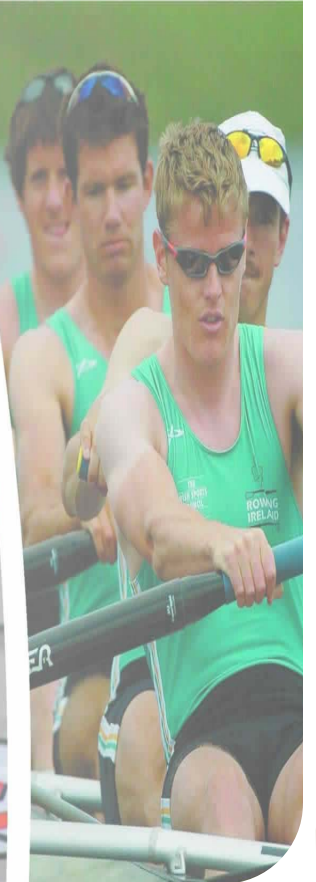
AN CHOIMEÁILÉ SPÓIRT

Not to be confused with



Presentation Outline

- **What is the NCTC?**
- **Long term Player/Athlete Development**
- **Coaching Ireland**



National Coaching & Training Centre (NCTC)



- **Established 1992**
- **Limerick based**
- **ISC funded**
- **Work with 52 NGB's**



NCTC



- **Aim:** Provides support services to Irelands Athletes, Coaches and NGB's
- **Main Task:** Improve the standards of Coaching and Performance across Irish Sport





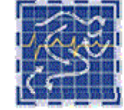
- **Coaching Services**

- Coach Education
- Tutor Training
- Syllabus Development
- National Coaching Development Plan (NCDP)



- **Player/Athlete Services**

- Sports Science & Medical Support
- Technical Advice
- Carding System (Non-Financial)

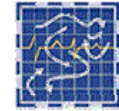


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DIONAD NÁSHÚNKA OIBRÍNA AGUS TRÁENNA

N.C.D.P. Building Pathways in Irish Sport

- **1993 National Coaching Development Programme**
- **Five Tier Coaching Ladder**
- **Accreditation Mechanism**
- **Quality Assurance across all sports**





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N.C.D.P.

**1995 - Consultation on
the Development of a
National Player/Athlete
Support Structure**

Level 4

Level 3

Level 2

Level 1

**Introduct
ion**

Coaching Ladder



Gaps in Irish Sports System

▪ Physical Literacy

- Exposure to ABC's in Irish Primary schools inadequate.
- Primary school teachers lack confidence in delivering PE.

Gaps in Irish Sports System

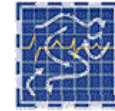
- **Coaching** - over-emphasis on:
 - Winning
 - Competition over Practice
 - Specialising sooner
 - Imposing Adult training schedules and Adult competition on Young Players/Athletes.
 - Male programmes superimposed on Females

Kids & Sport



- **To have FUN**
- **to learn new skills**
- **make new friends**
- **be part of a group**
- **win and be successful**
- **experience excitement / face challenges / action**

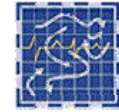
Long Term Athlete/Player Development - LTPAD



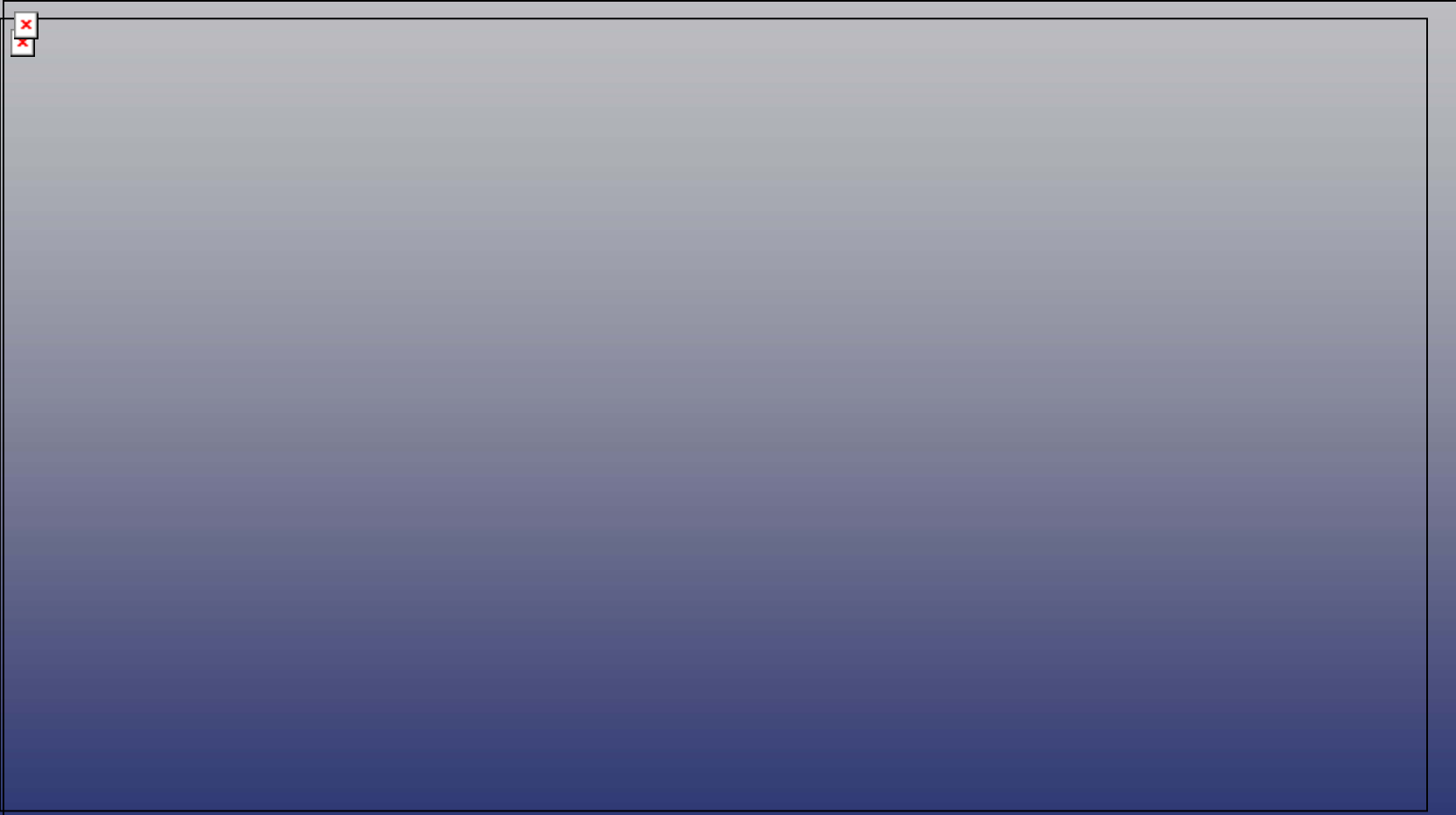
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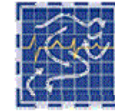
LTPAD Capacities



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LTPAD



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1 FUNdamental



2 Learning to Train



3 Training to Train



4 Training to Compete



5 Training to Win



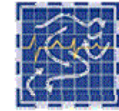
6 Retirement/ Retainment



The six phases of LTPAD

- 1. FUNdamental** - build overall motor skills
- 2. Learning to Train** - learn all fundamental sports skills
- 3. Training to Train** - build 'the engine' and consolidate sport-specific skills
- 4. Training to Compete** - fine-tune 'the engine', skills and performance
- 5. Training to Win** - maximise performance, skills and 'engine'
- 6. Retirement / Retainment** - adjustment/retain players/athletes for coaching/ administration

LTPAD IRFU



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IRFU LONG-TERM
PLAYER DEVELOPMENT
FROM 6 TO 6 NATIONS

RETIREMENT
& RETENTION

TRAIN TO WIN

TRAIN TO
COMPETE

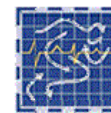
TRAIN TO
TRAIN

LEARN TO PLAY
& PRACTICE

FUNDAMENTAL



LTPAD BASKETBALL



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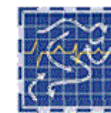


The six phases of LTPAD in Basketball

- 1. FUNdamental** - build overall motor skills
- 2. Learning to Train** - learn all fundamental sports skills, including basketball skills
- 3. Training to Train** - build 'the engine' and consolidate basketball-specific skills
- 4. Training to Compete** - fine-tune 'the engine', position-specific skills and performance
- 5. Training to Win** - maximise performance, position-specific skills and 'engine'
- 6. Retirement / Retainment** - adjustment/retain players/athletes for coaching/ administration



LTPAD FAI



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The six phases of LTPAD in Soccer

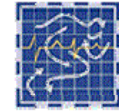
- 1. FUNDamental** - build overall motor skills
- 2. Learning to Train** - learn all fundamental sports skills, including soccer skills
- 3. Training to Train** - build 'the engine' and consolidate soccer-specific skills
- 4. Training to Compete** - fine-tune 'the engine', position-specific skills and performance
- 5. Training to Win** - maximise performance, position-specific skills and 'engine'
- 6. Retirement / Retainment** - adjustment/retain players/athletes for coaching/ administration



What is LTPAD ?

- LTPD is not just another plan
- LTPD is a philosophy
- LTPD is a tool for change, culture change in sport
- Identifies the current gaps in the sport system and provides guidelines for problem solving
- Is a guide for planning for optimal performance for all stages of player development
- Is a framework for full sport system alignment and integration
- It is designed on empirical / practical coaching experiences and on scientific principles

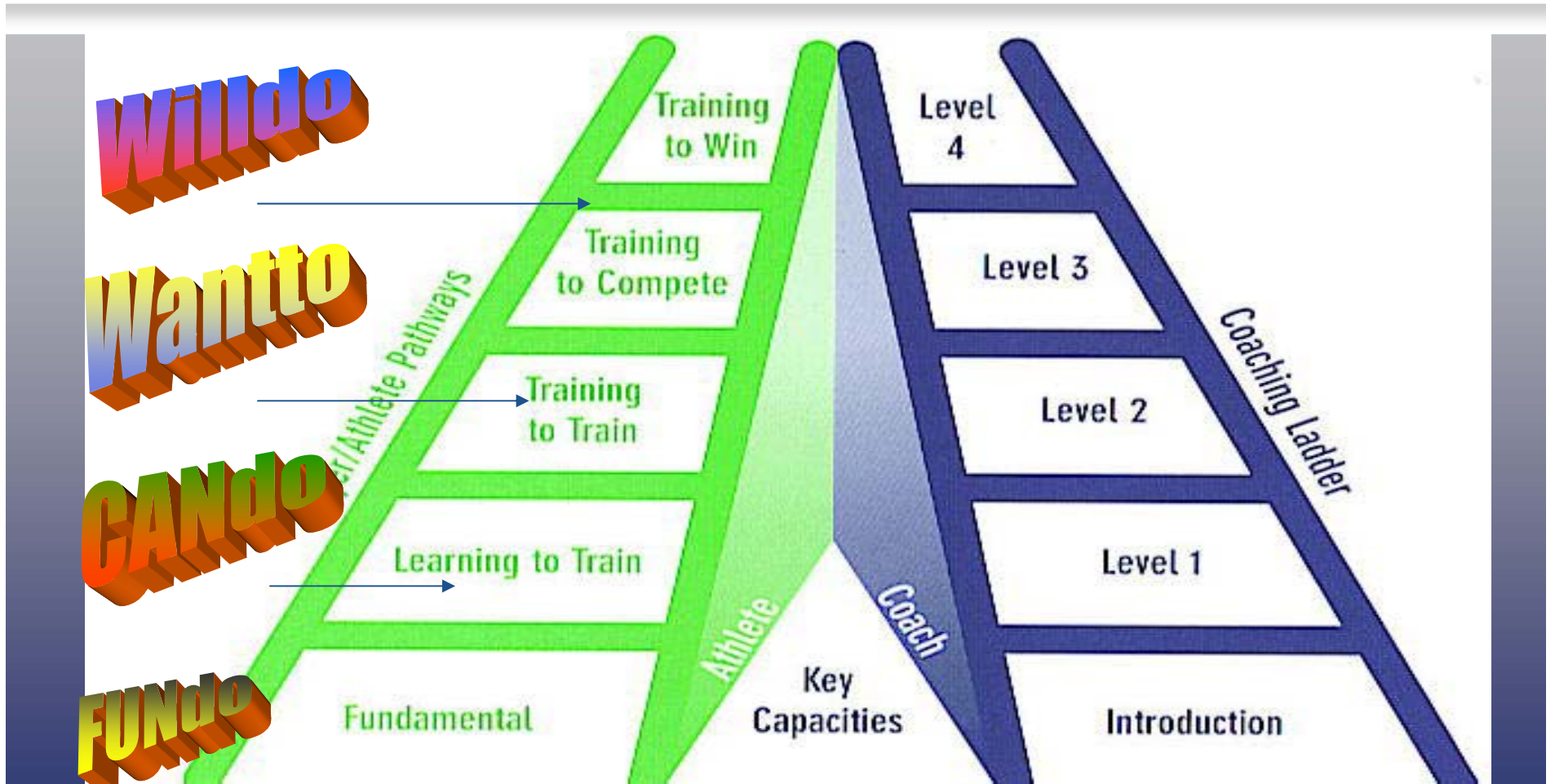
Pathway to Elite Performance (PEP)

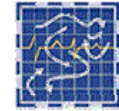


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Pathway to Elite Performance (PEP)





Grass roots development is the key to Success at Elite Level.

- Underpins a High Performance Culture.

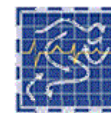


Coaching Courses



- Are not a destination they are just a point on your Coaching journey
- Research confirms that Coaching experience and learning from other Coaches are the primary sources of knowledge for Coaches





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THANK YOU

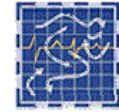
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GOODNIGHT!



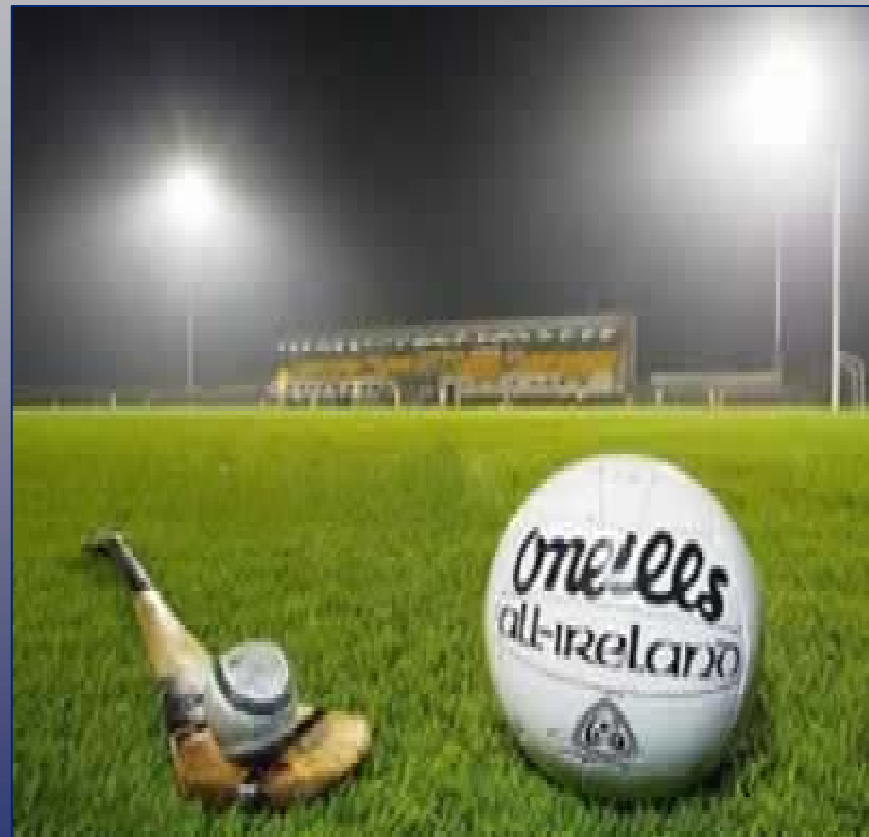
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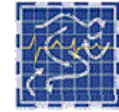
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**Thank you
&
Goodnight !**





NCTC/GAA Partnership



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GAA
COACH EDUCATION PROGRAMME

A journey of personal development & self-actualisation for coaches & players.

FOUNDATION LEVEL
MIN 1 YEAR LOGBOOK (OPTIONAL)
6 - 8 HOURS (JUVENILE/ASSISTANT/TRANSITION COACH)

LEVEL 1
MIN 1 YEAR LOGBOOK
20 - 40 HOURS (ADULT CLUB COACH)

LEVEL 2
MIN 1 YEAR LOGBOOK
40 - 60 HOURS (SENIOR-AGE INTER-COUNTY COACH)

LEVEL 3
MIN 2 YEAR LOGBOOK
200 - 240 HOURS (INTER-COUNTY ADULT COACH)

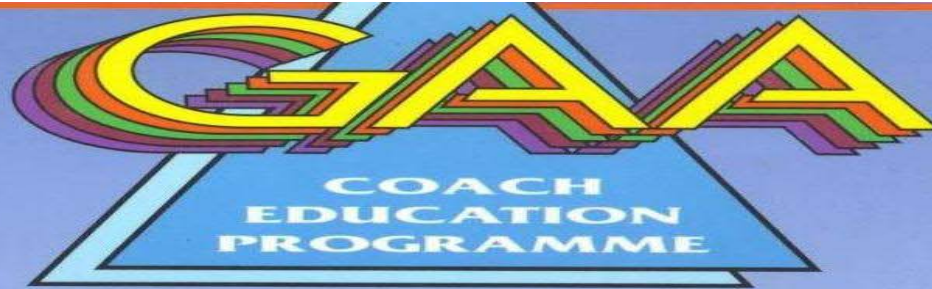
LEVEL 4
MIN 2 YEAR LOGBOOK
THE INPUT TO BE ENHANCED (ADVANCED INTER-COUNTY ADULT COACH)

PART OF THE NATIONAL COACHING DEVELOPMENT PROGRAMME

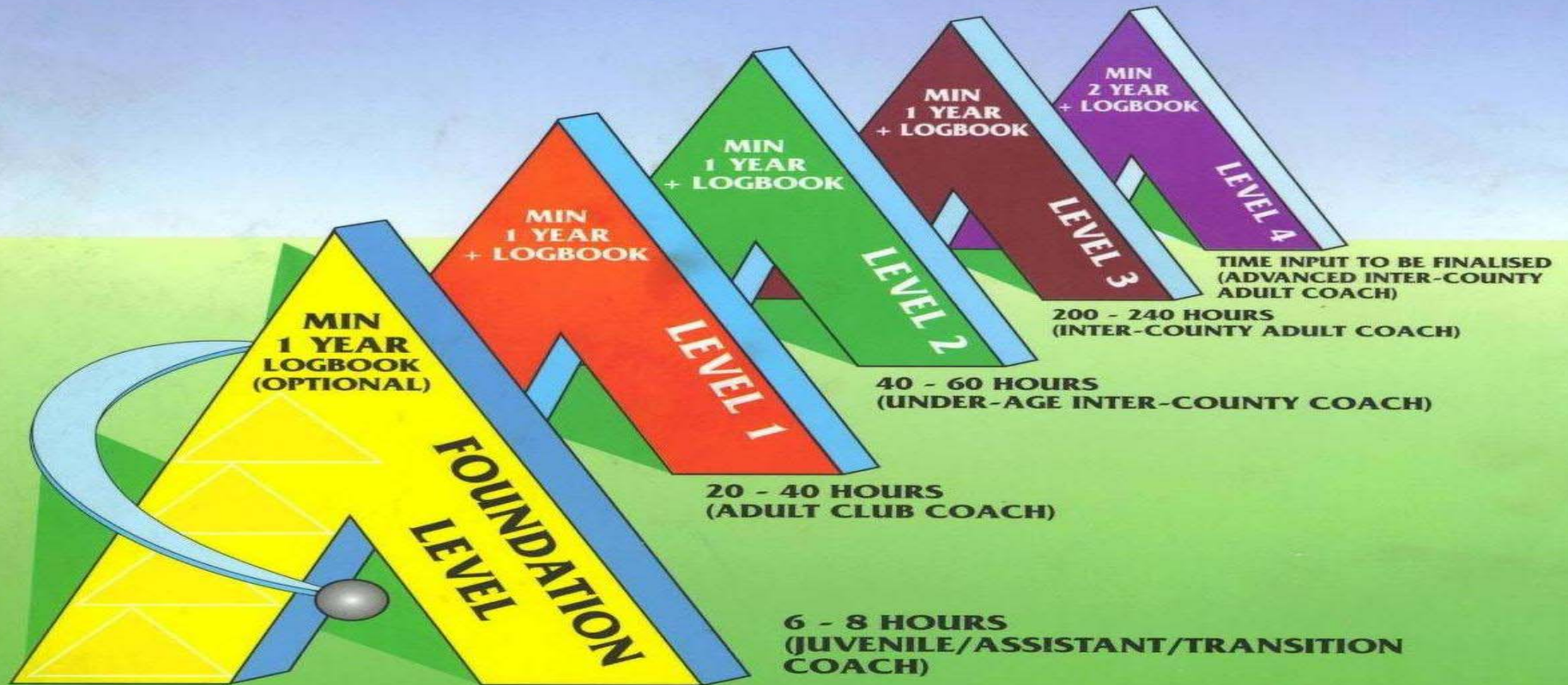
THE PURSUIT OF EXCELLENCE
NÍ NEART GO CUR LE CHÉILE

FOR FURTHER INFORMATION ON THE COACH EDUCATION PROGRAMME CONTACT:
PAT DAILY, GAA COACHING & GAMES DEVELOPMENT MANAGER, CROKE PARK, DUBLIN 3.
TEL: (01) 8363222, FAX: (01) 8366420





A journey of personal development (self-actualisation) for coaches & players.



PART OF THE NATIONAL COACHING DEVELOPMENT PROGRAMME

THE PURSUIT OF EXCELLENCE

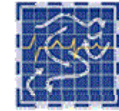
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NCTC/GAA Tutors





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Ladies Football

- Coaching Levels:**
Foundation
Level 1 agreed for
pilot
- No. of Tutors:24



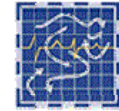
Camogie

Coaching Levels:
Foundation
Level 1 agreed

- No. of Tutors:11



Handball



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Coaching Levels: Foundation Level 1 in Development

- No. of Tutors:4



Coaching Ireland



- **Irish Institute of Sport established 2006**
- **NCTC will change its name to Coaching Ireland**
- **National Coaching Strategy**
- **Create a World Class Coaching Environment**





Gaelic Games



- **Simple in concept – Complex in practice**
- **Aim of the Game is to put the ball in the net or over the bar**
- **Fluid, almost continuous movement and frequent unexpected changes of possession**
- **Players must be fit, agile, technically able and have 'Game Sense'**





How do we Coach Games?

- Warm Up
- Skills Practice through Drills
- Full Game



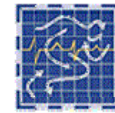


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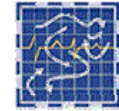
- In the 1950's the F.A. introduced small sided games to emphasise the principles of Tactical Play
- Equally as important for Children to understand the game as it is to become technically proficient





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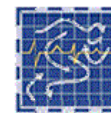


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1 Coach To 6/8 Players



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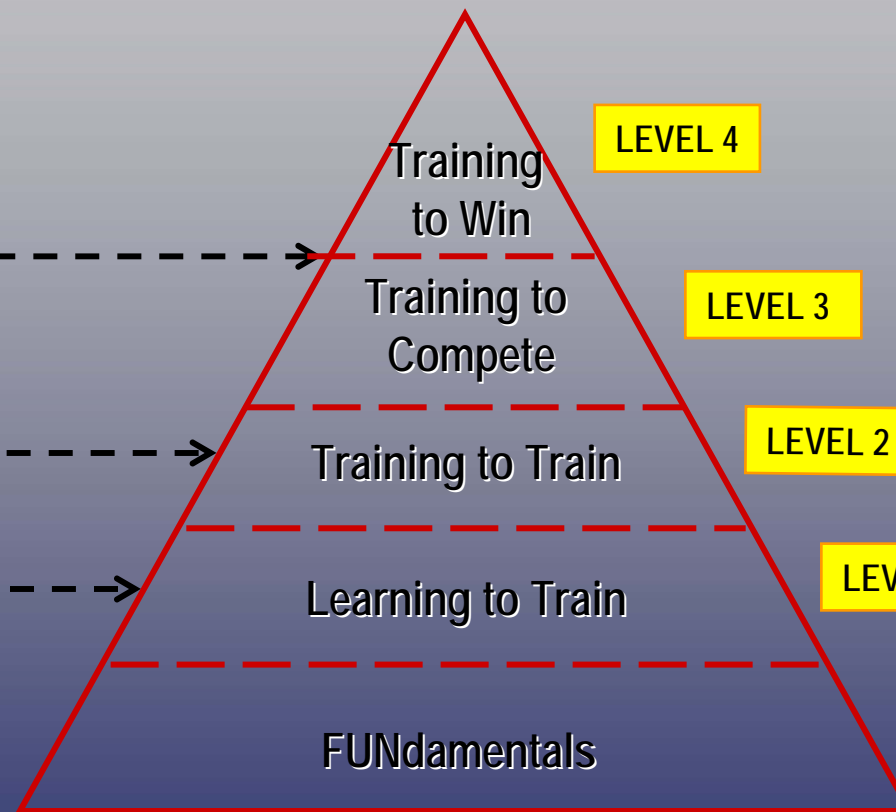
The BIG picture

Willdo

Wantto

CANdo

FUNdo



LEVEL 4

LEVEL 3

LEVEL 2

LEVEL 1 (Y) (S)

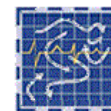
FOUNDATION

Istvan Bayli Principles
LTPDP

Coach Education Pathway

GAA

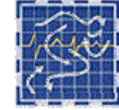




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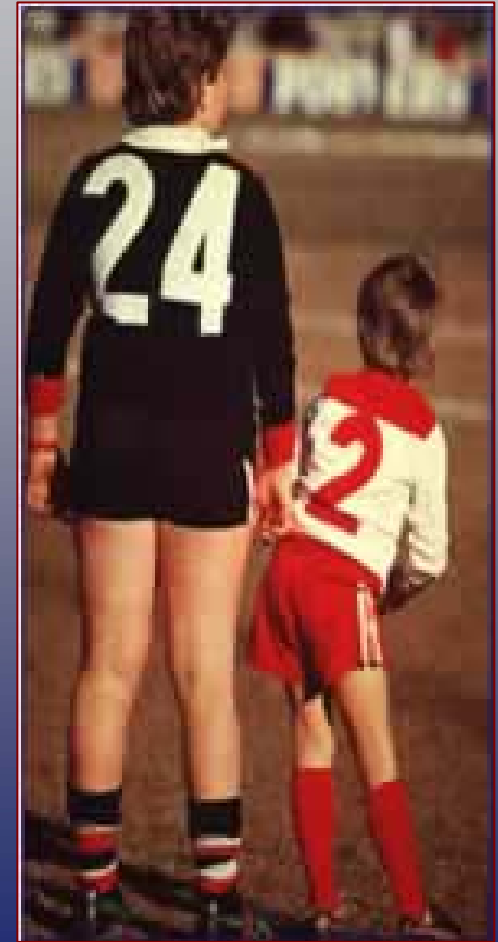


Preface - What is LTAD ?



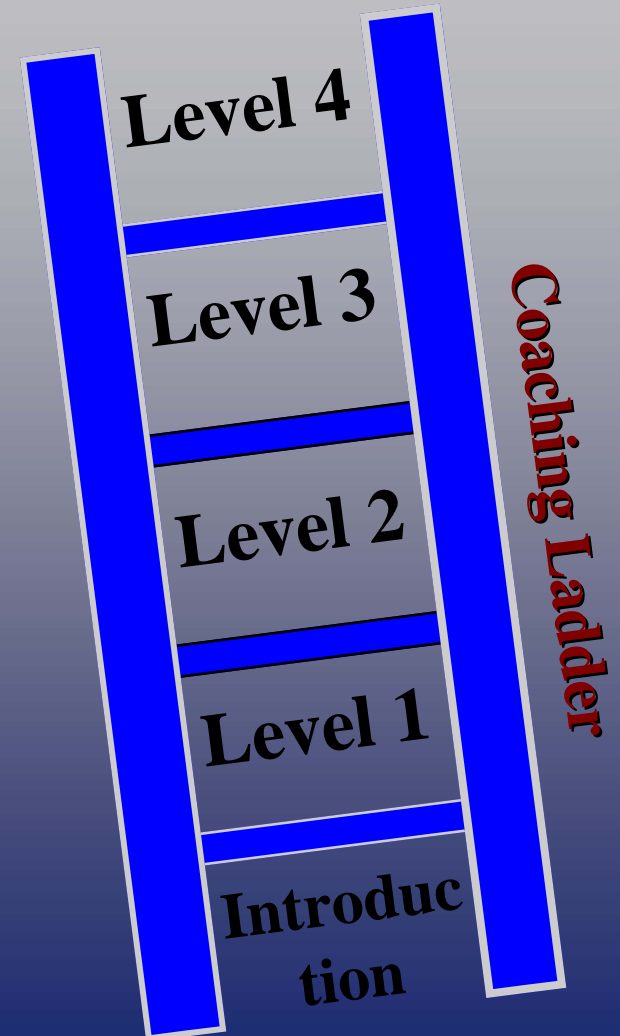
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- **Optimal training, competition and recovery programming with relation to biological development and maturation**
- **Equal opportunity for recreation and competition**
- **Athlete centred, coach driven and administration, sport science and sponsor supported**



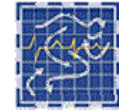


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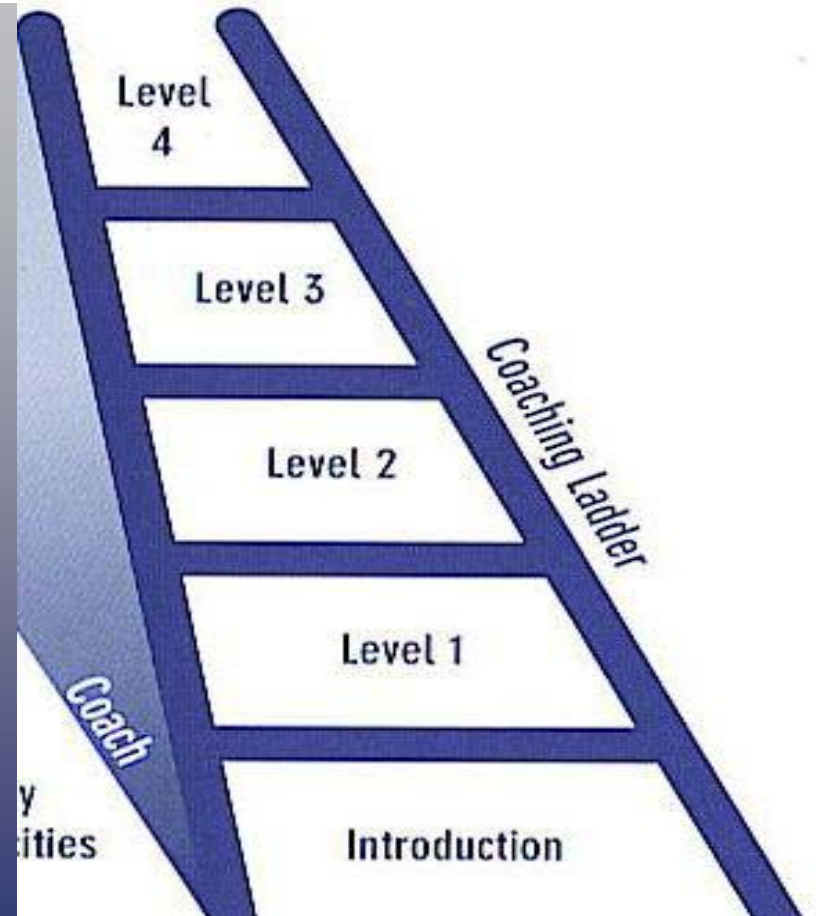


N.C.D.P.

Building Pathways in Irish Sport



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23 November 2006

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Director

National Coaching & Training
Centre

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