



Coaching and Coach Education in Gaelic Games: A Baseline Study

Study Responses



11, 569

Active Coaches



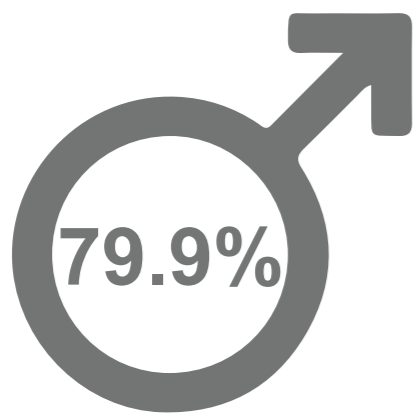
10, 647

Inactive Coaches

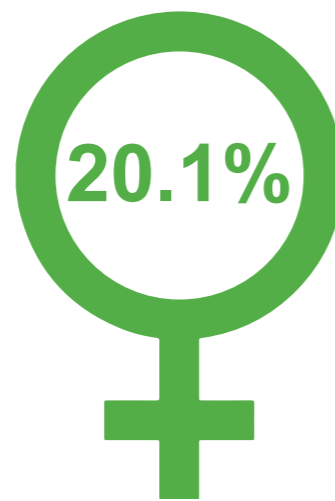


922

Coach Gender:

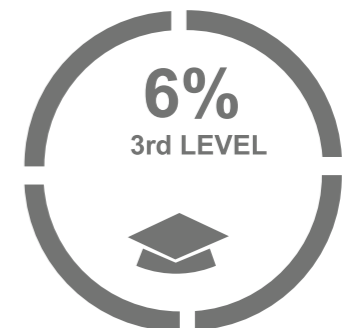
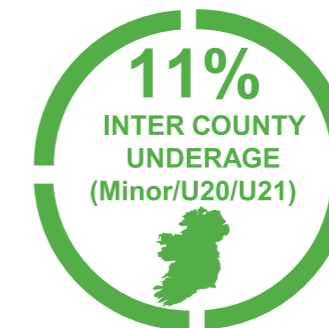
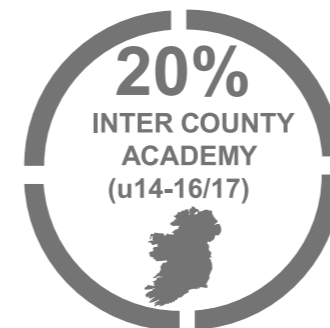
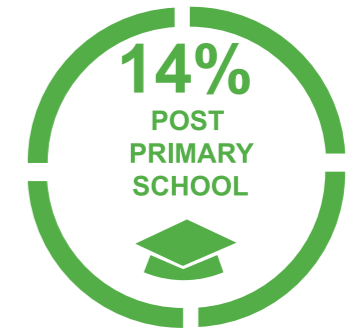
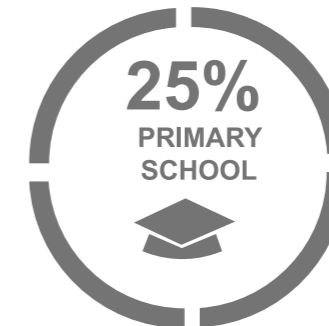
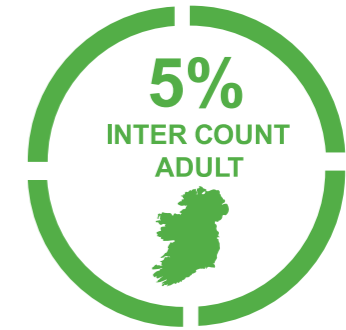


Male



Female

Areas that we coach:



What are our
non-coaching
roles?

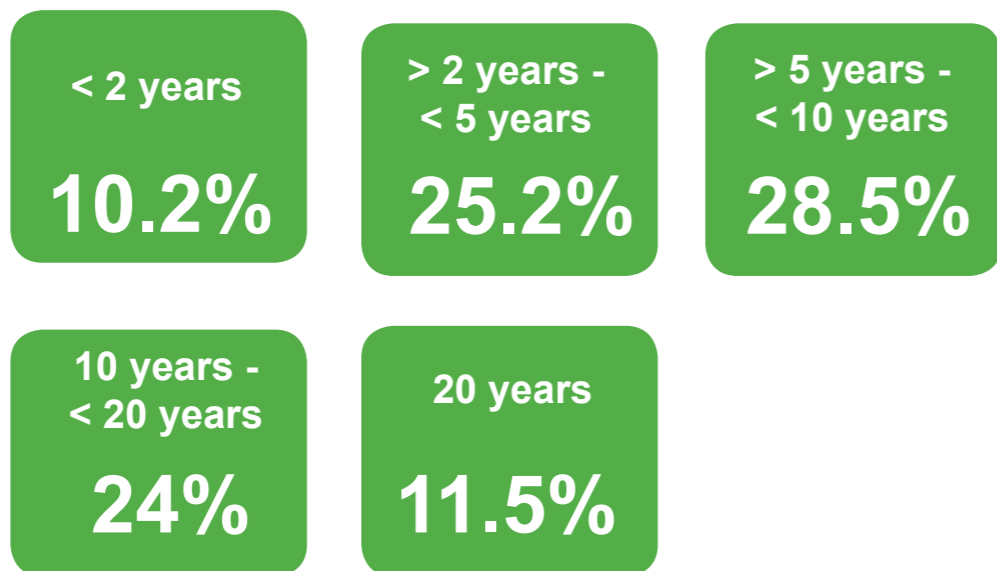


Parent	70.3%
Club Officer	37.6%
Other Volunteer	23.8%
Player	22.9%
Coach Developer	13.8%

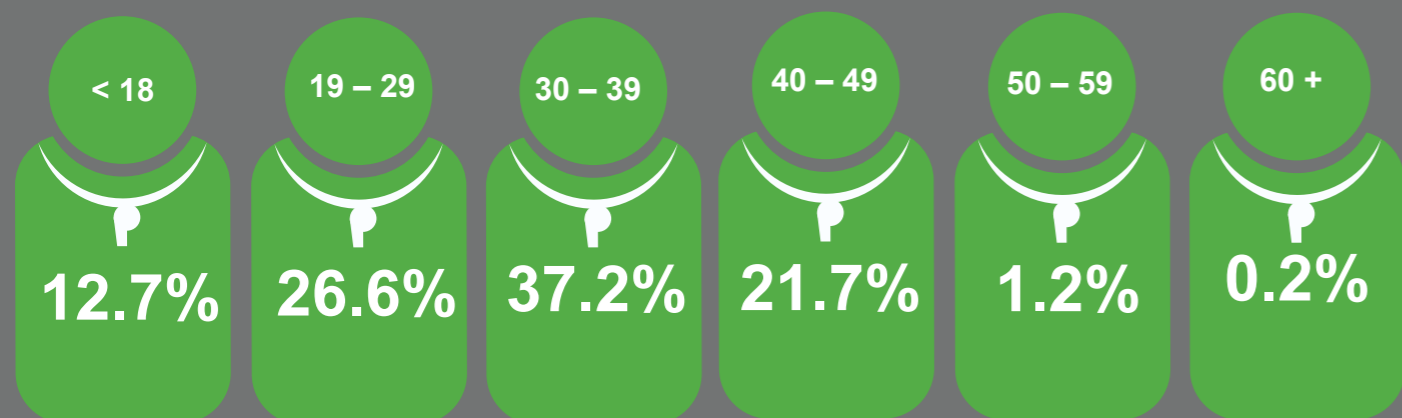


Who are the coaches of Gaelic games and what experiences have they had?

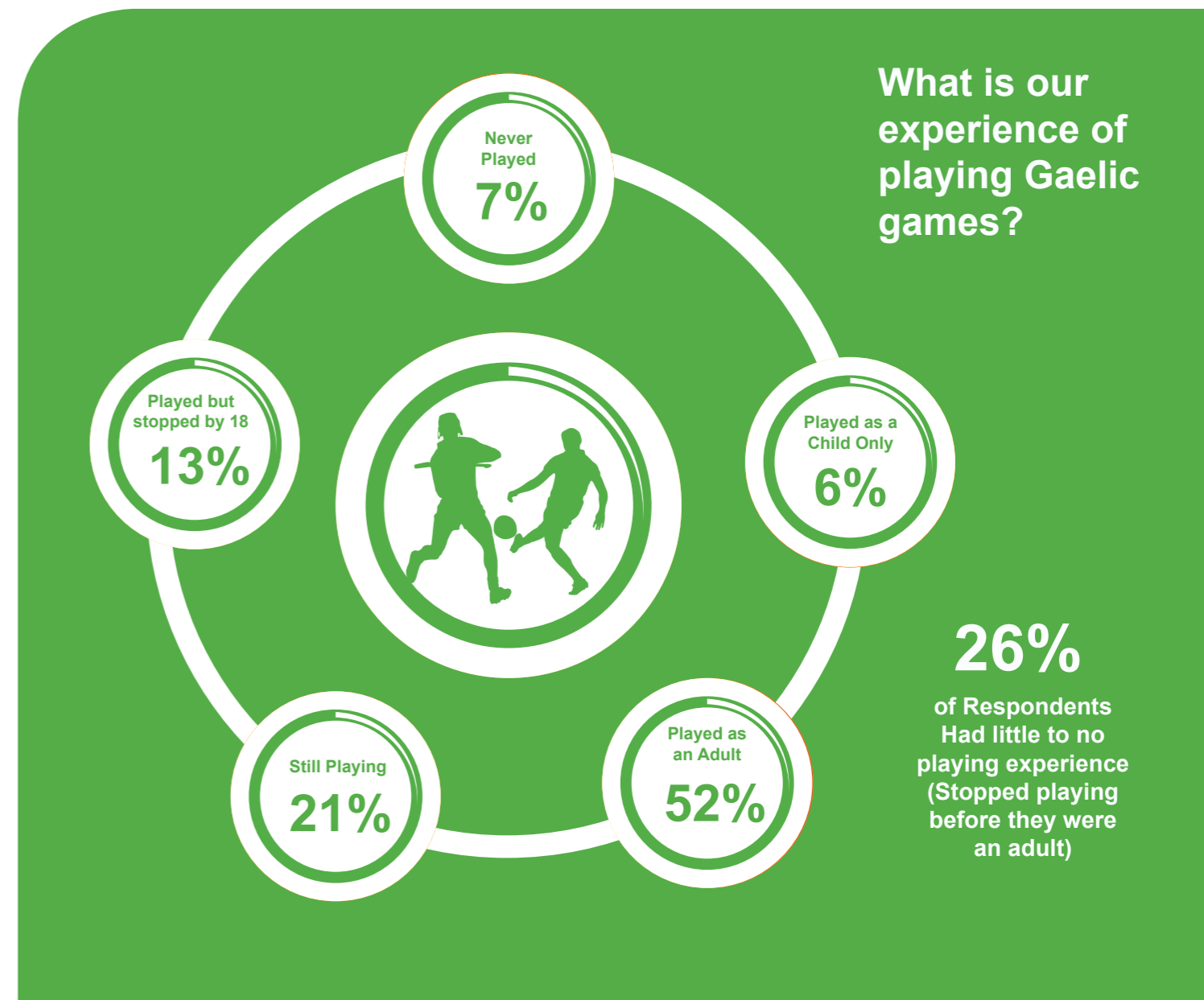
Coaching Experience:



How old were we when we began to coach?



What is our experience of playing Gaelic games?

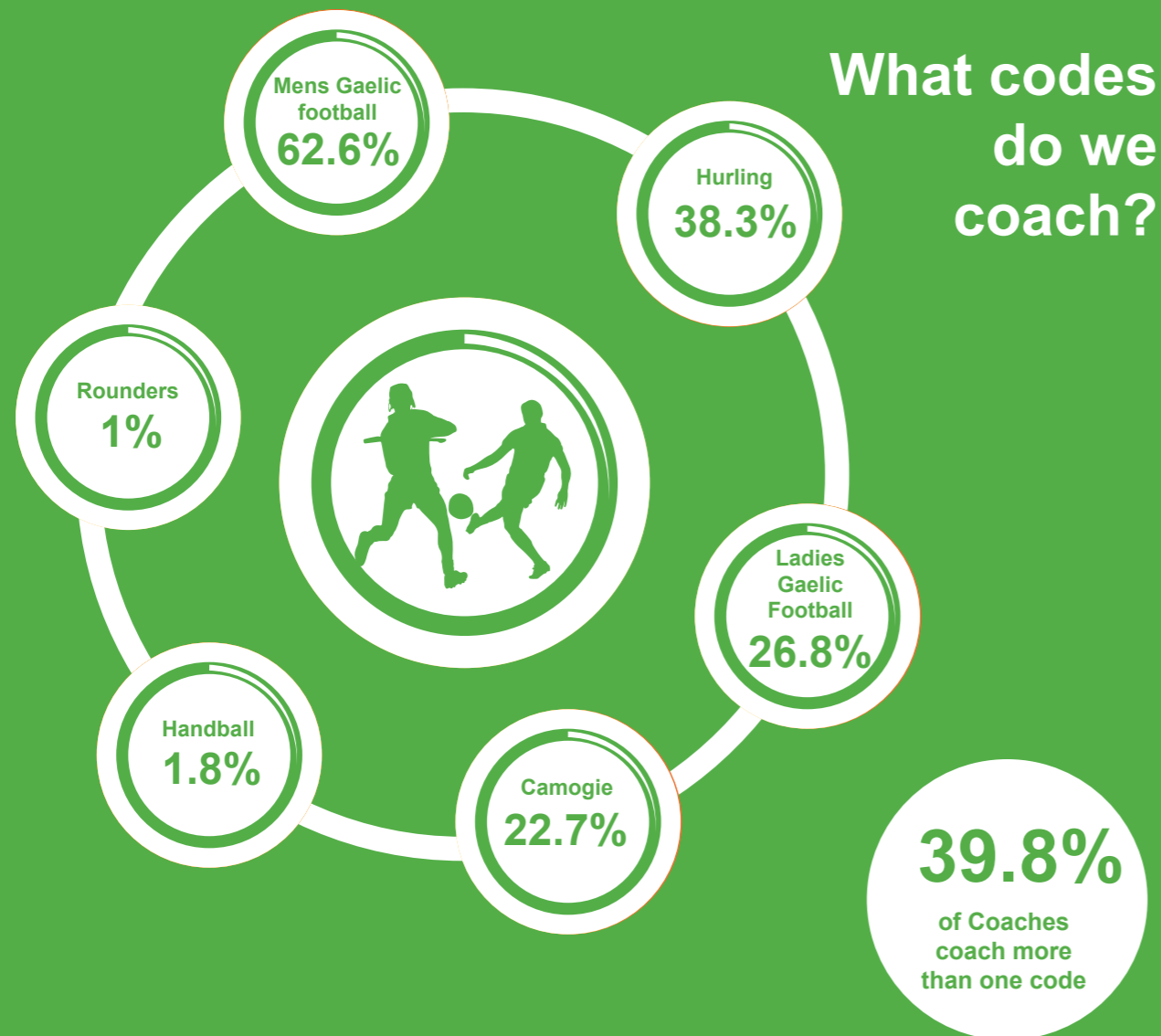


What did our coaches say?

'I have been doing it for two or three years. I started out on the side-lines just watching and then just helping out with cones, tying shoelaces and now I have suddenly become the guy who is organizing everything for the U8's'
(Volunteer Coach)



Our Coaching Practices



Multiple Codes:

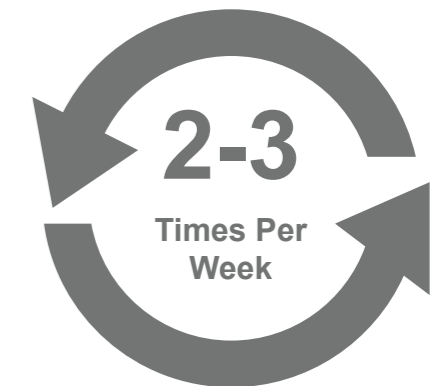
Gaelic Football coaches mostly also coach Hurling

Hurling coaches mostly also coach Gaelic Football

Ladies Gaelic Football coaches mostly also coach Gaelic Football

Camogie coaches mostly also coach Hurling

How often do we coach?





Our Coaching Practices

When we coach, what do we do?



Preparing Sessions

1

hour per week

Reviewing Sessions

1

hour per week

Communicating with Players

1

hour per week

Delivering Sessions

2-5

hours per week

Travelling to/from Sessions

1

hour per week

Communicating with Coaches

1

hour per week

When we have games, what do we do?



Planning/
Coordinating
Games

1 hour per
week



Attending
Games
(Own
Team)

2 - 5 hours
per week



Reviewing/
Analysing
Games

1 hour per
week



Travelling to/
from Games

2 - 5 hours
per week



Communicating
with Players

1 hour per week



Communicating
with Coaches

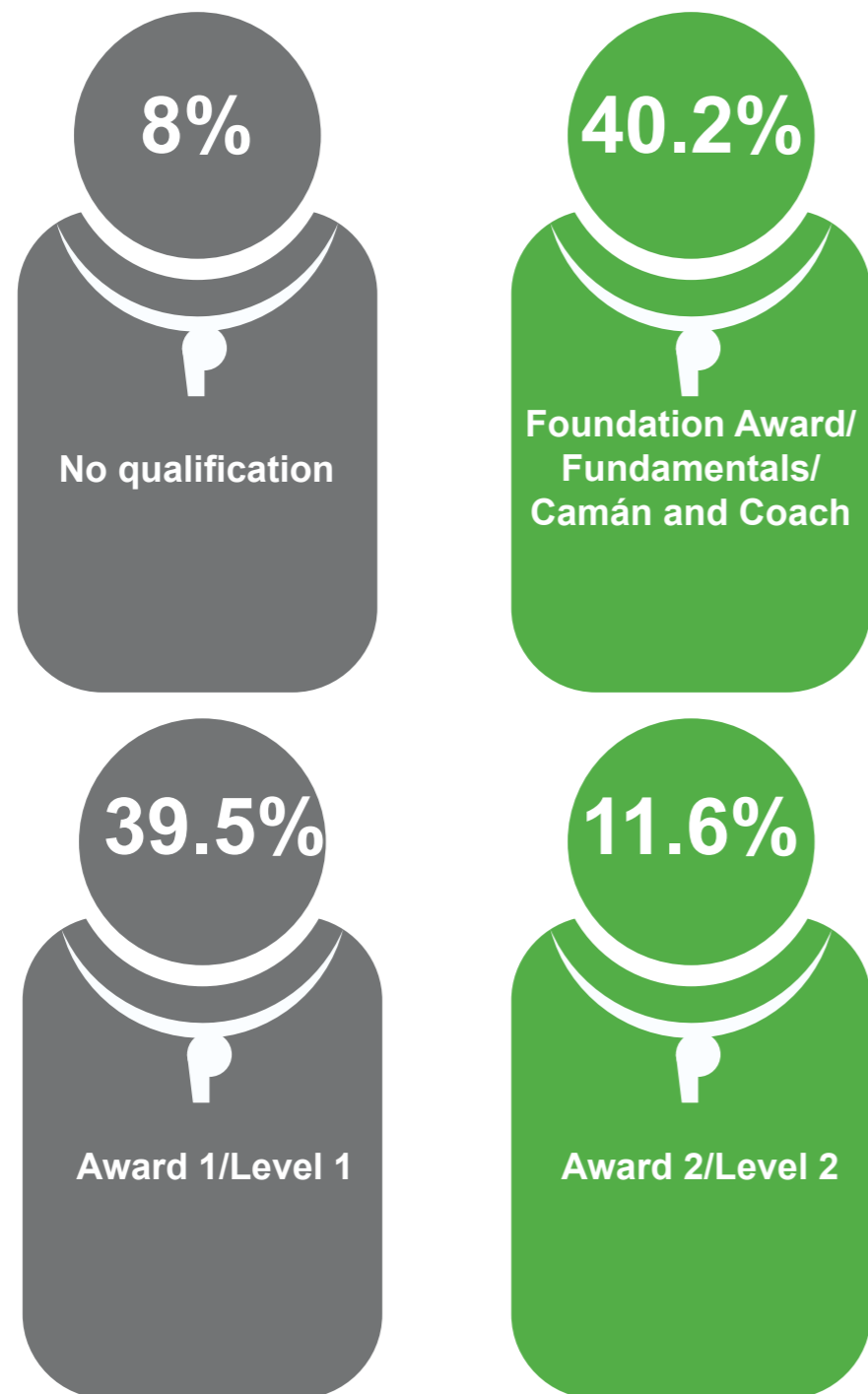
1 hour per week



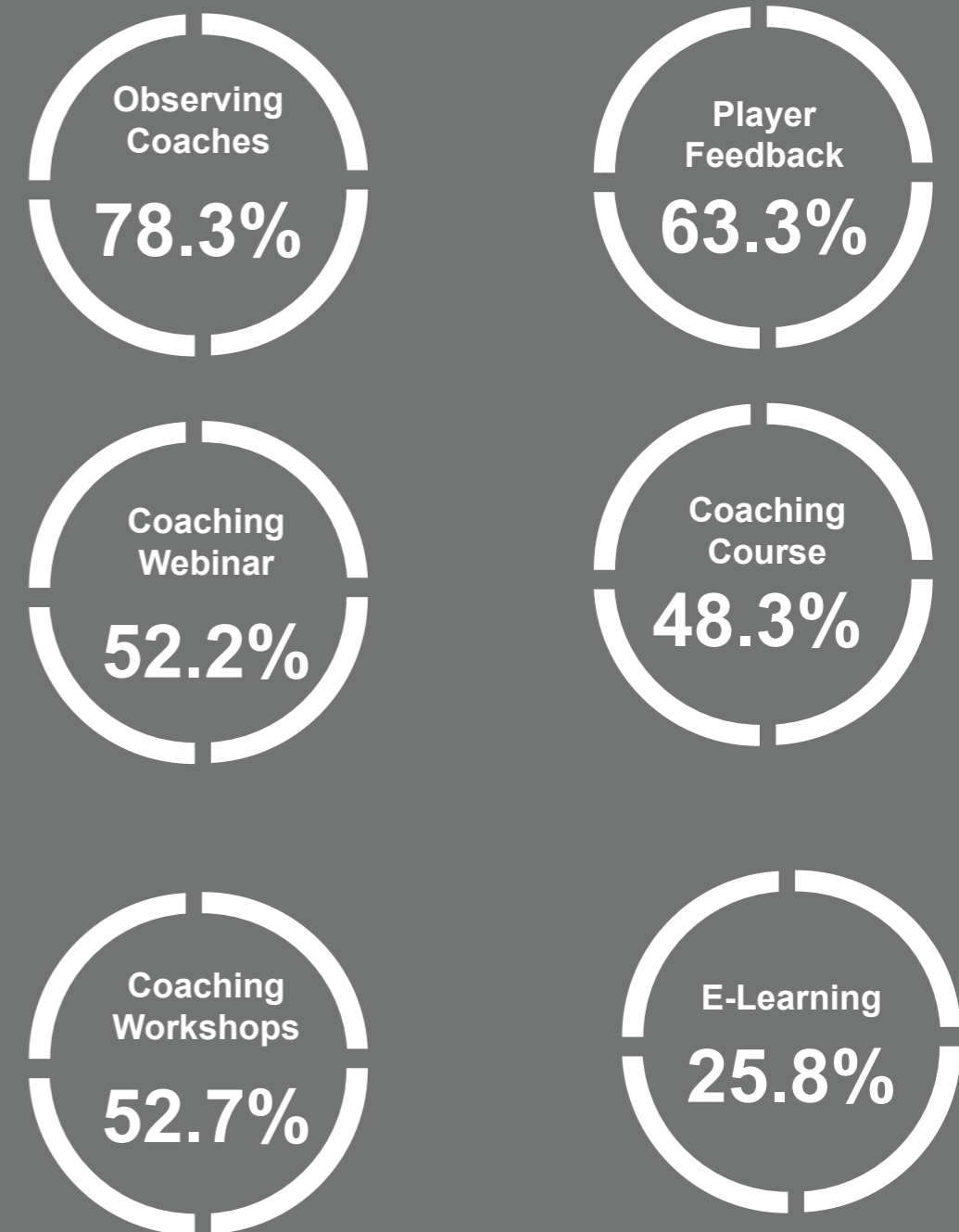


Our Coach Education Experiences

What coaching qualifications do we hold?

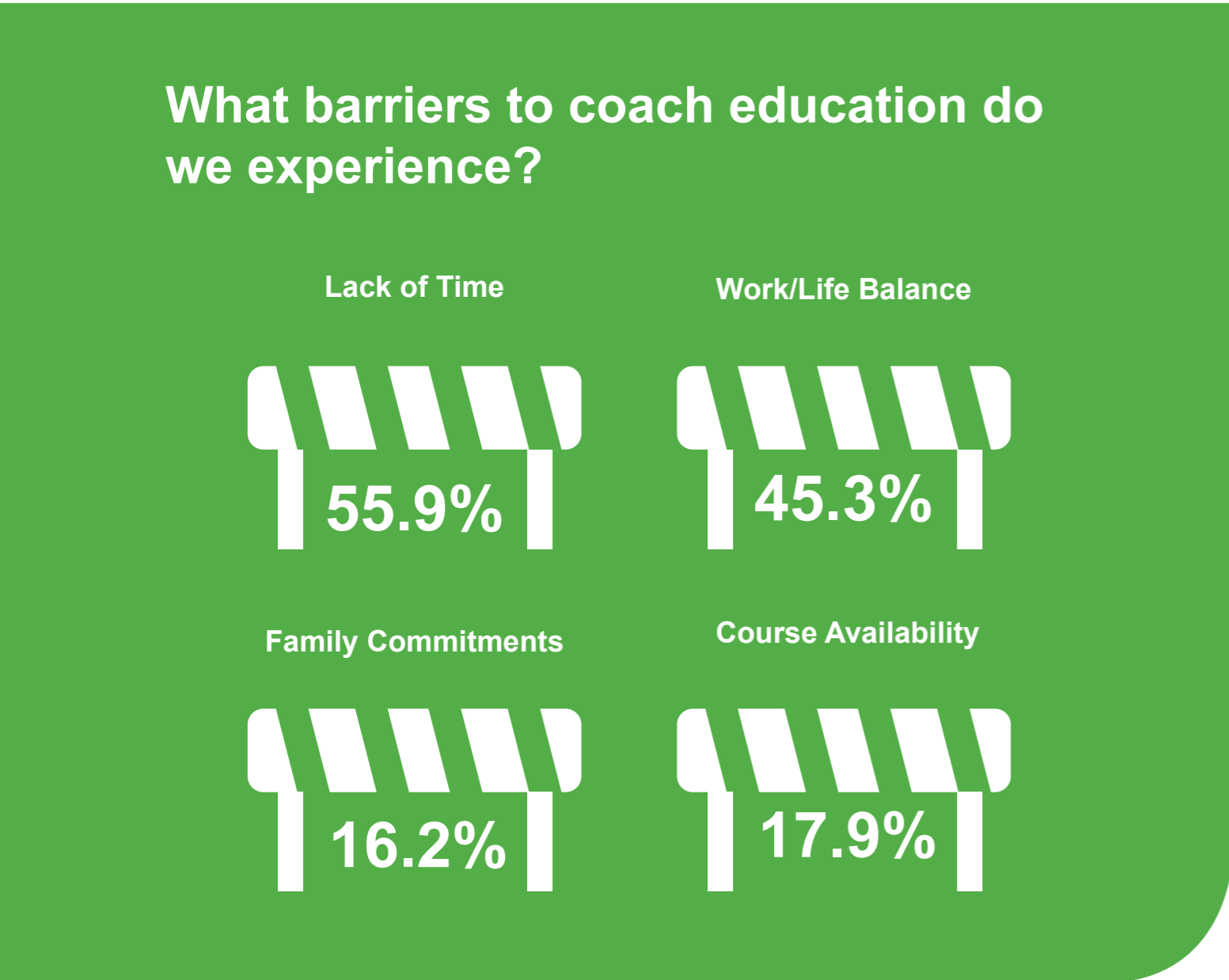


What learning opportunities did we attend recently (2019/2020)?

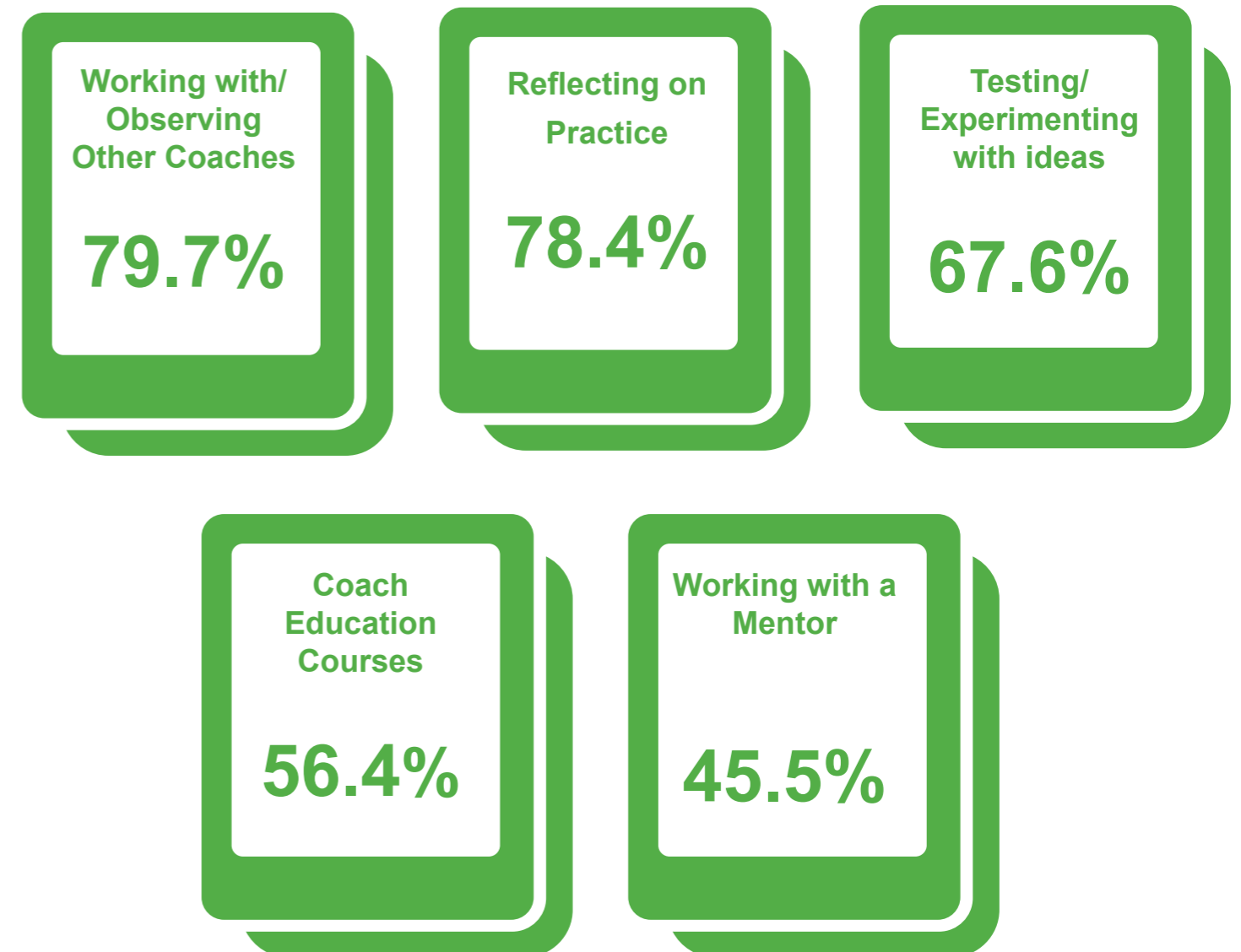
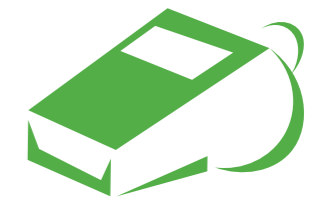




Our Coach Education Experiences



Important Coach Education Experiences





Our Coaching Futures

How long do we intend to continue coaching?



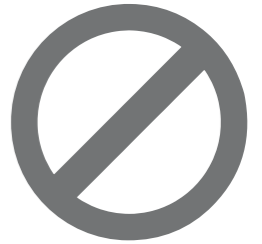
Less than 12 months
3.7%

At least 12 months
15.2%

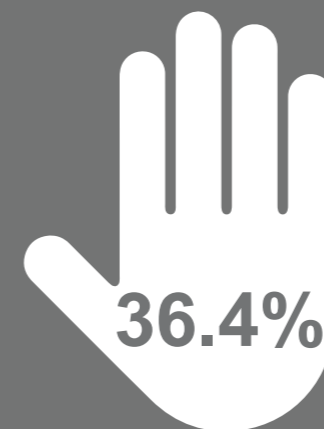
At least another 2 years
14.2%

For more than 2 years
63.1%

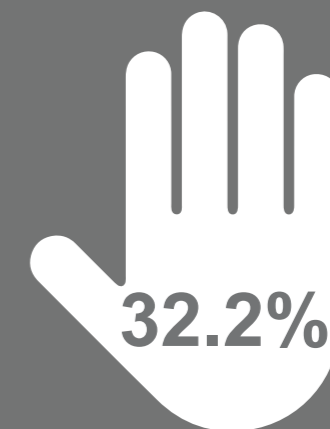
Why might we stop coaching?



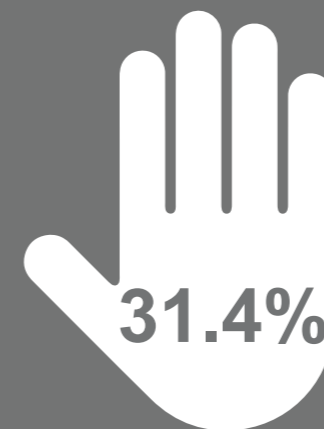
Loss of
motivation



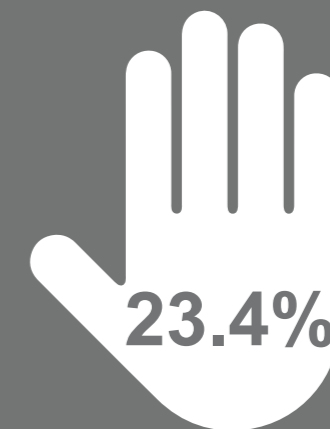
Work
commitments



No longer have
enough time



Not enough support
from club/school/
county





Our Coaching Futures

What opportunities are there for coaches?

Promoting a healthy lifestyle



74.2%

Community Cohesion



55.1%

Better Coaching Qualifications



49.4%

Increased interest in Gaelic games Qualifications



42.3%



What are the challenges facing coaches?

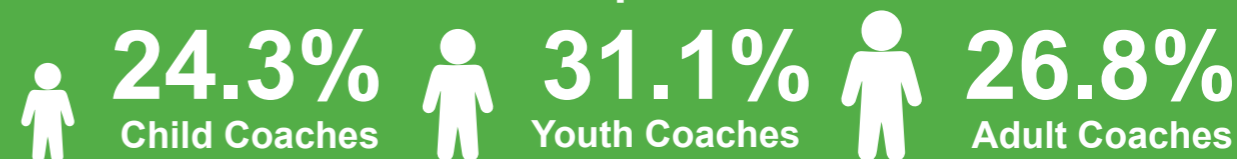
Balancing coaching with other demands



Scheduling of Competitions



Poor Games/Competition Structure



'As a coach, you're looking for backup from the club itself, you're looking for good mentors, a good team of mentors that you're working with. You need the buy in from the players, the parents, it's a whole cooperative thing.'

(Volunteer Coach)





Our Coach Education Futures

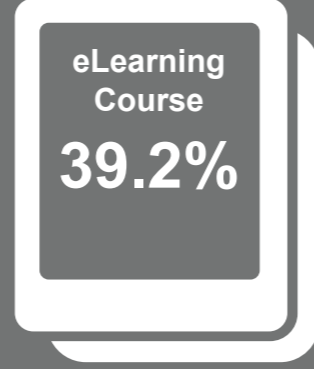
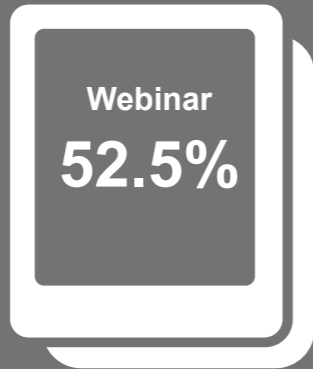
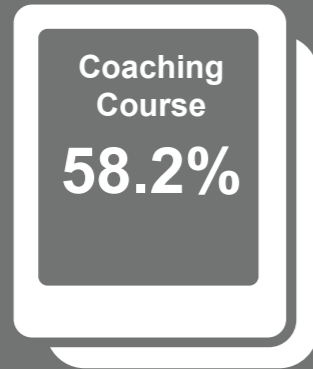


How important is future learning to us?

Extremely important **68.9%**



What type of learning would we like?



Less experienced coaches



More experienced





Our Coach Education Futures

Future Learning Content

Player Development

Sports Specific Techniques/Tactics



59.8%



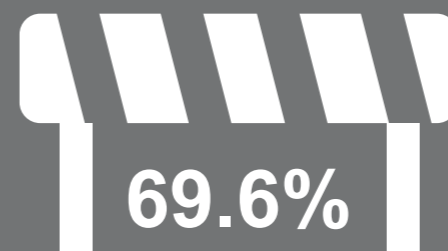
56.3%

The Skills of Coaching



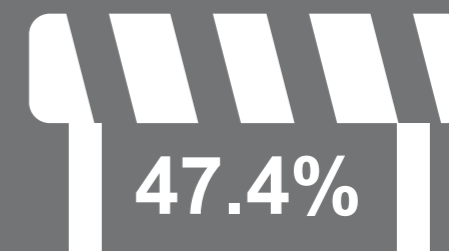
48.3%

What are the future barriers to learning?



69.6%

Lack of Time



47.4%

Work/Life Balance



29%

Family Commitments



20%

Course Availability

'I just think the more development a coach gets the more they'll enjoy it. The better you get at something anyhow, the more you'll enjoy it. If you leave coaches stranded and don't help them, that's where you'll see them dropping out...Coach development is just as important as player development really. If you don't put the time into that, you'll have just as much coach dropout as player dropout.'

(Volunteer Coach)