
COACHING AND GAMES LÁMHLEABHAR 2024

Baile Buadáin Naomh Éanna

COISTE OILIÚNA AGUS CLUICHÍ
coaching@ballyboden.ie

CLÁR/CONTENTS

Roinn/Section	Lth/Pg
Réamhra/Introduction	2
1. Volunteer Structures	3
2. Code of Behaviour	7
3. Our Pitches and Facilities	11
4. Player Development Pathway	14
5. Coach Development Pathway	17
6. Appendices	
I. Code of Behaviour for Coaches -----	20
II. Code of Behaviour for Players -----	22
III. Development Squad Selection Policy -----	24
IV. Reporting on Incidents Policy -----	26

RÉAMHRA/INTRODUCTION

Fáilte chuig an lámhleabhar seo atá forbartha dóibh siúd go léir a bhfuil baint acu le h-eagrú cúrsaí oiliúna agus cluichí laistigh de Bhaile Buadáin Naomh Éanna. Tá sé deartha chun príomh-acmhainní agus eolas a sholáthar do chóitseálaithe, tuismitheoirí agus imreoirí.

Ballyboden St Enda's is a vibrant community, which constantly welcomes new members, coaches and volunteers. This Coaching & Games Lámhleabhar has been developed to ensure that everyone who is involved with the delivery of coaching and games within Ballyboden St Enda's has the information they need to play an active role in the Club with the ultimate objective of supporting and encouraging boys and girls to play Gaelic Games now and into the future.

Central to all coaching and games' activities are the Club's Core Values:

- Community Identity;
- Amateur Status;
- Inclusiveness;
- Respect;
- Player Welfare;
- Teamwork and Volunteerism.

Ballyboden St Enda's has developed a number of policies and initiatives that reflect these Core Values as well as providing clear pathways for both Player and Coach Development. This lámhleabhar sets out the various policies and pathways, as well as providing information that will help mentors, parents and guardians make the most of their and their children's involvement with the Club. Included in the handbook are:

- An Overview of **Volunteer Structures** within Ballyboden St Enda's
- The **Code of Behaviour for Juvenile Coaches**
- The **Code of Behaviour for Parents**
- An Overview of **Club Facilities**
- An Introduction to Ballyboden St Enda's **Player Development Pathway**
- An Introduction to Ballyboden St Enda's **Coach Development Pathway**

The handbook is a work in progress and will be updated annually. If you don't find the answers that you are looking for, please contact the Club Coaching and Games Committee via coaching@ballyboden.ie and we will try to include it in the next edition.



SECTION 1: VOLUNTEER STRUCTURES

Ballyboden St Enda's has clearly defined volunteer structures, central to which is the Club Executive, which is responsible for good governance within the Club. The Club Executive is further supported by a number of sub-committees, who are tasked with carrying out specific roles and responsibilities.

For the purposes of this handbook, the following section gives a brief overview of the **roles/composition, responsibilities/objectives** and **reporting** lines of the Club Executive, the Coaching & Games Committee, the Juvenile Girls Committee, the Juvenile Boys Committee.

SECTION 1.1: COMMITTEE ROLES/COMPOSITION

Club Executive

The Club Executive Committee is the controlling body in the Club responsible for **governance**. It is elected annually at the Club AGM. The Executive Committee has the sole right to appoint and delegate to sub-committees as required.

Ballyboden St Enda's Club Executive is composed of 20 members. Key officer roles within the Executive are elected annually at the Club AGM and include: Chairperson, Vice Chairperson, Secretary, Treasurer, PRO and Registrar.

Coaching & Games Committee

The main role of the Coaching and Games Committee is to **develop policy** and **promote best practice** in **coaching and games activities** within Ballyboden St Enda's, helping to ensure that activities reflect the Core Values of the Club and the principles of the Club's Player and Coach Development Pathways (see Sections 4 and 5).

Ballyboden St Enda's Coaching & Games Committee operates on the basis of work groups and volunteers are opted on to the Committee on a project-by-project bases. Permanent members of the Coaching & Games Committee include: Committee Chairperson; Chairs of both the Juvenile Boys and Girls' Committees; Club Player Development Manager (CPDM); Club Games Promotion Officer (GPO). The Club Chairperson is an ex-officio member of the Committee.

Juvenile Boys & Juvenile Girls Committees

Due to size of Ballyboden St Enda's two committees operate at Juvenile level (all age groups up to U16). The role of both Juvenile Committees is to **organise, deliver** and **monitor** the **schedule of coaching and games activities** within the Club.

The Juvenile Girls Committee and the Juvenile Boys Committee have their own Chairpersons, a secretary, and representation from all age groups from U9 to U16. Image 1.1 shows the membership of both juvenile committees.

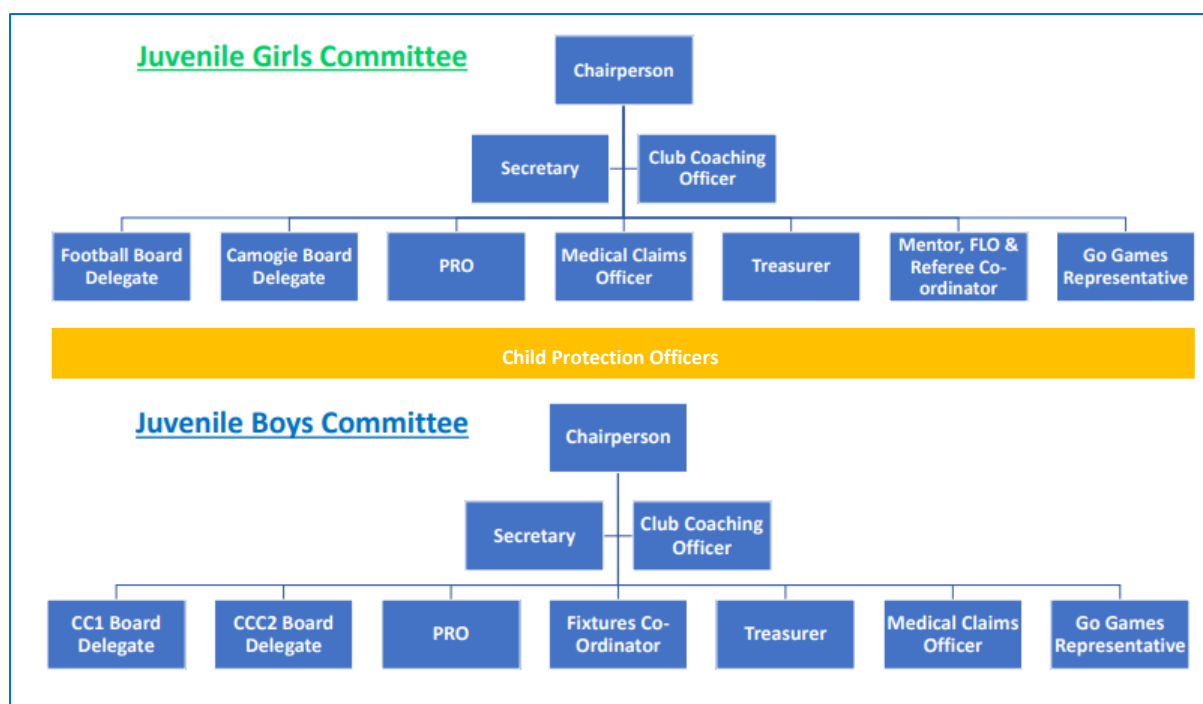


Image 1.1 – Juvenile Committee Structures

SECTION 1.2: COMMITTEE RESPONSIBILITIES/OBJECTIVES

Shared Responsibilities/Objectives

The Club Executive, Coaching & Games and Juvenile Committees share a number of common objectives for coaching and games activities within the Club.

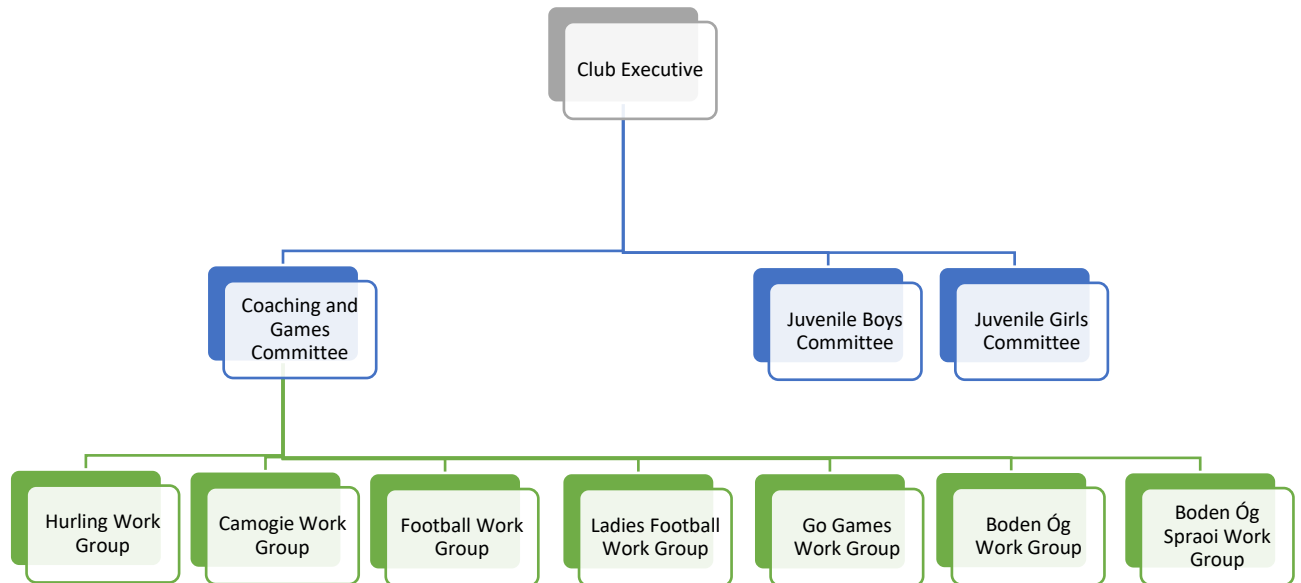
- Values – to ensure that all coaches, parents, volunteers and players are aware of and live the Club's Core Values.
- Participation – to maximise the number of playing opportunities available to Club players so that they play to stay with Ballyboden St Enda's.
- Coaching – to optimise the standard of coaching within Ballyboden St Enda's so that the experience is enjoyable and meaningful for both coaches and players.
- Volunteer Recruitment – to maintain and increase the number of volunteers within coaching and administrative roles across the Club, ensuring that they are provided with appropriate training and development opportunities.
- Communication – to work towards a high level of quality communication between Committees but also between coaches, parents and players.
- Finance and Fundraising – to successfully fundraise and strive toward financial excellence in order to support the continued development of Ballyboden St Enda's using innovative fundraising approaches, underpinned by best practice financial planning.
- Organisational Structures and Governance – to aim for excellent governance policies, procedures and practices thereby creating the best possible environment for the Club to deliver on strategy.

Specific Responsibilities/Objectives

Coaching & Games Committee	Juvenile Boys Committee	Juvenile Girls Committee
Supporting the CPDM and GPO in their roles and the delivery of specific initiatives/projects.	Aiming to have a minimum of 40 Hurling and 55 Football players progressing to Minor.	Aiming to have a minimum of 40 Camogie and 60 Football players progressing to U.16.
Organising periodic meetings of all coaches to review and evaluate progress within the Club.	Aiming to have a minimum of 4 female coaches per age-group up to U14.	Aiming to have a minimum of 4 female coaches per age-group up to U14.
Promoting coaching and games activities in the local community to support player and coach recruitment.	Ensuring all teams follow Ballyboden St Enda's games-based approach to training.	Ensuring all teams follow Ballyboden St Enda's games-based approach to training.
Forging close links with local schools ensuring the Club provides support through the provision of coaching and games to the pupils, where possible.	Ensuring all coaches have completed the mandatory Child Safeguarding Course and Garda Vetting.	Ensuring all coaches have completed the mandatory Child Safeguarding Course and Garda Vetting.
Promoting coach education and qualification of all coaches within the Club.	Ensuring all coaches have completed the Introduction to Coaching Gaelic Games course.	Ensuring all coaches have completed the Introduction to Coaching Gaelic Games course.
Providing appropriate coaching courses, workshops and seminars. Monitoring coach qualifications.	Ensuring that all coaches receive the Club's Juvenile Guidelines annually along with the Club Code of Behaviour.	Ensuring that all coaches receive the Club's Juvenile Guidelines annually along with the Club Code of Behaviour.
Inputting into the recruitment, appointment and development of coaches.	Issuing regular communications to coaches re upcoming events/games/developments.	Issuing regular communications to coaches re upcoming events/games/developments.
Leading out on the development and implementation of a Club Coaching Plan that reflects the Player and Coach Development Pathways.	Carrying out End of Year Review meetings with coaches at Youth level.	Carrying out End of Year Review meetings with coaches at Youth level.
Leading out on the development and implementation of Club Policies for coaching and games activities.	Ensuring that the section is financially viable and that a budget is detailed at the start of the year and accounted for throughout the year.	Ensuring that the section is financially viable and that a budget is detailed at the start of the year and accounted for throughout the year.
	Ensuring that all teams are aware of Club Policies as well as Club Guidelines re team trips, fun events, blitz competitions, social evenings, parents meetings, coach meetings etc.	Ensuring that all teams are aware of Club Policies as well as Club Guidelines re team trips, fun events, blitz competitions, social evenings, parents meetings, coach meetings etc.

SECTION 1.3: COMMITTEE REPORTING LINES

The following diagram outlines the reporting lines of the various Committees.



SECTION 2: CODE OF BEHAVIOUR

Ballyboden St Enda's Code of Behaviour applies to [Coaches](#) and [Parents](#) at Juvenile¹ level.

The Code of Behaviour is based upon the Official Code of Behaviour (Underage), which is the mandatory Code of Behaviour for all Gaelic Games Associations in relation to underage players: <https://www.gaa.ie/the-gaa/child-safeguarding-and-protection/code-of-behaviour>

SECTION 2.1: CODE OF BEHAVIOUR FOR JUVENILE COACHES

All Coaches, mentors and trainers of children and young people in Ballyboden St. Enda's should ensure that these players benefit significantly from our Club by promoting a positive, healthy and participatory approach with juvenile players. In developing the skills levels of every player, coaches should always encourage enjoyment and fun while ensuring meaningful participation in our games and activities. Coaches should always remember that they are role models for the players in their care.

Requirements for Coaches

Coaches working with children and young players are required to:

- participate in the annual ratification process.
- undertake agreed garda vetting checks.
- attend and complete relevant Gaelic Games child safeguarding training and updates as required.
- develop an understanding of relevant coaching methods and ensure they possess an appropriate level of coaching qualification relevant to their role as recognised by their Association.

A Player-Centred Approach

Coaches should maintain a player-centred approach at all times, which means you are required to:

- recognise the development needs and capacity of all juvenile players, regardless of their ability, by emphasising participation for all while avoiding excessive training and competition.
- recognise that skills development and personal satisfaction should have priority over competition – do not develop or promote a preoccupation with medals and trophies.
- ensure all those eligible to participate in any team within the Club are provided with an opportunity to do so with preference given to playing in their own age group in accordance with Club policy.
- recognise that the level of improvement made by underage players is the best indicator of effective coaching - do not equate losing with failure.

Leading by Example

Coaches are role models within the Club and should behave accordingly, which means you are required to:

- promote fair play, adherence to the rules of the game and the RESPECT campaign among players, coaches, parents and supporters.
- encourage players, parents and other members to become involved in your team and/or Club activities.
- never use foul, provocative, sectarian, homophobic or racist language/gestures/threats towards any player, coach, match official or supporter.
- never enter the field of play without a match official's permission; never question a match official's decision or integrity; encourage players to respect and accept the judgement of match officials.
- never smoke or consume alcohol or non-prescribed drugs immediately prior to or while juvenile players are in your care.

¹ Juvenile = players/teams under 18 years of age, including players on adult teams that are under 18 years of age.

Best Practice

Do's	Don'ts
<ul style="list-style-type: none"> ✓ Set realistic – stretching but achievable – performance goals for your players and teams. ✓ Afford meaningful playing time to young players so as to assist in the development of their playing skills, within their own age groups. ✓ 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. ✓ Be punctual and properly attired. ✓ Ensure that all of your players are suitably and safely attired to play their chosen sport. ✓ Keep a record of attendance at training and at games by both players and coaches. ✓ Keep a record of any injuries and actions subsequently taken. ✓ 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. ✓ Be accompanied by at least one other adult at coaching sessions, games and in juvenile team dressing rooms. ✓ Abide by a minimum ratio of 2 adults to 10 children, (2:10). 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. ✓ Encourage parents/guardians to play an active role in organising and assisting various activities for your teams and your Club. 	<ul style="list-style-type: none"> × Avoid taking coaching sessions on your own. × Avoid delivering one-to-one coaching outside of a group setting. × Avoid incidents of horseplay or telling jokes that could be misinterpreted. × Avoid unnecessary physical contact with an underage player and never engage in inappropriate touching of a player. Be aware that any necessary contact should be determined by the age and development of the player and should only take place with the permission and understanding of the player and in an open environment in the context of developing a player's skills and abilities. × Do not communicate individually by text, email or via social network sites and or apps with underage players. × Do not accept or condone bullying behaviour from any player, coach, parent, supporter or match official – report your concerns. × Never encourage players to consume non-prescribed drugs or take performance enhancing supplements. × Do not make energy enhancing products available to children and young people. × Do not encourage or permit players to play while injured. × Do not administer medication or medical aid unless you are willing to do so and have received the necessary training to do so.

SECTION 2.2: CODE OF BEHAVIOUR FOR PARENTS

Ballyboden St. Enda's GAA club seeks and encourages the active participation of all parents and guardians. In common with coaches and club personnel, the parents and guardians of juvenile players are role models for children and young people within the Club and are expected to behave accordingly.

Promoting the Club's Values

Parents/guardians should recognise and promote the Club's values by encouraging their child/young person to:

- develop their skill levels by attending training and games on a regular basis.
- always play by the rules and respect match officials.
- respect everybody on their team and their opponents, regardless of ability.
- appreciate the contribution made by their coaches towards developing players and teams.
- get involved in the club community through various projects and initiatives both on and off the pitch.

Being Aware

As a parent/guardian there are a number of basic responsibilities you should be aware of, including to:

- complete through Foireann or on the Child/Youth Membership Form the annual registration/permission and medical consent information for your child's participation in the Club.
- inform the coaches, and any other relevant Club personnel, of any changes in your child's medical or dietary requirements prior to coaching sessions, games or other activities.
- ensure that your child punctually attends coaching sessions/games or other activities.
- provide your child with adequate clothing and equipment as may be required for the playing of our games including for example helmets, shin guards, gum shields etc.
- ensure that the nutrition/hydration and hygiene needs of your child are met.
- never encourage your child to consume non-prescribed drugs or take performance enhancing supplements.
- raise any issues or concerns you may have regarding your child's participation or performance with the team coach(es) in a constructive, non-confrontational fashion and at the appropriate time i.e. when not in the company or vicinity of other players or parents. In the event that the matter is not resolved, contact the Club Secretary and request a copy of the Club's Dispute Resolution Policy.

Leading by Example

Parents/guardians are role models within the Club and should behave accordingly. Parents/guardians are asked to follow some simple do's and don'ts:

Do's	Don'ts
<ul style="list-style-type: none">✓ Attend and support your child at their training and games.✓ Adopt a positive attitude to children's participation in our games.✓ Respect officials' decisions and encourage children to do likewise.✓ Be realistic in your expectations of your child, their teammates and our volunteer coaches.✓ Practice the skills of the game at home with your child – it can make a huge difference.✓ Appreciate the contributions of your volunteer coaches and encourage your child to thank their coaches after each session.	<ul style="list-style-type: none">× Be preoccupied with winning or trophies to the detriment of enjoyment and fun.× Embarrass a child or use sarcastic remarks towards a player.× Criticise playing performances but instead support skill development.× Seek to unfairly affect a game or player.× Enter the field of play unless specifically invited to do so by an official in charge.× Enter team dressing rooms unless deemed necessary by team coach(es) so as to protect the privacy of all players.

<ul style="list-style-type: none"> ✓ Show approval for effort, not just results. ✓ Applaud good play from all teams. ✓ Support the Club by becoming an active member and participating in Club activities. ✓ Bring complaints about the conduct or practice of a coach to the attention of the relevant Club Official(s). ✓ Parents, and their children should wherever possible walk or cycle to the Club. When travelling to the Club by car, parents are required to park legally and with respect and consideration to our neighbours, who are part of our community 	
---	--

SECTION 3: OUR PITCHES AND FACILITIES

Ballyboden St Enda's uses a number of pitches and facilities that are central to the activities carried out by the Club.

The Club is committed to ensuring that all pitches and facilities are safe, well-maintained and that use is maximised for the benefit of all teams. Given the demand on our pitches and facilities, there is a high level of organisation involved and cooperation is required by all members of the Club so that use of our pitches and facilities runs as smoothly as possible.

SECTION 3.1: LOCATIONS OF PITCHES AND FACILITIES

The table below lists the pitches and facilities available for use by Ballyboden St Enda's.

Location	Pitch/Facility Type	Address
Páirc Uí Mhurchú	Club House Main Pitch Ball Wall Dressing Rooms x 4	Firhouse Road, Dublin 16, D16 A2F8
Cherryfield	Grass Pitch x 4	Opposite Páirc Uí Mhurchú, Firhouse Road, Dublin 16, D16 A2F8
Sancta Maria	Multipurpose facility: Gym Grass Pitch (sand-based) All Weather Pitch All Weather Training Pitch Ball Wall Handball Alley Dressing Rooms x 4	Access via Ballyboden Road, Dublin 16, D16 T2X2
Ballycullen (Knocklyon Park)	Grass Pitch x 2 Dressing Rooms x 4	Knocklyon Park, Saint Colmcille Way, Dublin 16, D16 X579
The Hermitage	Grass Pitch x 3	Access via Sarah Curran Avenue to Saint Enda's Park, Grange Road, Dublin 16, D16 Y7Y5
Coláiste Éanna	Grass Pitch	Hillside Park, Rathfarnham, Dublin 16, D16 E248
St Colmcilles Community School	Grass Training Pitch	Scholarstown Road, Knocklyon, Dublin 16, D16 H298

Table 3.1: Locations of Club Pitches and Facilities

SECTION 3.2: ALLOCATION AND USE OF PITCHES AND FACILITIES

Pitch Allocation

Pitches are allocated by the Club Executive, who delegate authority to an agreed individual/s for this purpose.

Certain pitches are allocated to set age-grades or specific codes for training and/or games. The Club will communicate this to coaches at the start of the season and throughout as necessary. The Club will also provide a schedule for training/games. It is essential that teams adhere to their allocated pitch and agreed schedule. No switching of pitches is allowed without the approval of the Club and coaches must arrive and vacate pitches in a prompt and timely fashion.

Queries about pitch allocations or bookings can be directed to info@ballyboden.ie.

Pitch Care Guidelines

To ensure that our pitches are well maintained, all members are asked to adhere to the following guidelines:

- Do not eat or chew gum on pitches;
- Do not smoke on pitches;
- Do not litter pitches – if you see any please dispose of it properly;
- Ensure that animals on the Club premises do not soil the pitches;
- Ensure that directions around equipment are followed at all times;
- Ensure that no player/s access a pitch that has been declared unplayable (see below).

Unplayable Pitches

It is absolutely essential that pitches are not played or trained on when they are declared unplayable by the Club Executive, South Dublin County Council (Cherryfield and Ballycullen) or the OPW (The Hermitage). When a pitch is declared unplayable this includes the pitch, all open space in the vicinity and space in front of and behind the goal mouth. Failure to abide by the decisions of the Club, Executive, South Dublin County Council or the OPW could mean that the right to use the pitches could be withdrawn.

We ask mentors to be pro-active in checking whether or not pitches are deemed unplayable during poor weather.

When the Club Executive declares that pitches are unplayable, notices will be displayed in the Club House, the car park and on the website/social media.

South Dublin County Council advertise when their pitches are unplayable. This information can be obtained online (<http://www.sdublincoco.ie/Media>) or by ringing the Council Offices (01 452 0530 or 01 462 0000).

The OPW do not advertise when the pitches in The Hermitage are unplayable. Mentors should therefore contact the park or the Museum during bad weather to check if pitches are playable (01 493 1025 or 01 494 4208).

Weather and Pitches

No outdoor club activity is permitted where Met Éireann have issued a Red Alert or Orange Alert warning.

The Club Executive may also call off all activity in the event of a Yellow Alert warning from Met Éireann. If there is no blanket Club call off for a yellow warning, mentors can proceed with club activities with caution, but are expected to call off activity themselves if there are any concerns for safety. In this event they are also required to share their safety concerns with the pitch allocation team. Concerns raised by individual mentors may result in a blanket call off by the Club Executive.

No Club activity is allowed on the Club's Sancta Maria Hockey Pitch, when it is frozen, or covered with snow. No Club activity is allowed on the Club's All-Weather Pitch when it is covered with snow. Common

sense should be applied by mentors in other conditions e.g. will children/players enjoy the session or match in extreme cold or driving wind and rain? If the answer is “no”, cancel the event.

All decisions on pitches playability lies with the Head of Facilities on the Executive Committee, or with those to whom he has delegated the decision. The pitch co-ordination team will be aware of and circulate any decisions on pitch availability.

If council grass pitches are closed, then St Colmcille’s and Coláiste Éanna will also be closed. Decisions regarding Páirc Uí Mhurchú and Prunty are for the Club to make.

Dressing Rooms

There are Dressing Rooms in a number of the locations used by the Club (see Appendix 3). To ensure that Dressing Rooms are well-maintained and kept clean and tidy, all members are asked to adhere to the following guidelines:

- Players must remove boots before entering Dressing Rooms;
- The Home Team must check that the Dressing Rooms of the home and visiting team(s) as well as the match officials are clean before use and must clean them after use also;
- Players are advised not to leave valuables or cash in the Dressing Rooms – the Club will not accept responsibility for any loss. Visiting teams and match officials should also be advised of this;
- Mentors must ensure that the Dressing Rooms are locked after use;
- Mentors must ensure that at least one adult is present in the Dressing Room at all times with the team to ensure that no damage is caused to club property;
- Mentors should never be alone in a Dressing Room with a juvenile;
- Bicycles must not be left in the Dressing Rooms or in the corridors of Dressing Rooms.

Equipment

Equipment such as flags, nets, portable goals etc. are stored in a number of locations used by the Club. To ensure that equipment is well-maintained, tidy and usable, all members are asked to adhere to the following guidelines:

- If you use it, put it back in a tidy manner;
- If you notice that flags or nets are defective or damaged, report this to the Club (info@ballyboden.ie);
- If you notice that portable goals are defective or damaged, do not use them and report this to the Club immediately (info@ballyboden.ie);
- Adults only should be asked to hang nets;
- Adults only should be asked to erect portable goals and – when doing so – must ensure that the goals are secured appropriately with pegs.

SECTION 3.3: HEALTH AND SAFETY

Ballyboden St Enda’s encourages an active lifestyle. Therefore, the Club strongly encourages parents and players to walk or cycle to and from activities where possible. There are bicycle racks in a number of the Club locations including: Páirc Uí Mhurchú; Ballycullen; The Hermitage; Sancta Maria. All members are asked to refrain from parking in local housing estates.

The Club has a number of defibrillators available for use, these are located as follows:

- On the wall outside the entrance to the Club House closest to the pitch;
- In the Dressing Rooms in Ballycullen;
- In the Dressing Rooms in Sancta Maria.

Mentors and teams are requested to be aware of security and to lock Dressing Rooms after use.

SECTION 3.4: FIRST AID

Ballyboden St Enda's works with David O'Connor of First Aid Direct for all first aid supplies and training needs. David is contactable at david@fad.ie or via 087 902 1517. Supplies can be viewed at www.firstaidcoursesdublin.ie.

SECTION 4: PLAYER DEVELOPMENT PATHWAY

The Coaching & Games Committee will be working on mapping a full Player Development Pathway specific to Ballyboden St Enda's in 2024.

The overall framework of Ballyboden St Enda's Player Development Pathway is based upon the GAA's Player Pathway but has been amended to reflect the playing stages, age-grades and structures within the Club.

Philosophy	PLAY TO LEARN			LEARN TO COMPETE		COMPETE TO EXCEL	
Stage	CHILD			YOUTH		ADULT	
Age	5 - 6	6 – 8	8 – 13	13 – 15	15 – 17	18 - 21	22+
Structures	Boden Óg Spraoi	Boden Óg	Go Games	Early Youth	Late Youth	Early Adult	Adult

Basic information on the Child and Youth stage of the Player Development Pathway is provided below. Further information will be provided to coaches and parents via courses and workshops.

SECTION 4.1: CHILD

The philosophy at the Child stage of the Player Development Pathway is for children to 'Play to Learn'. Within Ballyboden St Enda's GAA Club the child stage encompasses the following structures: Boden Óg Spraoi; Boden Óg; Go Games.

Coaches and parents play a key role in giving children time and attention. Coaches and parents should be mindful of differing rates of development and focus on positive feedback coupled with opportunities to learn and improve.

Stage	Players	Physical Development	Skill Focus
Boden Óg Spraoi	Ages 5 – 6: focus on fun! Activities have regard for: <ul style="list-style-type: none"> Short attention spans Learning to share Plenty of energy but also plenty of breaks Natural interest is in 'I' rather than 'Team' 	Improving their fundamental movement skills with a focus on: <ul style="list-style-type: none"> ABC's – agility, balance and coordination RJT's – running, jumping and throwing 	Getting a feel for football, hurley and sliotar through striking, catching, throwing. Important to have a proper hurley that is the correct weight and size for each child. Likewise important to have the correct size football and sliotar.
Boden Óg	Ages 6 – 8: focus is on play! Activities have regard for: <ul style="list-style-type: none"> Players will want to play as many games as possible Players won't yet have positional 	Beginning to develop their fundamental movement skills further with a focus on: <ul style="list-style-type: none"> Introducing speed gradually through relays, mini-races etc. 	Focus on striking and kicking – building various striking and kicking skills gradually e.g. ground strike before striking from the hand

	<p>sense – beehive effect is strong</p> <ul style="list-style-type: none"> • Players learning to pass to teammates • Players getting a go at all positions and learning rules gradually 	<ul style="list-style-type: none"> • Using fun games to help with body weight strength e.g bear crawls 	<p>Working on child's first touch through fun activities.</p>
Go Games	<p>Ages 8 – 13: focus is on games!</p> <p>Activities have regard for:</p> <ul style="list-style-type: none"> • Growing awareness of principles of attacking/defending • Increased confidence in support play • Differing rates of physical and skill development • Respecting others 	<p>Enhancing their fundamental movement skills and strength</p> <ul style="list-style-type: none"> • Introduction of basic flexibility exercises during warm-up/cool-down • Increase endurance through games • Resistance activities – pushing and pulling in fun-based activities • Awareness of the importance of rest 	<p>Growing game sense – reading the game, encouraging decision making and communication</p> <p>Focus on developing accuracy/distance of actions such as striking, kicking, hand-passing.</p> <p>Developing tackling skills e.g blocking, hooking etc.</p>

SECTION 4.2: YOUTH

The philosophy at the Youth stage of the Player Development Pathway is for youth players to 'Learn to Compete'.

At the Youth stage there is an increased focus on competing. Coaches and parents should be mindful of encouraging competition but doing so in an age-appropriate manner that is balanced with the enjoyment of participation. There is a high-level of drop-off at the Youth stage and it is important for Ballyboden St Enda's to keep as many players as possible participating at a suitable skill level.

Coaches and parents should bear a number of factors in mind for youth players:

- The focus on peer acceptance, often impacted by changes in schools, friendships etc.
- The impact of puberty resulting in players developing at varying rates plus behavioural changes.
- Exam pressures and the challenges of balancing school, study and part-time jobs.
- Participation on multiple teams across club and school and possibly across codes.
- The physical development pathway for male and female players begins to differ at youth level.

SECTION 5: COACH DEVELOPMENT PATHWAY

Ballyboden St Enda's Coach Development Pathway is structured on the basis of three strands: formal learning; informal learning; self-directed learning. At the heart of it is a commitment to on-going learning, upskilling and improvement.

SECTION 5.1: BEFORE COACHING

The first steps to becoming a coach with Ballyboden St Enda's are as follows:

1. Be(come) a Club member;
2. Apply for a Garda Vetting Certificate for the GAA;
3. Ensure you have completed the relevant Child Safeguarding training;
4. Read and agree to abide by the Ballyboden Code of Behaviour for Juvenile Coaches [see Section 3]

Garda Vetting

A separate Garda Vetting Cert is required for every organisation that people volunteer with. The Gaelic Games family of Associations (GAA, LGFA, Camogie, GAA Handball) issue one Cert that covers all four organisations.

All applications for GAA Garda Vetting Certs must be made in the GAA Foireann system which is available at <https://www.foireann.ie/> or via the Foireann App.

Instructions on how to apply for a Garda Vetting Cert are available on the Foireann website or on the BBSE website.

The Club's Child Protection Officers are happy to help anyone who has difficulties with the application process. You can contact them for assistance on via email - vettingadmin@ballyboden.ie.

A coach must have applied for their Garda Vetting Cert prior to commencing coaching.

A coach must be accompanied by a fully vetted coach until such time as their Garda Vetting application has been completed and their Cert received.

Child Safeguarding Training

It is a GAA and BBSE requirement that all coaches of juvenile players have completed relevant Child Safeguarding training.

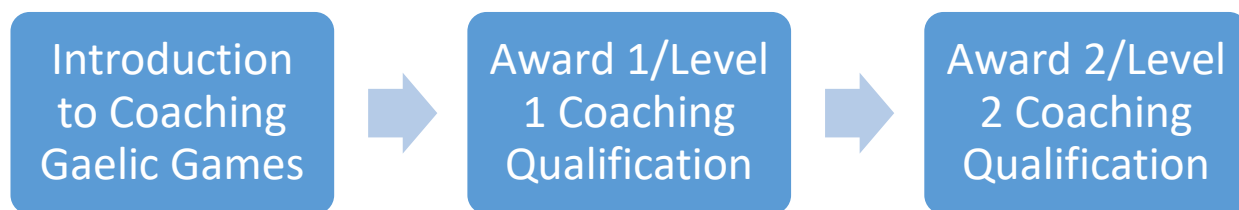
Details of the Safeguarding Training requirements are available on the BBSE website.

Safeguarding Training sessions are run in the Club throughout the year. New coaches are invited to attend the next, relevant Training session available and it is important that coaches complete this training as soon as possible.

A coach must be accompanied by a fully trained coach until such time as they have completed the relevant Safeguarding training for their role.

SECTION 5.2: FORMAL COACH DEVELOPMENT OPPORTUNITIES

Ballyboden St Enda's is guided by the GAA, LGFA and Camogie Association when providing formal coach development opportunities, which follow the pathway set out below.



Introduction to Gaelic Games (ICGG)

Delivered within the Club on an annual basis the ICGG is a mandatory coaching qualification that all coaches within Ballyboden St Enda's must complete after their Garda Vetting and the Child Protection in Sport Awareness Programme.

The course is aimed at beginner coaches and will enable participants to assist a coach in the organisation of activities to develop Hurling, Camogie or Ladies Football and Gaelic football. The course is 8+ hours in duration and covers 7 key modules, as well as Introductory and Conclusion modules. The Club may schedule the course over a series of dates.

The modules are:

- Introduction to Games
- The "How to Coach Skills"
- Being a Coach
- Movement in Gaelic Games
- Who are you coaching?
- Skill Development
- Games
- Preparation and Planning
- Conclusion

There is no formal assessment but full attendance is required

Additional Coaching Qualification: Beyond ICGG

Beyond ICGG level, each of the National Organisations has a different Award/Level 1 and Award/Level 2 offering.

More information about the various offerings can be found online but the Club will work to organise an Award/Level 1 within the Club. This is subject to demand and availability of tutors, so on occasion the Club will send coaches to participate in the formal courses that are organised at County Board level.

SECTION 5.3: INFORMAL/ON-GOING COACH DEVELOPMENT OPPORTUNITIES

Throughout the course of the year, the Coaching & Games Committee will provide a number of informal coach development opportunities in the form of:

- Coach Information Evenings
- Coaching Workshops
- Mentoring Programmes

The provisional schedule for 2024 is as follows:

Month	Coach Development Opportunities
January	Mini Community of Practice Workshops [U13 – U18]
February	Fundamental Movement Skills Workshop [Go Games]
March	Practical Pitch Workshops [Boden Óg – U16]
April	Practical Pitch Workshops [Boden Óg – U16] School Liaison Workshop
May	Session Evaluations and Support [Go Games – U16]
June - August	Specialised Skills Workshops [Frees, Goalkeeping etc] Work Group Workshops
September	Boden Óg Coach Upskilling
October	Mini Community of Practice Workshops [U13 – U18] Practical Pitch Workshops [Boden Óg – U16]

APPENDIX I: CODE OF BEHAVIOUR FOR COACHES

All Coaches, mentors and trainers of children and young people in Ballyboden St. Enda's should ensure that these players benefit significantly from our Club by promoting a positive, healthy and participatory approach with juvenile players. In developing the skills levels of every player, coaches should always encourage enjoyment and fun while ensuring meaningful participation in our games and activities. Coaches should always remember that they are role models for the players in their care.

Requirements for Coaches

Coaches working with children and young players are required to:

- participate in the annual ratification process.
- undertake agreed garda vetting checks.
- attend and complete relevant Gaelic Games child safeguarding training and updates as required.
- develop an understanding of relevant coaching methods and ensure they possess an appropriate level of coaching qualification relevant to their role as recognised by their Association.

A Player-Centred Approach

Coaches should maintain a player-centred approach at all times, which means you are required to:

- recognise the development needs and capacity of all juvenile players, regardless of their ability, by emphasising participation for all while avoiding excessive training and competition.
- recognise that skills development and personal satisfaction should have priority over competition – do not develop or promote a preoccupation with medals and trophies.
- ensure all those eligible to participate in any team within the Club are provided with an opportunity to do so with preference given to playing in their own age group in accordance with Club policy.
- recognise that the level of improvement made by underage players is the best indicator of effective coaching - do not equate losing with failure.

Leading by Example

Coaches are role models within the Club and should behave accordingly, which means you are required to:

- promote fair play, adherence to the rules of the game and the RESPECT campaign among players, coaches, parents and supporters.
- encourage players, parents and other members to become involved in your team and/or Club activities.
- never use foul, provocative, sectarian, homophobic or racist language/gestures/threats towards any player, coach, match official or supporter.
- never enter the field of play without a match official's permission; never question a match official's decision or integrity; encourage players to respect and accept the judgement of match officials.
- never smoke or consume alcohol or non-prescribed drugs immediately prior to or while juvenile players are in your care.

Best Practice

Do's	Don'ts
<ul style="list-style-type: none">✓ Set realistic – stretching but achievable – performance goals for your players and teams.✓ Afford meaningful playing time to young players so as to assist in the development of their playing skills, within their own age groups.	<ul style="list-style-type: none">× Avoid taking coaching sessions on your own.× Avoid delivering one-to-one coaching outside of a group setting.× Avoid incidents of horseplay or telling jokes that could be misinterpreted.× Avoid unnecessary physical contact with an underage player and never engage in inappropriate touching of a player. Be aware

<ul style="list-style-type: none"> ✓ 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. ✓ Be punctual and properly attired. ✓ Ensure that all of your players are suitably and safely attired to play their chosen sport. ✓ Keep a record of attendance at training and at games by both players and coaches. ✓ Keep a record of any injuries and actions subsequently taken. ✓ 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. ✓ Be accompanied by at least one other adult at coaching sessions, games and in juvenile team dressing rooms. ✓ Abide by a minimum ratio of 2 adults to 10 children, (2:10). 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. ✓ Encourage parents/guardians to play an active role in organising and assisting various activities for your teams and your Club. 	<p>that any necessary contact should be determined by the age and development of the player and should only take place with the permission and understanding of the player and in an open environment in the context of developing a player's skills and abilities.</p> <ul style="list-style-type: none"> × Do not communicate individually by text, email or via social network sites and or apps with underage players. × Do not accept or condone bullying behaviour from any player, coach, parent, supporter or match official – report your concerns. × Never encourage players to consume non-prescribed drugs or take performance enhancing supplements. × Do not make energy enhancing products available to children and young people. × Do not encourage or permit players to play while injured. × Do not administer medication or medical aid unless you are willing to do so and have received the necessary training to do so.
--	--

APPENDIX II: CODE OF BEHAVIOUR FOR PARENTS

Ballyboden St. Enda's GAA club seeks and encourages the active participation of all parents and guardians. In common with coaches and club personnel, the parents and guardians of juvenile players are role models for children and young people within the Club and are expected to behave accordingly.

Promoting the Club's Values

Parents/guardians should recognise and promote the Club's values by encouraging their child/young person to:

- develop their skill levels by attending training and games on a regular basis.
- always play by the rules and respect match officials.
- respect everybody on their team and their opponents, regardless of ability.
- appreciate the contribution made by their coaches towards developing players and teams.
- get involved in the club community through various projects and initiatives both on and off the pitch.

Being Aware

As a parent/guardian there are a number of basic responsibilities you should be aware of, including to:

- complete through Foireann or on the Child/Youth Membership Form the annual registration/permission and medical consent information for your child's participation in the Club.
- inform the coaches, and any other relevant Club personnel, of any changes in your child's medical or dietary requirements prior to coaching sessions, games or other activities.
- ensure that your child punctually attends coaching sessions/games or other activities.
- provide your child with adequate clothing and equipment as may be required for the playing of our games including for example helmets, shin guards, gum shields etc.
- ensure that the nutrition/hydration and hygiene needs of your child are met.
- never encourage your child to consume non-prescribed drugs or take performance enhancing supplements.
- raise any issues or concerns you may have regarding your child's participation or performance with the team coach(es) in a constructive, non-confrontational fashion and at the appropriate time i.e. when not in the company or vicinity of other players or parents. In the event that the matter is not resolved, contact the Club Secretary and request a copy of the Club's Dispute Resolution Policy.

Leading by Example

Parents/guardians are role models within the Club and should behave accordingly. Parents/guardians are asked to follow some simple do's and don'ts:

Do's	Don'ts
<ul style="list-style-type: none">✓ Attend and support your child at their training and games.✓ Adopt a positive attitude to children's participation in our games.✓ Respect officials' decisions and encourage children to do likewise.✓ Be realistic in your expectations of your child, their teammates and our volunteer coaches.✓ Practice the skills of the game at home with your child – it can make a huge difference.✓ Appreciate the contributions of your volunteer coaches and encourage your child to thank their coaches after each session.	<ul style="list-style-type: none">× Be preoccupied with winning or trophies to the detriment of enjoyment and fun.× Embarrass a child or use sarcastic remarks towards a player.× Criticise playing performances but instead support skill development.× Seek to unfairly affect a game or player.× Enter the field of play unless specifically invited to do so by an official in charge.× Enter team dressing rooms unless deemed necessary by team coach(es) so as to protect the privacy of all players.

<ul style="list-style-type: none"> ✓ Show approval for effort, not just results. ✓ Applaud good play from all teams. ✓ Support the Club by becoming an active member and participating in Club activities. ✓ Bring complaints about the conduct or practice of a coach to the attention of the relevant Club Official(s). ✓ Parents, and their children should wherever possible walk or cycle to the Club. When travelling to the Club by car, parents are required to park legally and with respect and consideration to our neighbours, who are part of our community 	
---	--

APPENDIX III: DEVELOPMENT SQUAD SELECTION POLICY

Club Policy in Selection for Dublin Development Squads

Purpose of the Policy:

The purpose of this policy is to outline the process to be followed by club personnel when selecting players for Dublin Development Squads.

Scope of the Policy:

This policy will apply to boys and girls from the ages of U-13 to Minor for ladies football, camogie, football and hurling.

The Process:

- The club Coaching and Player Development Manager (CPDM) will contact the Players of Potential Officers (PPOs) and lead mentors in the months prior to selection for Dublin development squads and inform them of the process and explain their roles. Based on current timelines, it is recommended that this process would begin after the summer for the U-13 girls and boys age groups.
- The PPOs will work with the lead mentors to determine the players best suited to be put forward by the club for each code. It is suggested that the PPOs get a minimum of 3 contact points with the group in order to help make an independent decision, be it at a training session or match. Ideally this would be done over a number of months. The PPOs will liaise with the relevant lead mentors during this process.
- Dublin County Board, for each code, will contact the relevant club secretary, who will forward the communication to the CPDM. The CPDM will liaise with the lead mentors for the relevant groups.
- The PPOs will report back to the club CPDM, who will then finalise the decision on behalf of the club after getting an agreement from the parent(s)/guardian(s) of the player.
- The CPDM will relay the decision to the relevant club secretary, who will then communicate this back to the county board of relevance.

Criteria:

The following are criteria which a T1 player¹, as defined by the GAA's Player Pathway, will need to meet to be suitable for selection. The criteria listed below are as communicated by Dublin GAA:

Attitude – Attitude both on and off the pitch is a key factor in consideration of suitability for the Dublin development squads. Respect to fellow players, mentors, officials and club members must be given at all times. Players should represent the club demonstrating the club's ethos and values.

Skill Level – Skill level is seen as a very important factor in determining a young player's suitability for the Coaching Academy. Skill level could be broadly broken into categories such as kick pass/hand pass/striking from both sides, confident under high ball – catching, general ball control or first touch, and good evasion skills.

Speed/Intensity – Speed or the ability to play at a higher pace is considered an important variable. This is not just defined as "speed over ground" but the ability to concentrate and play in a determined intense fashion. Players should be used to attacking the ball at speed.

Commitment – The young player has to be committed enough to engage in self practise especially as regards "ball work" and skill development. The development squad mentors will afford a young player every opportunity to demonstrate their commitment to self-improvement and to the development of Dublin GAA. The player must be highly committed to their club.

Interest – The young player will have to be genuinely interested in the sport selected for. The County Board has no issue whatsoever with a player participating in any other code. The County Board has made every effort to develop the Coaching Academy in a fashion that affords a young player the opportunity to participate in the Ladies Football & Camogie, and Football & Hurling Coaching Academies.

The Dual Player:

Ballyboden St. Enda's is a club that facilitates dual players, both male and female. This is a factor of consideration that will also be reflected in terms of the Dublin Development squad selection policy. The CPDM, PPOs and lead mentors are asked to give consideration to the dual player when selecting for a development squad, while also closely monitoring the player's load. It is recommended that should a player meet the five criteria, as listed above, that they should be facilitated in engaging with both development squads.

Communication:

It is important to communicate to players, mentors and parents/guardians that the personnel selected for the development can, and often will change from year to year.

Ratification:

This policy has been approved by Baile Buadain Naomh Éanna Coaching and Games Committee.

APPENDIX IV: REPORTING ON INCIDENTS POLICY

Purpose:

The Club Officers and Executive need to be informed in a timely manner of any incidents occurring at games, training sessions or events organised by Baile Buadain Naomh Éanna that may require informed, pro-active decisions to be made by the Club Officers or Club Executive.

Values and Behaviours:

Baile Buadain Naomh Éanna expects mentors, players and supporters to behave in a manner that is in accord with the fundamental GAA Values of:

- Respect (Meas);
- Player Welfare (Leas an Imreora);
- Inclusiveness (Ionchuimsitheacht);
- Community (Pobal);
- Amateurism (Amaitéarachas);
- Teamwork (Comhoibriú).

The Club's Code of Behaviours for both Coaches and Parents provides clear direction on the type of behaviours that are expected.

Who is required to report?

The manager/lead mentor of each team/group is required to report when an incident occurs.

Who does the manager/lead mentor report to?

In the case of all underage teams, the manager/lead mentor is required to report to the relevant Juvenile Chairperson (Boys or Girls). In the absence of the Chair, the manager/lead mentor should report to the secretary or other officer of the relevant Juvenile Committee.

In the case of Adult teams, the manager/lead mentor is required to report to the Chair of the relevant section. In the absence of the Chair, the manager/lead mentor should report to the secretary or other officer of the relevant Games Committee.

How does the manager / lead mentor report?

Incidents should be reported by phone or email within 6 hours of the incident.

What action does the games committee Chair (or officer) take upon receiving a report?

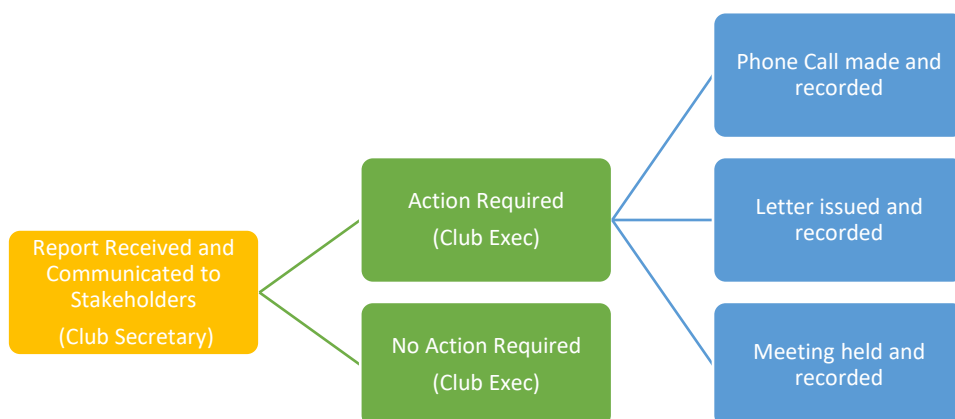
Where the report is made by phone the Chair will assess if there is a need for a report to be made in writing by email. The Chair will also decide if Club Officers need to be informed. If decided that the Executive are to be informed, an email should be sent to the club secretary, and a phone call to the club chair

What type of incidents require a report?

1. A player being sent off on a straight red card.
2. A mentor being sent from the sideline by the referee or match official.
3. A BBSE parent/supporter being sent from the sideline/pitch area by the referee or match official.
4. A BBSE player being injured and requiring attendance at a doctor or hospital.
5. Seriously aggressive, racist, abusive or threatening behaviour by an opposing mentor or supporter or by a BBSE mentor or supporter.
6. When a referee indicates that he/she intends to submit a report that may require to be acted on by the Club Officers.
7. Interaction with An Garda Síochána as a consequence of an incident at a BBSE organised or BBSE related event
8. An incident at a BBSE organised or related event that is liable to generate the interest of the media or social media in a manner that could result in adverse publicity for BBSE
9. Any other incident where it would reasonably be assumed a report should be made

What action do the Club Executive take on receipt of a report?

The Club Officers will follow the decision tree shown below.



Conclusion:

The Club Executive is confident that the number of reports that will need to be submitted in any season will be minimal as it's expected our managers, coaches, parents and supporters adhere to the Codes of Behaviour and operate in line with our club's high expectations regarding performance and behaviours.

Child safeguarding incidents are outside the scope of this document. Reporting of child safeguarding issues should be reported as soon as identified to the Club Child Safety Officer, the Club Designated Liaison Person or the appropriate authorities