



# Robert Emmets GAA Club



## Robert Emmets manager meeting Oct 25.10.22

### Managers Meeting summary:

The meeting was held on Tue 25th of November & lead by Donal Devoy. (*Christy was sick and unable to attend*).

This is hopefully the first of many managers meetings to be held. The overall goal of the meeting was to focus on the current coaching ethos within the club with plans to introduce more coaching tools, aids with a view to elevate the coaching standards within the club, which will have a positive impact on player development and player culture.

The meeting was well received and attended with representation from each team in the club by at least 1 mentor. I opened the meeting by speaking to the group, outlying the format of the meeting the points & areas I would like to see structured better to enhance our Club and teams. These were just my views & identify areas, I feel we can improve on going forward. **“Changes don’t happen overnight and can time to implement – but the first steps to change can be the most important”**. The feedback from the group was extremely good with the coaches proposing various points & ideas which they have requested and would like to see implemented. See meeting review below.

As I took the names of the attendees in the room one thing that struck me on reflection was how lucky Robert Emmets GAA Club are to have such a committed and dedicated bunch of volunteers – People who give up their own personal time weekly to help develop kids & teams both as footballers and promote socially integration in a team environment. It’s with this in mind Robert Emmets GAA will look to implement the recommendations to help these coaches and provide them with backing and support they need to further continue the great work they are currently doing.

### Managers Meeting 25<sup>th</sup> Oct 2023.

Introduction and overview of meeting:

The most important aspect of this meeting is **ENGAGEMENT & FEEDBACK** from the managers and attempt improve or rectify any issues while increasing the clubs’ coaching levels & standards.

<b>Points in black - Original points that were raised &amp; discussed at meeting.</b>
<b>Points in red – summary of feedback, comments made &amp; points raised from coaches</b>
<b>Points in green - Outcomes &amp; responses raised – Responsibility Donal to address</b>

1. **Introduce coaches’** names & teams. Move throughout the group with a brief introduction of names and the teams they coach. Allow people to put names to faces and age groups they coach.

**Each coach introduced themselves to the group identifying which team they coached.**

2. **A year in reflection – “ we can’t change the past, but we can influence the future”** The goal here is to take onboard the coaches’ feedback and **ACT ON POINTS** highlighted not just listen. If each coach was to reflect on the past season, what changes would they like to see implemented, going forward to next season to help them improve their team for example: better access to coaching drills, better communication skills with their team, better equipment available, better structure to sessions or more simply more help.

**I asked each mentor to look back over their season and try to identify areas where they feel their team may have struggled – Fitness, tactically, communication, basic skill level – catching, kicking. In reflection if we can identify team’s areas of weakness, we can structure specific training sessions or focus drills to improve these areas “ get the extra 5% that teams crave to get over the line.**

**Donal to contact each team mentor prior to the commencement of 2023 for feedback & areas of potential improvement for the coming year.**

3. **Networking** – Lets use our coaching resources within the club. If a coach or team struggles to mix variety into their sessions or they feel their sessions are becoming stale, let's try to use our current coaches to network, cover or help other teams. For example take 1 x week of training 2 x sessions “ **A fresh voice & new ideas can rejuvenate teams**” while taking players out of their comfort zones. The important point here is managers should never be afraid to ask – The club is here to help.

Looking around the room there is a wealth of coaching knowledge present, some coaches well into the coaching journey 5+ years and other coaches only starting their coaching journey. The networking aspect of this point is to use our existing coaches to assist other teams when required. Feedback from the group was very positive with suggestions on grouping teams together to increase numbers which improves the quality of the training sessions. If this arrangement is to happen it would be agreed by the coaches and sessions structured correctly.

As a small club we encourage teams to support other teams where available, players playing up to help out teams with numbers, this is to be structured with proper club rules and guidelines, this is to be outlined prior to the commencement of the coming season. Each manager to receive copies.

We spoke of the importance of teams helping teams, I feel this is hugely important in some teams surviving. Gareth O Donovan spoke regarding his struggles in fielding at times. The club is to structure specific guidelines for players playing with the consent of parents and managers. Feedback from coaches is hugely important.

**Donal to lease with committee and present the guidelines prior to commencement or 2023 season**

We as managers know our kids' parents best, are there any parents that attend matches who would be interested in helping out, coaching, or being involved in the club committee or club duties.

Coaches were asked to contact parents from their team or if they know any parents would be interested in becoming more involved in the club – helping on team – pitch committee – Committee members fresh faces & new voices can be rejuvenating.

4. **Coaching workshops** - Club to coordinate & arrange more frequent manager workshops and manager training courses, it should be made mandatory to progress to level 2+ and on. Progressive levels of coaching has proven to enhance player quality levels & managerial skill levels.

Personally I feel the more coaching workshops made available to coaches the better – The feedback from the coaches, confirmed this point and the club is to introduce yearly coaching coursing level 1,2,3 this will increase coaching standards and player development – the view is to have increased numbers participating at each workshop from Robert Emmets, with the increased numbers we may be in a position to host the coaching at our venue IE community centre. Ensure our newer coaches that haven't completed coaching workshops to attend – these are the coaches of the future & club must invest in their progression. It was requested by Caoimhe that all coaching dates are to be posted and confirmed, currently lack of information is an issue.

**Donal to speak to club sectary and make coaching date available for the group.**

5. **High level coaching** – The club is to introduce external high level coaches to promote fundamental Skills.

Goal Keeping workshop for players 4 week course (Friday nights) with goal keeping coach.

Free kicking workshop for players 4 week course ( Friday nights) with kicking coach.

Strength & conditioning for all age levels – Bring in external coach to lay down the fundamentals.

We would also encourage managers to attend these sessions where possible to gain experience, drills awareness and basic fundamentals to bring back to their own team.

I spoke to the group regarding the finer details of coaching again increasing the team's performance by 5%, to compete better next season. Are we coaching our teams correctly? IE just not asking players to play in positions “corner back” or “corner forward” the players should be given an insight into what to do in these positions, responsibility of the position, best place to stand, where to stand, what to do when you win the ball, what to do when your team wins the ball. I strongly believe this coming season we use the resource available explore introducing external coaching and gauge the benefits. Not every coaching “opinion is right” it's an opinion or view, but as a club we extract what information we believe to be beneficial for us.

**Donal to see availability and pricing on external coaching.**

6. **Introduce leader boards for teams** – You will never get more competitive people than kids & teammates. The leader board fundamental is used at all levels of sport amateur & professional, New Zealand rugby has its famous “Bronko Test” in which the top 5 best times are recorded. We at Robert Emmets should introduce the Post to Post sprint challenge & the fastest pitch lap & record the top 5 time for each team every week. Introduce this to a training session every Thursday teams compete for the best times – Limit distance based on age level.  
**This is just a novel idea to introduce competition on teams between players and possibly between teams – who holds the title as the fastest boy/girl – man/women in the club. Great to see some teams already have similar drills mixed into their sessions.**
  
7. **Points of Contact** – Outside both dressing rooms community Centre & extension the club has a notice board. On this notice board, we include all managers names & teams they coach. The club **Core Values** – Standards & Expectations for players - managers – committee members will be displayed. All qualified club referees & relevant levels they can coach ( also put on club website) Club contact names & email addresses for social media etc. Clear instruction to location of defibrillator. Any upcoming events & newly formed leader board times.  
**The idea of introducing core values into the club, these will be the standards we set ourselves as members & what we represent as a club. Donal to lease with club executive & present to coaches.**  
**The club is to introduce better communication, the Idea of usage of the notice boards outside both dressing rooms. Donal to arrange the notice board for community Centre dressing rooms.**  
**Also the introduction of “coaches’ corner” to the club website a drop down banner option with links to GAA training activity planner, coaching aids, training videos for coaches with links to contact numbers for GAA – LGFA and club referee contacts. Donal to coordinate with Club for addition & update to website.**
  
8. **Equipment** – The list will not be taken at this meeting, but this is to inform managers following the appointment of coaches next season, there will be list taken of required equipment for the coming 2023 season. Do coaches have any ideas for extra club equipment IE: Volleyball net to promote high catching and hand passing. Tackle bags for player evasion or other ideas taken from alternative sports.  
**The group were ask for feedback regarding equipment for the coming year 2023, there were some suggestions regarding additional equipment see points below. Donal to arrange lists with managers prior to season 2023.**
  
9. **AGM** – Gauge managers opinions and feelings if they want to remain in their coaching position for next season. Inform the managers of the upcoming AGM and that all managers must submit the nominations for the coming season prior to the AGM – **25<sup>th</sup> of November 2022.**  
**I addressed all coaches regarding continuing with their current teams going forward for next season – I do hope all coaches stay with their teams and there is phenomenal work being done by our current group of coaches and I hope some of these changes can assist & benefit them. Coaches were reminder and asked to submit the nominations for the coming season to [secretary@robertemmetts.dublin@gaa.ie](mailto:secretary@robertemmetts.dublin@gaa.ie) before 14th of November.**
  
10. **Open to the floor** for feedback from managers - hugely important to take on board points & feedback, where we as a club can improve in our strategy & Standards to help teams develop going forward.

**There were some points raised by the coaches they would like to see explored and implemented if possible.**  
*As I was presenting the meeting while taking notes, apologies if some points were over looked or missed out.*

**Pauline** – raised the issue of the location of the DEFIB in the extension dressing rooms (possible relocation to community centre dressing rooms), she also raised the issue with the stiffness of the door at the entry to the dressing rooms. **Donal to look at the issue with the door & also repair the 2 x internal dressing room doors both locks broken**

**Paul** raised the idea of attaching wheels to the larger portable goal posts – I feel trial the larger portable goal post outside the container for period next season, similar to manor town & Greenhills. **Donal to look at costings for attachable wheels.**

