



PARNELL'S JUVENILES

PREPARATION OF TEAMS BY TEAM MANAGERS / MENTORS

Useful hints in the preparation of your team.

PLANNING

There is a very true saying which goes like this: "he who fails to prepare, prepares to fail".

- Planning/preparing involves things as far apart as knowing your player's names to knowing how to coach.
- In between you need to know about the Board that organizes competitions
- For your team; you need appropriate equipment to assist your training.
- To be confident of getting your season off to a good start, you need to start training a few weeks in advance of your first game.
- A few words to remember when organising coaching sessions: control, variety, activity, enjoyment, competition, confidence, action.

MOTIVATION

Focusing the mind to get the best out of the individual; motivate to challenge.

- Always set small objectives at training.
- It is important that you encourage, praise and listen to players.
- Encourage discussion between players and management.
- Remind players that "what you put in, you get back".
- Deal with any problems immediately.
- Avoid cliques building up; encourage mixing.

MENTAL FITNESS

This must be done in training in order that it can be transferred to a match.

- Physical fitness is important for mental fitness. In the context of a match, mental attitude is important.
- Players must be properly prepared; they must arrive in good time for a game; they must have proper gear; they must go into the match with a positive attitude and belief; if not tuned in mentally, physical fitness is no good.
- Words to remember - praise, competition, perfect practice, positive attitude.

3. MANAGING THE INDIVIDUAL / MANAGING CONFLICT

Talk to the team as a group as if they are all the same. Remember, however, that they are not all the same and they need a different approach.

- Be accommodating with players who may have other commitments/demands.
- Work on weaknesses of individual players; preferably have 2 trainers – one working with the general group and the other working with specific weaknesses of individual players, e.g. free taking, goalkeeping. Free taking and goalkeeping coaching duties should be assigned to one mentor.
- Be careful to encourage players and not to criticise them.
- In relation to match analysis, listen to players - they may see things on the field that you might not have seen.
- Sort out, early, the root causes of conflict. This should be done on a one to one basis rather than in front of the group. It should not be done in anger.
- Be alert to bullying among players and also ensure that you are not guilty of bullying the players.

ORGANISATION

- Ensure that training is well planned with proper equipment available.
- Have fun games and work on players weaker points.
- Notify players of matches in good time and organise transport.
- Formulate tactics, e.g. who takes frees, line balls etc, so that players will know in advance who does what.
- After the game, review and analyse the performance in a positive manner with a view to working on the weaknesses of the team and the individual.
- Encourage all players to perform all the skills, e.g. line balls, frees etc.

COACHING GENERALLY

As manager/mentor you cannot control the winning of a match. However, you can control the performance.

- Set goals for players - how many balls did you win in the course of a match. How many blocks/hooks etc.
- Develop a style of play. Research other styles of play, including other codes. Don't get into a rut.
- Know your objectives. Instruction in the dressing room should be kept to a minimum.
- Among the few rules that you should have are, a) be there on time and insist that players are there on time; b) if players cannot be there on time, insist that they let you know; c) Make it clear that players who do not comply with the rules that there will be disciplinary procedures; d) look in the mirror and assess your own performance.
- Ensure drills in training are done at match pace. Drills should be set against the clock. Eg. How many can you do in 30 seconds. Opposed drills based on match conditions should be introduced as appropriate.

In relation to juveniles, **concentration should be on enjoyment**; winning should be secondary. Remember the team you are in charge of is not your team, **it is the club's team**.

CLUB LINK / IDENTITY / PARENTS

Managing a juvenile team can be very rewarding and fulfilling and the following can make life much simpler.

- Parents/Guardians are expected to assist in every way possible with their child's team in whatever capacity they feel comfortable. Remember that the club is a **voluntary organisation** and we are all responsible for assisting the coaches in whatever way we can in areas such as equipment, washing jerseys, erecting goalposts and nets, catering, refreshments, transport, umpires, linesmen etc.
- Mentors should delegate as much of the above as possible to allow concentration on coaching and team preparation. It is desirable that you know the first names of the parents. This could be done by holding an annual parent's meeting and by trying to involve them as much as possible, e.g. as drivers to away matches and as umpires, linesmen.
- Enquire about injured players on the evening and days following injury.
- Ensure that players treat club property as they would treat their own property;
 - Clean their boots outside the dressing rooms;
 - Hand jerseys back rather than throwing them on the floor and walking on them.

MATCH DAY

Having prepared your team properly you are now ready for action. Match fixtures will appear on the club website. Fixtures are also circulated by email by the board delegates and on www.hill16.ie and www.dublinladiesgaelic.ie

- Mentors should ensure that they check this each week.
- Any problems or confusion relating to fixtures should be addressed to your Board Delegate for clarification.
- Mentors should ensure that their team is ready to start the match at the specified time. To facilitate this it is advisable to assemble at the pitch at least a half hour before throw-in for home matches and to assemble at the club at least one hour before throw-in for away matches.
- Pitches must be marked out with flags at the appropriate intervals
- To relieve yourself of some of the workload on match days, organise a group of parents who will take responsibility for nets/flags etc. before and after the match.
- Each team is expected to provide an umpire at each goal and one person to supervise one sideline. Failure to provide such personnel may lead to controversial decisions being made. Parents of players are usually willing to cooperate in this matter if asked.
- Every effort should be made to give all players a run during a game as otherwise they may not continue to turn up. Players whose number one allegiance is to Gaelic in particular should be given first priority. Remember it is not all about winning.
- If game is fixed for home and if pitch is unplayable but opposition pitch is playable, then the game must proceed in oppositions' grounds.

REFEREES

- Each team (excluding go games) must provide the referee with a team list, in duplicate, with the names written in Irish. Hand both lists to the ref before the match. One list is given to the opposition by the referee and the other is sent to the Board by the referee.
- You should ensure that you get the opposition's team list from the referee in case there is any need to object to the eligibility of any of their players.
- You must also pay the referee the agreed expenses rate.
- Mentors are responsible for the conduct of their players both on and off the field. They must also ensure that supporters/parents conduct themselves in a proper manner i.e. no abuse to the referee or opposition or any interference with their own team. This club has a good record in relation to discipline and it is up to all mentors to ensure that this record is maintained. Mentors are responsible for the conduct of supporters.
- If a referee fails to turn up within 15 minutes after the match is due to start you may have a number of options
 - 1) In a league game the away team has first option to ref
 - 2) In championship game, if the referee fails to turn up the game is deemed unplayable
 - 3) If you referee the match, send in a written report to the relevant board
- Under no circumstances should you agree with the opposition for each side to referee one half each. In the first place the rules provide that whoever starts to referee a match must finish it. In the second place, if the opposition are losing and they referee the second half, experience tells us that the chances of the referee being biased are great.
- To ensure that the referee turns up, you are strongly advised to phone the referee on the evening before the match to ensure that he knows about it.
- Where the appointed referee does not turn up, the official game cannot go ahead.
- Please note that if a game is cancelled and the referee has not been informed, the club must be the full referees fees for home games.

OTHER MATTERS FOR CONSIDERATION EQUIPMENT

Mentors should ensure that they have at their disposal the proper equipment to facilitate training and playing matches.

- e.g. jerseys, footballs, pump, hurleys, sliotars, first aid kit, flags, list book, bibs, cones, whistle. The club name or some such mark should be put on sliotars/football etc to identify the clubs property and avoid confusion after matches.
- Respect for club equipment and property and the avoidance of waste, damage or loss of footballs, hurleys, sliotars etc must be insisted on.
- It is club policy that all players wear club socks and shorts during matches and it is the responsibility of the mentors to ensure that this policy is strictly adhered to.
- If teams are fortunate to acquire sponsorship for jerseys, they should pass the old jerseys down the line to the next team.