

St. Mary's GAA Club

Lead Coach Checklist



Action	Q2	Q3	Q4
Briefing meeting for parents, outline plans for the year, communication, Code of Conduct etc.		N/A	N/A
Ensure adequate panel numbers: any players lost, possible new players		N/A	N/A
Adequate Equipment secured - kept safe throughout			
Coaches involved have required training, Garda Vetted etc.		N/A	N/A
Sessions planned in advance; preferably in writing; involve full Coaching Teams			
Include element of fun in sessions - min 1 per quarter			
Set appropriate target of no. of games in year - is it met?			
U12-U18: Source suitable games outside the county if required - include Blitz's			
Quarterly assessment if team are meeting club culture re discipline, effort, work ethic, attendance, resilience etc.			
U8-U12: Participation & individual player development a key goal for panel members U14-U18: Competitiveness assuming more importance as age increases - without losing sight of above principle - Is correct balance being achieved during games? - Are players rotated around different positions (eg. not same keeper, swap backs & forwards etc.) - U8-U12 particularly - Is the child at the centre of what we are about?			
Are necessary Child Protection protocols being adhered with?			
Communication with parents/players is clear, consistent, short & in line with GAA protocols			
Individual coaching needs being met - mentoring required?			
Coach conduct is age appropriate and in line with Code of Conduct			
Target of 1 non-GAA activity with team in the year (eg table-quiz, surfing, trip away etc.)			
Coaching Team to commit to the following in the year: - View 1 other club team training - Attend minimum 1 coaching course/seminar - Lead out 1 other club teams training when requested			
Outgoing team meet with next years incoming team for quick review of year, difficulties met etc.			

*"I used to think coaching was all about getting fellas fit.
I learned that the real effective coaching is the ability to get
into the heart and soul of the person."*