

## Why do children play sport?

1. FUN & Enjoyment
2. Be with friends
3. Be like Mum and Dad
4. Learn new skills
5. Feel more competent



Bailey, R., Cope, E. J., & Pearce, G. (2013).

## Why do kids drop out of Sport?

1. Too serious / Adult Like
2. Emphasis on winning
3. Internal competition / Favourites
4. Pushy coaches / parents
5. Low Confidence / Competence


Bailey, R., Cope, E. J., & Pearce, G. (2013).

## Not a pretty picture...


- 13% of Irish Children reported meeting the Physical Activity guidelines (14%-2010)
- Only 17% of primary and 11% of post primary school children meet the guidelines for physical activity (19% and 12% 2010)
- Fewer Girls (9%) met the PA guidelines than boys (17%), this gender gap was evident in both Primary (13% V's 23%) and Post Primary (7% V's 14%)
- Active children reported higher levels of happiness




# 10 Golden Rules to Create Positive Sport Experiences for Kids



**The  
iCoachKids  
Pledge**



- 1** Be CHILD-CENTRED
- 2** Be HOLISTIC
- 3** Be INCLUSIVE
- 4** Make it FUN and SAFE
- 5** Prioritise the LOVE for sport above LEARNING sport
- 6** Focus on FOUNDATIONAL skills
- 7** Engage PARENTS positively
- 8** Plan PROGRESSIVE programmes
- 9** Use different methods to ENHANCE LEARNING
- 10** Use COMPETITION in a developmental way



**THE  
GAMOGIE  
ASSOCIATION**  
An Cumann Camogieachta

## What kind of coach are you?



### Safe certainty

Auto pilot  
Complacent  
Rehearsed  
Comfort zone

### Safe uncertainty

Explore  
Challenge  
Innovative  
adaptive

### Unsafe certainty

Controlling  
Negative  
Critical  
Limited participation

### Unsafe uncertainty

Dangerous  
Unclear  
Anxiety

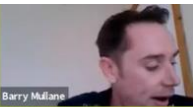


# MEANINGFUL PE AND SCHOOL SPORT: A GAEILIC GAMES PERSPECTIVE



## Social interaction

- Team work
- Shared positive participation with others
- Tag games
- Cooperative learning



Education is not filling a bucket,  
but lighting a fire



## Appropriate Challenge



- Not too easy or hard
- Games based approach
- Decision making
- Being creative

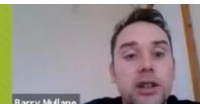


## Dr Robert Sternberg - 2006



- “Creativity is a habit. The problem is that sometimes we treat it as a bad habit....like any habit, creativity can either be encouraged or discouraged”

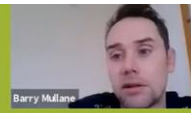
## Motor Competence



- Learn & develop physical skills necessary to play
- Perception of themselves
- Inverse relationship between FMS & weight status



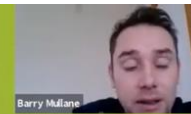
## Fun



- Activities that hold immediate enjoyment
- Make kids want to participate
- A vehicle for **learning**



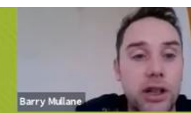
## Delight



- Deeper sense of achievement
- What is the coaches role here?



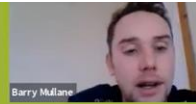
## Personally relevant learning



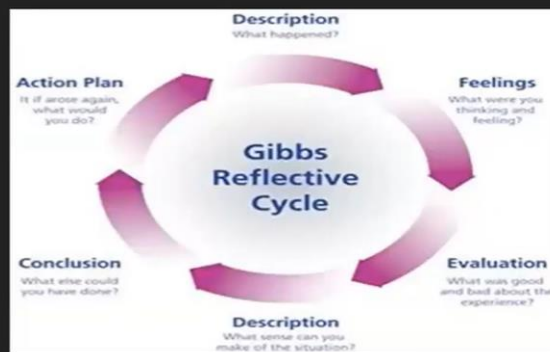
- Why?
- What?
- How?
- Reflection



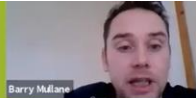
## Reflection



- In action/on action
- What went well!
- Self reflection – accuracy!



## What is success?



- Winning isn't about results or silverware, its keeping the children coming back week after week, season after season  
(Dr Martin Toms)

## Conclusion

- Create excitement and challenge
- Coach for enjoyment
- Cultivate basic skill development in your players
- Build character and confidence in those you coach
- Let your players play

## Resources

- [@GAAMECoaching](#)
- [@colmnally](#)
- [@iCoachKidsWorld](#)
- GAA learning portal
- [Deely Sport Science](#)
- Dublin GAA webinar series
- The coaching bubble



## Books

