

Camogie Player Pathway:

Phases of a Camogie Player's Development



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Réamhrá ón tUachtarán

The Camogie Association is delighted to publish and promote its first Long Term Player Development Model. The model is a 'player pathway'. It highlights the skills and characteristics that Camogie players can expect at each stage of their development. This is signposted from a child's early years right through to retirement. It then also suggests ways for players to make the transition into other non-playing but equally important roles at club level. Maximising participation and lifelong involvement in Camogie are fundamental aspects of our sport.

The underpinning philosophy of the Player Development Model is to support players to reach their full potential through coaching, training and developing their athletic and personal capacities as they grow through sport. Camogie is a highly skilful and speedy sport. Age appropriate and developmentally appropriate learning of Camogie is essential to enhance all players' experience and enjoyment of playing it.

The Player Development Model has emerged from a wide ranging process of consultation and debate involving Camogie players, coaches, administrators and Coaching Ireland.

I would like to acknowledge the work of the Camogie Association's Development Team, in particular Director of Camogie Mary O'Connor and Regional Development Officer Caroline Murray, who have pioneered and led this project in the Association. Special thank you also to the voluntary work of our Coaching and Games Development Committee and especially members who made significant contributions to the project. Finally, thank you to Coaching Ireland and the Irish Sports Council.

Joan O'Flynn

Siobhan Ni Fhloinn

Uachtarán

Marta 2010



A message from the Director

The Camogie Player Pathway describes the opportunities to play Camogie from beginner to elite level. It is designed to give every person entering the game the chance to reach their personal potential within the sport. The pathway is divided into six stages:

Phase 1	– Get a Grip	(6-8 yrs approx)
Phase 2	– Clash of the Ash	(9-11yrs approx)
Phase 3	– Get Hooked	(12-14 yrs approx)
Phase 4	– Solo to Success	(15-17 yrs approx)
Phase 5	– Strike for Glory	(17+ yrs approx)
Retainment	– Shifting the Goalposts	

There are opportunities for everyone to play camogie, irrespective of age, ability, race, culture or background. The Camogie Association has adopted a logical approach to player development, so that every child and adult can reach their potential and enjoy Camogie throughout their lifetime.

There are six progressive steps in a Camogie Player Pathway. Individuals will spend varying amounts of time mastering the relevant skills and attaining the requisite fitness levels. All participants should reach their potential in the stage that matches their age and aspirations.

For the most talented players, the player pathway ensures that they are given the very best opportunities and support to reach their full potential. Dr Istvan Baly's Long-term Athlete Development model (LTAD) focuses on best practice in the development of players at every level. Camogie uses LTAD to develop the skills, coaches and competitions that are appropriate at each age and stage of player development.

It is vital that children learn the full range of basic movement skills that underpin sport-specific skills. The term physical literacy enables the child to pursue two different pathways: lifelong participation in a number of sports or achievement of a high performance standard in one.

LTAD is about giving everyone, at every age and stage, the opportunity to maximise their potential, whatever their level, and to stay involved in Camogie throughout their lifetime. Camogie encourages all our members to become familiar with the various stages of the player pathway and use it as a resource and support in the development of our players.

Mary O'Connor
Director of Camogie



A message from Coaching Ireland

The Long Term Development Model for Camogie provides an integrated framework to facilitate the development of Camogie players at all levels of participation and experience. The model is player centred, coach driven and supported by administrators, officials and financial partners.

This will ensure that the experience of training and playing the game is always appropriate for the developmental stage of the player involved and will assist players, parents, coaches, officials and administrators to make informed decisions about player development so that every child and adult can reach their potential and enjoy Camogie throughout their lifetime.

On behalf of Coaching Ireland I wish to congratulate and thank Mary O'Connor, Director of Camogie, for spearheading this work; the volunteers who contributed to the development of the Long Term Development Model for Camogie and the inputs from Catherine Bird, Coaching Ireland.

Michael McGeehin

**Director
Coaching Ireland**

Long Term Player Development (LTPD) Model for Camogie



GET A GRIP

PHASE 1

6-8 YEARS

CLASH OF THE ASH

PHASE 2

9-11 YEARS

GET HOOKED

PHASE 3

12-14 YEARS

SOLO TO SUCCESS

PHASE 4

15-17 YEARS

STRIKE FOR GLORY

PHASE 5

17+ YEARS

RETAINMENT

Shifting the
goalposts

PHASE 6



Long Term Player Development (LTPD) Model for Camogie

The Technical Advisory Group (TAG) of the National Coaching and Training Centre (now Coaching Ireland) has developed a draft model for Long-Term Player/Athlete Development. The main phases of the model are explained below. Please note that not all players will smoothly assimilate to all phases in a perfect manner. Many will develop different capacities at different rates. These phases have been adapted to Camogie for the development of a Camogie Player Pathway.

Phase 1 – Get a Grip

(6-8 yrs approx)

The main objective of this phase is to learn all the fundamental *movement skills* of Camogie such as correct running, jumping and throwing techniques. These movement skills should be taught in a positive manner using an organised and fun approach. Speed, power, strength and endurance are also developed in this phase in accordance with the level and ability of the physical development of the Camogie player. It is important that the Camogie player participates in as many sports as possible during this phase to further develop the fundamental movement skills.

Phase 2 – Clash of the Ash

(9-11 yrs approx)

The Camogie player is learning how to play and practice the fundamental skills of the game of Camogie during this phase. Continued development of the Fundamental movement skills from the 'Get a Grip Phase' should be encouraged. This is important because the ability of a Camogie Player to reach her full potential will be compromised if fundamental movement skill training is not developed between the ages of eight to eleven.

Phase 3 – Get Hooked

(12-14 yrs approx)

During this phase the Camogie player is learning how to train practice and play the game effectively. Accuracy of Camogie skill is being further developed. This phase addresses critical periods for strength and aerobic development. Both strength and aerobic trainability is dependent on maturation levels, not chronological age. In this phase players are also introduced into the competitive aspects of the game as part of a full team.

Phase 4 – Solo to Success

(15-17 yrs approx)

During this phase the Camogie player is training to compete. *Optimising* fitness preparation and performance is therefore necessary during this phase. To achieve this, high intensity individual- and match-specific training is provided to the players. Sport specific skills are performed under a variety of competitive conditions during training. Players will train to play in club / school practice matches as well as more competitive league/championship games.

Phase 5 – Strike for Glory

(17+ yrs approx)

All of the Camogie player's capacities are now fully established and players are training to peak for major matches/ competitions. The aim is to maximise fitness preparation, individual and Camogie specific skills as well as performance. Training is high intensity and relatively high volume with appropriate rest and recovery breaks.

Retainment – Shifting the Goalposts

This phase refers to the activities performed after a Camogie player has retired from Camogie training and competitions permanently. Retainment can occur at any age. The aim of this phase is to retain Camogie players for coaching, sport administration, officiating or any other Camogie-related career

GET A GRIP

PHASE 1

6-8 YEARS

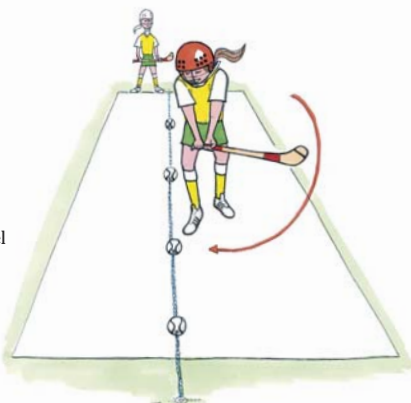




TECHNICAL CAPACITIES

Get a Grip Phase *During this phase, the player will...*

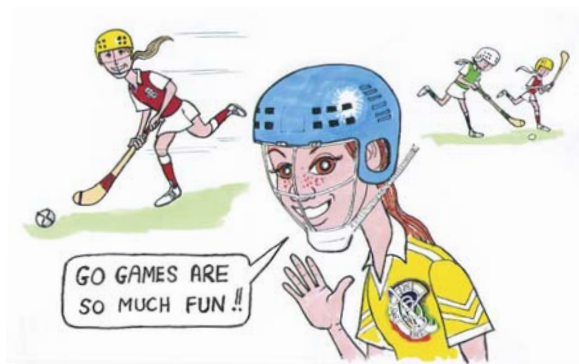
- Develop fundamental movement skills – run, jump, throw, catch, strike and kick appropriate to levels of development
- Develop passing technique appropriate to level of development
- Identify dominant hand
- Identify Lock Grip/position
- Identify Ready Grip/position
- Identify Lift Grip/position
- Swing on dominant side using correct technique
- Strike on the ground on dominant side
- Block on the ground
- Tackle on the ground
- Clash on ground
- Dribble ball along ground
- Use correct equipment appropriate to age and level
- Use appropriate clothing and footwear
- Know the correct body position when executing a skill
- Hook a player who is striking ball on ground



TACTICAL CAPACITIES

Get a Grip Phase *During this phase, the player will...*

- Adhere to basic rules and ethics
- Play Go-Games to learn basic attack and defence skills





PHYSICAL CAPACITIES

Get a Grip Phase *During this phase, the player will...*

- Develop endurance through fun activities (e.g.) Bib tag
- Develop wrist strength through fun activities (e.g.) squeeze ball
- Display agility through fun games/activities (e.g.) bull dog
- Develop balance through fun games (e.g.) Zig zag relay
- Develop hand/eye co-ordination through fun games (e.g.) skittles, piggy in the middle
- Develop arm/leg co-ordination through fun games (e.g.) ball to cone
- Develop linear, lateral and multi-directional speed through fun games (e.g.) Here there and everywhere
- Develop arm strength through fun activities (e.g.) bunny jumps, tug of war
- Develop movement skills in limited space through fun games



MENTAL CAPACITIES

Get a Grip Phase *During this phase, the player will...*

- Experience enjoyment/ fun from Camogie
- Show enthusiasm for Camogie as an activity
- Develop confidence in executing basic skills
- Exhibit a feeling of accomplishment when playing Camogie
- Imagine themselves as their role model to improve skills



LIFESTYLE CAPACITIES

Get a Grip Phase *During this phase, the player will...*

- Play a range of sports/activities
- Learn safe use of equipment (e.g.) wearing of a helmet and shin guards
- Learn safety in game/ training scenario (e.g.) when clashing/tackling
- Play at home



PERSONAL CAPACITIES

Get a Grip Phase *During this phase, the player will...*

- Experience enjoyment/fun
- Demonstrate fair play/respect
- Demonstrate sportsmanship
- Develop self-confidence
- Develop social skills through interaction with others
- Be part of a team atmosphere
- Make friends through Camogie

CLASH OF THE ASH

PHASE 2

9-11 YEARS

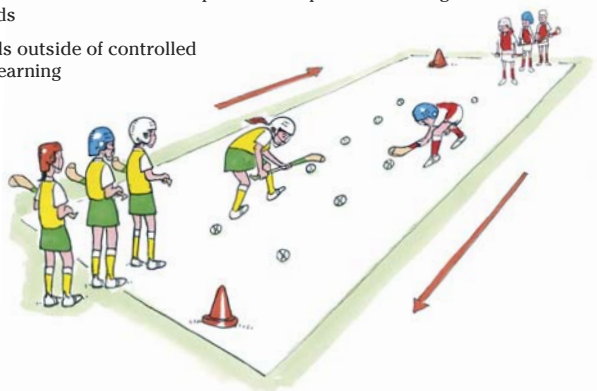




TECHNICAL CAPACITIES

Clash of the Ash Phase *During this phase, the player will...*

- Develop basic skill of: Strike ball on the ground
 - Demonstrate the skill of striking the ball on the ground in a fluid way
- Develop basic skill of: Strike ball on both left and right sides
 - Demonstrate the skill of striking the ball on both the left and right sides in a fluid way
- Develop basic skill of: Lifting sliotar while stationary
 - Demonstrate the skill of lifting the sliotar while stationary in a fluid way
- Develop basic skill of: Lifting sliotar while on the run
- Develop basic skill of: Striking sliotar in the air on dominant side
 - Demonstrate the skill of striking in the air on dominant side in a fluid way
- Develop basic skill of: Catching sliotar at chest level
 - Demonstrate the skill of catching sliotar at chest level in a fluid way.
- Develop basic skill of: Handpassing sliotar from the hand
 - Demonstrate the skill of handpassing sliotar from the hand in a fluid way.
- Develop basic skill of: hooking
 - Demonstrate the skill of hooking in a fluid way
- Develop basic skill of blocking
 - Demonstrate the skill of blocking in a fluid way
- Develop the skill of Clashing
- Develop the skill of batting down a high ball
- Develop 1st touch control of sliotar
- Practice technical skills outside of controlled practice – repetitive learning
 - Against a wall
- Practice technical skills outside of controlled practice – repetitive learning
 - With a friend (1)
- Practice technical skills outside of controlled practice – repetitive learning
 - With a group of friends
- Practice technical skills outside of controlled practice – repetitive learning
 - Everyday

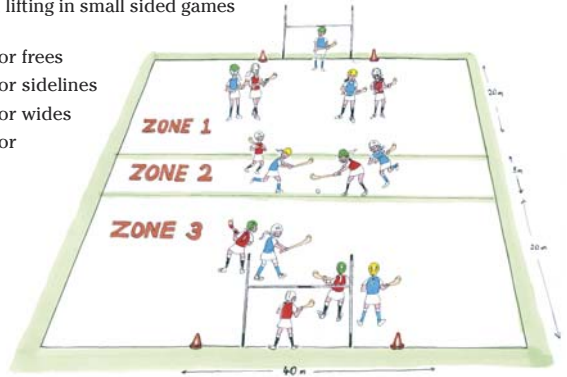




TACTICAL CAPACITIES

Clash of the Ash Phase *During this phase, the player will...*

- Line out in different positions on pitch
- Name the different positions on pitch (e.g.) full back
- Experience playing in different positions on pitch
- Play modified games (e.g.) ground hurling/ lift and strike
- Play small-sided games (e.g.) Go Games
- Use skills of striking, tackling, lifting in small sided games
- Use skills of striking, tackling, lifting in small sided games with conditioned game rules
- Identify and adhere to rules for frees
- Identify and adhere to rules for sidelines
- Identify and adhere to rules for wides
- Identify and adhere to rules for starting a Game



PHYSICAL CAPACITIES

Clash of the Ash Phase *During this phase, the player will...*

- Develop wrist and ankle stability
- Progress development of agility, balance and co ordination (abc's) to a level where movement is fluid
- Progress development of speed with control of body/hurley
- Identify the benefits of basic warm-up
- Identify when to warm up
- Follow instructions on how to warm up
- Identify the benefits of basic cool-down
- Identify when to cool down
- Follow instructions on how to cool down
- Demonstrate repetitive specific actions to develop leg and arm strength (e.g.) soloing task
- Perform basic mobility exercises (e.g.) side steps, skipping, zigzag
- Move and control body in limited space
- Develop power through fun games (e.g.) bunny jumps
- Perform basic flexibility exercises



MENTAL CAPACITIES

Clash of the Ash Phase *During this phase, the player will...*

- Develop confidence in using a variety of skills in a game situation
- Continue to show enthusiasm for Camogie through participation and commitment
- Develop concentration Skills (e.g.) keeping eye on the ball all of the time
- Learn how to control anxiety
- Develop decision making skills in small sided games (e.g.) when to pick up the ball or pull on the ground



LIFESTYLE CAPACITIES

Clash of the Ash Phase *During this phase, the player will...*

- Continue to play multiple sports and activities
- Incorporate regular Camogie training into everyday life
- Develop good practice habits to develop independence
- Develop commitment to regular training schedule
- Apply safe practices
- Play with peers at home



PERSONAL CAPACITIES

Clash of the Ash Phase *During this phase, the player will...*

- Experience enjoyment/fun
- Develop social interaction with peers and mentors
- Develop teamwork and interaction skills
- Develop respect for officials and decisions
- Be aware that effort and time spent playing the game will result in improved and consistent performance
- Accept rules, regulations and structures

GET HOOKED

PHASE 3

12-14 YEARS

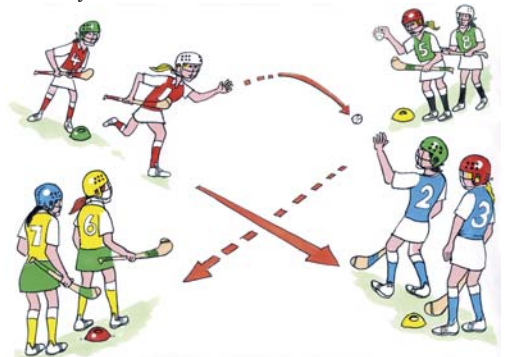




TECHNICAL CAPACITIES

Get Hooked *During this phase, the player will...*

- Perform technical skills well from both left and right sides
- Demonstrate the skill of lifting sliotar on the run in a fluid way
- Execute skills at speed
- Execute skills in pressure situations (e.g.) while being tackled for possession
- Perform the following skill proficiently:
 - Strike sliotar in the air
- Perform the following skill proficiently:
 - Strike sliotar from left and right sides
- Perform the following skill proficiently:
 - Strike ball on dominant side in the air while on the run
- Perform the following skill proficiently:
 - Handpass off the hurley
- Perform the following skill proficiently:
 - Hooking
- Perform the following skill proficiently:
 - Blocking
- Perform the following skill proficiently:
 - Clashing
- Perform the following skill proficiently:
 - Batting down high ball
- Perform first touch control of sliotar in a fluid way
- Perform the following skill:
 - Catch sliotar overhead
- Perform the following skill:
 - Solo ball
- Perform the following skill:
 - Shoot accurately
- Perform the following skill:
 - Free taking
- Perform the following skill:
 - Side line cuts
- Continue practicing technical skills outside controlled practice session
- Individualise skills training to address strengths and weaknesses
- Engage in specific target practice





TACTICAL CAPACITIES

Get Hooked *During this phase, the player will...*

- Implement key game principles such as running off the ball
- Use peripheral vision
- Learn to create space
- Support players on the ball
- Use a game plan
- Identify the number worn by the person that plays in a particular position on pitch
- Identify and adhere to match rules
- Develop decision making
 - on skill selection
- Develop decision making
 - on positioning
- Control and maintain possession of the ball under pressure
- Identify the different positional skill requirements
- Demonstrate different positional skills
- Play practice matches developing positional skills
- Play competitive games to apply positional skills
- Begin self-analysis in training and competition



PHYSICAL CAPACITIES

Get Hooked *During this phase, the player will...*

- Develop aerobic and anaerobic endurance
- Undertake flexibility training given the rapid growth of bones, tendons, ligaments and muscles
- Continue to develop ankle, shoulder, elbow and wrist stability
- Develop core and spine stability
- Identify when to do dynamic stretching
- Perform dynamic stretching
- Identify when to do static stretching
- Demonstrate static stretching exercises for different muscle groups of the body (e.g.) quadriceps, hamstrings
- Continue to develop speed- linear, lateral and multi directional
- Continue to develop leg and arm strength using own body resistance
- Develop peripheral vision through small sided games and specific group activities (e.g) line soloing and passing



MENTAL CAPACITIES

Get Hooked *During this phase, the player will...*

- Keep positive and accept that self-worth is not linked to performance
- Continue to develop confidence in using a variety of skills in a game situation
- Continue to develop concentration Skills – in using self-talk, thought stopping
- Further develop decision making skills in small sided games (e.g.) what type of pass to use.
- Use structured goal-setting
- Practice and understand the importance of breathing for controlling anxiety
- Develop performance and pre-performance routines
- Display a motivation to succeed
- Learn to control emotions
- Learn to cope with success and set backs
- Develop the use of imagery particularly in the areas of set pieces.
- Use imagery for practicing and improving technique and tactics
- Use imagery for general motivation and improving self-confidence



LIFESTYLE CAPACITIES

Get Hooked *During this phase, the player will...*

- Apply correct nutrition before, during and after practice/match
- Apply correct hydration before, during and after practice/match
- Integrate the importance of rest and recovery in both practice and match sessions
- Learn how to manage time (e.g.) balance Camogie and school life
- Develop skills to deal with peer pressure
- Participate in complementary sports
- Identify the signs of fatigue
- Follow planned and periodised training programmes
- Begin to use self-monitoring e.g. Keep a diary of training



PERSONAL CAPACITIES

Get Hooked *During this phase, the player will...*

- Develop and progress social interaction skills
- Learn to work in a team environment
- Develop positive communication skills
- Display personal discipline
- Display commitment to team ethos
- Show dedication to both the team and the sport of Camogie
- Begin to include the concept of deliberate practice into everyday play
- Display personal responsibility in relation to personal organisation of (e.g.) playing gear and getting to matches
- Display commitment to improve/achieve goals
- Continue to display respect for officials and competitors in the game
- Understand the changes that puberty will bring and its implications for training

SOLO TO SUCCESS

PHASE 4

15-17 YEARS





TECHNICAL CAPACITIES

Solo to Success *During this phase, the player will...*

- Display confidence in performing Camogie skills including goal keeping skills
- Display consistency in performing Camogie skills including goal keeping skills
- Display control in performing Camogie skills
- Practice skills under competitive conditions
- Undertake an intensity of training relevant to competition and opposition.
- Display individual style of play
- Perform the following skill:
 - Flick ball on ground
- Perform the following skill:
 - Flick ball in the air



TACTICAL CAPACITIES

Solo to Success *During this phase, the player will...*

- Undertake advanced team play when in possession e.g use of long ball/diagonal ball
- Take sidelines
- Adopt a specific role within the team, when taking opposing teams' strengths/weaknesses into account.
- Adapt to opponents game plan
- Read the game and move on and off the ball accordingly
- Adapt game plan to climate wet/wind/heat
- Continue self-analysis in training and competition
- Apply decision making in relation to skill selection
- Apply decision making in relation to positioning
- Implement principles of attack and defence
- Undertake competition simulation training
- Practice position-specific tactical preparation
- Adhere to competitive strategies





PHYSICAL CAPACITIES

Solo to Success *During this phase, the player will...*

- Undertake intense physical conditioning as part of a team
- Undertake physical conditioning as an individual
- Undertake physical conditioning appropriate to your field position
- Emphasise individual preparation that addresses individual strengths and weaknesses
- Maintain core strength/stability
- Undertake Speed Agility and Quickness Sessions (SAQ)
- Prepare optimally taking into account the concept of Tapering / peaking
- Take appropriate rest and recovery breaks between training sessions and matches



MENTAL CAPACITIES

Solo to Success *During this phase, the player will...*

- Develop confidence through improved technique, tactical understanding and competitive performance
- Use self talk/trigger words/ thought stopping to focus attention and deal with distractions
- Develop personal responsibility – undertake independent mistake detection and correction
- Develop decision making skills
- Set goals for technical, tactical, physical, mental, lifestyle and personal areas
- Use pre performance and performance routines constantly
- Develop personal routines and refine
- Adhere to team routines
- Display patience
- Use imagery for practicing strategies and dealing with different situations/problems
- Explore relaxation techniques (e.g) Deep breathing and incorporate into performance and pre performance preparation
- Identify the importance of practicing mental skills
- Develop skills to cope with social pressures



LIFESTYLE CAPACITIES

Solo to Success *During this phase, the player will...*

- Engage in planning and periodisation of training
- Monitor the signs of fatigue and develop appropriate recovery strategies
- Continue to develop time management skills
- Develop a support network
- Develop responsibility for personal preparation before training/games
- Acquire increased knowledge on hydration/nutrition
- Develop a deeper understanding of rest/recovery so to avoid burnout and prevent injuries.
- Manage college/career/intercounty aspirations
- Apply for GAA/Camogie bursaries
- Monitor oneself using a training log/diary
- Prepare for different environments e.g. heat/cold/rain
- Apply injury prevention measures



PERSONAL CAPACITIES

Solo to Success *During this phase, the player will...*

- Continue getting to know oneself, physically/socially/mentally/emotionally etc
- Display a balanced lifestyle
- Display personal responsibility and involvement in decision making
- Learn to combine playing Camogie with family, school and life goals
- Address economic and independence issues
- Train and compete ethically and fairly



STRIKE FOR GLORY

PHASE 5

17+ YEARS





TECHNICAL CAPACITIES

Strike for Glory *During this phase, the player will...*

- Refine all Camogie skills including goalkeeping skills
- Ensure competition specific training skills are automatic
- Improvise skills, if necessary
- Undertake high quality technical training
- Display control in performances
- Display consistency in performances



TACTICAL CAPACITIES

Strike for Glory *During this phase, the player will...*

- Develop effective competition strategies
- Identify team strengths
- Identify opposition weaknesses
- Adapt strategies to game situations
- Practice tactics and strategies in training for matches
- Identify importance of organisation in matches
- Comply with the team organisation
- Identify importance of communication in matches
- Communicate effectively to team-mates
- Communicate effectively to others, i.e. coach
- Use Match analysis techniques
- Continue to apply self-analysis in training and competition
- Take Penalties



PHYSICAL CAPACITIES

Strike for Glory *During this phase, the player will...*

- Maximise physical fitness training to allow you to compete effectively for the complete duration of a Camogie match
- Maintain core body strength
- Continue to use stretching to prevent injury
- Implement a personal flexibility programme
- Undertake individual fitness programmes to address strengths and weaknesses
- Apply appropriate recovery strategies to prevent injuries e.g. rest, ice, stretching.
- Train to peak for major competitions.
- Use Tapering/peaking for optimal performance
- Engage in physical testing pre and post training programme to gauge effectiveness (e.g.) flexibility testing, endurance testing



MENTAL CAPACITIES

Strike for Glory *During this phase, the player will...*

- Display independent decision making
- Conform to team ethos
- Use imagery incorporating tactics, problem-solving, pre-performance and performance routines
- Take positive corrective advice from mentors
- Possess well developed and refined mental skills
- Display a will to win
- Continue to set goals for all aspects training and performance
- Individualise and refine relaxation techniques.
- Use refocusing plans/coping strategies
- Continue to undertake competition simulation training to practice mental capacities
- Refine strategies to cope with pressure



LIFESTYLE CAPACITIES

Strike for Glory *During this phase, the player will...*

- Continue to integrate rest/relaxation into everyday training
- Take frequent breaks between intensive training sessions
- Refine self monitoring
- Maximise an integrated support network/structure (e.g.) family/friends/team mates/coach
- Continue to monitor the signs of fatigue and optimise recovery strategies
- Continue career/sports planning
- Balance work and sporting life
- Critically assess performance



PERSONAL CAPACITIES

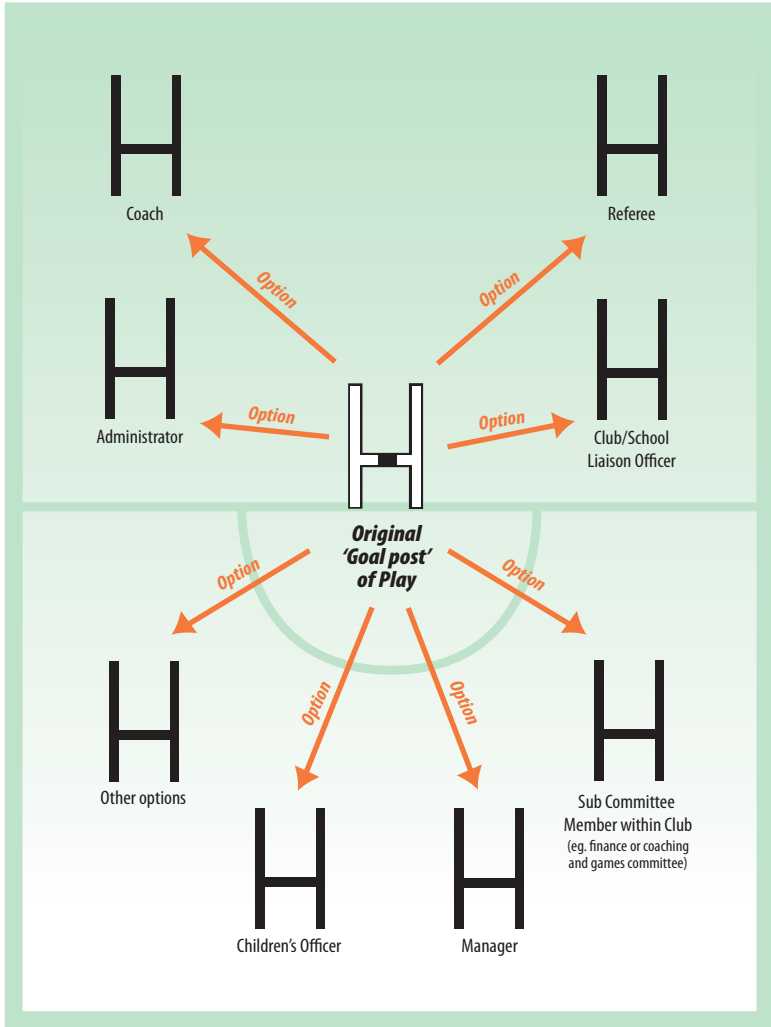
Strike for Glory *During this phase, the player will...*

- Show ability to combine family life/Camogie/friends/college/career
- Display discipline and personal responsibility
- Compete ethically and fairly
- Demonstrate Fair Play and sportsmanship
- Be a positive role model

RETAINMENT

SHIFTING THE GOALPOST PHASE





Shifting the Goalpost Phase – General Capacities

During this phase, the player will change from being a player and display the following capacities...

- Retain skills and can apply in recreational context e.g puck around using hurling wall
- Retain recreational involvement
- Use knowledge of the game to enjoy it
- Keep physically active (e.g.) aerobic training
- Maintain flexibility
- Use different relaxation methods
- Undergo a smooth transition from player to non player
- Adjust to non competitive environment
- Pursue other interests (e.g.) night courses
- Pursue personal and family life more strongly
- Enjoy a healthy lifestyle
- Reset goals
- Engage in some club activities (e.g) administration/coaching
- Develop other skills to apply to the game of Camogie
- Maximise skills already attained and apply to Camogie

Shifting the Goalpost Phase – Option – Coach

- Display dedication to the job and sport
- Implement knowledge and rules of the game
- Apply coaching qualification
- Maintain physical fitness
- Demonstrate good organisational skills
- Demonstrate Planning skills
- Display approachability
- Apply analysis and observatory skills
- Demonstrate good communication skills
- Display efficiency
- Demonstrate reliability
- Demonstrate trustworthiness
- Display fairness
- Display enthusiasm for coaching
- Develop players skills
- Provide feedback to players
- Provide fun and enjoyment for players
- Improve player performance



Shifting the Goalpost Phase – Option – Administrator

- Display dedication to the job and sport
- Apply knowledge of the game
- Display leadership and management skills
- Display integrity
- Demonstrate good organisational skills
- Practice being computer literate
- Demonstrate planning skills
- Apply vision in relation to the club
- Display knowledge of the rules
- Demonstrate good communication skills
- Display efficiency
- Demonstrate reliability

Shifting the Goalpost Phase – Option – Referee

- Display dedication to the job and sport
- Implement knowledge and rules of the game
- Apply referee qualification
- Maintain physical fitness
- Demonstrate good organisational skills
- Demonstrate planning skills
- Apply fairness during a game
- Apply analysis and observatory skills
- Demonstrate good communication skills
- Display efficiency
- Demonstrate reliability
- Demonstrate trustworthiness

Shifting the Goalpost Phase – Option – Manager

- Display dedication to the job and sport
- Demonstrate knowledge and rules of the game
- Display leadership and management skills
- Display firmness in running the team
- Demonstrate good organisational skills
- Demonstrate planning skills
- Demonstrate good communication skills
- Display efficiency
- Demonstrate reliability
- Demonstrate trustworthiness
- Exhibit enthusiasm

Shifting the Goalpost Phase – Option – Children’s Officer

- Promote awareness of the code of ethics and good practice for young players within the club and particularly among the players and their parents/guardians and mentors
- Demonstrate knowledge of CCG code of ethics and good practice for children in sport
- Ensure all mentors are aware of practices within the code
- Act as an advisory resource on best practice for all in club
- Report regularly to club executive committee
- Display dedication to the job of children’s officer
- Demonstrate good communication skills
- Display efficiency
- Demonstrate reliability
- Demonstrate trustworthiness

Shifting the Goalpost Phase – Option – Club/School Liaison Officer

- Liaise with local school principals
- Promote increased participation
- Display dedication to the job of club/school liaison officer
- Monitor development of club players at primary and secondary school levels
- Introduce new students at schools level to the local Camogie club
- Promote inclusiveness to all from the school into the club
- Demonstrate good organisational skills
- Demonstrate planning skills
- Display approachability
- Liaise with coaches in the schools and the clubs in relation to player development
- Demonstrate good communication skills
- Display efficiency
- Demonstrate reliability
- Demonstrate trustworthiness
- Display fairness
- Display enthusiasm for the sport and increasing participation
- Promote fun and enjoyment of the sport to the young players

Shifting the Goalpost Phase – Option – Sub Committee Member (e.g.) Finance or Coaching & Games committee

- Display dedication to the committees work
- Apply vision in relation to the club
- Demonstrate good organisational skills
- Demonstrate planning skills in relation to the aims of the sub committee
- Display approachability
- Demonstrate good communication skills
- Display efficiency
- Demonstrate reliability
- Demonstrate trustworthiness
- Display enthusiasm for the work of the sub committee
- Demonstrate excellent administrative skills
- Report to the executive of the club on a regular basis



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