



Education for Physical Activity and Sport: Informal and Non-formal Settings (EduPASS)

Youth Coaches Training School, Dublin

01-07 October 2023

Introduction

Physical Education (PE), Physical Activity and Sport have holistic benefits for all in the social, physical, emotional and cognitive domains. Therefore, adequate educational programmes for coaches active in sport clubs (informal setting) are of great importance.

The project is seeking a general approach on the education and training of youth sports coaches, allowing for adaptation to national/regional contexts and/or different phases of education and training.

Key Project Outputs

The following are the key project outputs related to Youth Sport Coaches:

- **Background:** Literature Review and inputs of experts.
- **Profiles:** Profile for Youth Sport Coaches.
- **Curriculum:** Key learning outcomes, content and a methodology for training for Youth Sport Coaches.
- **Training Schools:** The development, delivery and evaluation of Key Modules/Teaching Units in training schools for youth sport coaches (Dublin, 1-7 October 2023).
- **Resources:** Resources to support curriculum development and trainee Youth Sport Coaches.

LTT Youth Sports Coach Training School, Dublin

The Youth Sport Coaches Training School is an exciting learning opportunity for Youth Sport Coaches to engage in cutting edge knowledge and practice relating to coaching young people. Content will include:

- The role of the Youth Sport Coach.
- Developing and evolving a child-centred coaching philosophy.
- The growth and development of children – social, physical, emotional and cognitive.
- Physical Literacy.
- The fundamentals of movement, fundamental movement skills and fundamental games skills.



- The Coaches Toolkit: Your personal coaching skills – Explanations, Demonstrations, Setting Up Activity, Standing Back and Observing, Questioning and Listening, Feedback, Reflection.

Learners will engage in a blended learning approach of presentations, group work, practical coaching, self-directed learning and reflection to grow their coaching knowledge and coaching skills.

Delphi Poll Outcomes:

The research phase of the EduPASS project (including Delphi Polls) identified the following competencies for Youth Sport Coaches. These are embedded in the presentations to be made during the EduPASS Youth Training School.

Knowledge Competences: The three most highly ranked items are: "children`s interest and preferences", "knowledge of basic motor development" and "group dynamics & social interaction".

Skill Competences: The three most ranked items are: "communication skills", "promoting fun and enjoyment" and "conflict management skills".

Attitude Competences: The three most highly ranked items are "respect children`s needs and interests", "cooperation" and "motivating".

Value Competences: The three most highly ranked items are: "ethical behaviour", "respect", "fair play".



Youth Sport Coaches Training School Practical Information:

Accommodation:

Carlton Hotel Blanchardstown (<https://www.carltonhotelblanchardstown.com>)

Church Road, Tyrrelstown
Dublin 15
D15EYX5
Ireland
Tel.: + 353 1 827 5600
Email: info.blanch@carlton.ie

The hotel rooms will be booked by Sport Ireland under the individual names. Breakfast comes with the room. The hotel accepts all major credit cards. **You are responsible for your accommodation, please pay the hotel directly.** You will be responsible for your personal extras and the airport transfers.

Catering and Meals: Lunches, teas and coffees will be covered by the EduPASS – Youth Coaches Training School organisers. **Dinners will be the responsibility of the individual attendee.**

Arrivals:

Quickest & easiest option is to take a taxi from the airport - follow taxi signage from Terminal 1 and Terminal 2 to the taxi ranks outside. A taxi dispatcher is available at both taxi ranks, if you require any further information or assistance.

Distance to hotel: **15.22km**

No traffic: **17 minutes**

Heavy traffic: **32 minutes**

Fare: **€20.80 - €32.00**

Alternatively – download the Freenow App and book a taxi on the app. You can prebook or order a FREE NOW taxi and meet your driver at the FREE NOW Taxi pick-up point at the Zone 18 car park at the airport.

- Open the FREE NOW App.
- Set your Pick Up location for either Airport Terminal 1 or Terminal 2.
- Zone 18 will be already preselected.
- Tap 'Show directions' for walking directions on how to reach Zone 18.

Social / Cultural Event Wednesday 04 October 2023 afternoon/evening:

To be decided. The cost will be covered by the EduPASS – Youth Coaches Training School organisers.

Language: The Youth Sport Training School will be delivered in **English**.

Costs: Each project partner has a budget that can either cover or subsidise the costs for Youth Sport Training School attendees.



EduPASS Youth Sport Coaching Training School – Presenters (in alphabetical order by surname)

Presenter	Biography	Topic(s)
John Byrne	John Byrne is a lecturer in coaching on the BA Sports Management and Coaching at Technological University Dublin	Coaching Practical: Visit to local primary schools to practice coaching skills.
Michael Collins	Michael Collins is the Safeguarding Manager in the Sport Ireland Ethics unit.	Young Voices Toolkit: Hearing the voice of the child
David Gaul	Dr David Gaul is a lecturer on the BA Sports Management and Coaching at Technological University Dublin.	Coaching Practice: Coaching the Fundamentals of Movement (FOM – Balance, Coordination, Agility, Speed)
Phil Kearney	Phil Kearney is an Associate Professor in Motor Skill Acquisition, Coaching and Performance at the University of Limerick. He is the Course Director for the MSc in Applied Sport Coaching.	Coaching Philosophy, Youth Sport Compass & The Coaching Toolkit: Basic Coaching Skills – Plan, Organise, Demo, Comms, Observe, Feedback, Reflection
Melanie McKee	Melanie McKee is a senior lecturer in the Physical Education (PE) & Sport Department at Stranmillis University College, Northern Ireland. Melanie has engaged extensively with physical literacy. More recently, she was the expert advisor to Sport Ireland and Sport Northern Ireland regarding the creation of the All-Island Physical Literacy Consensus Statement.	Understanding Physical Literacy 1 (Parts 1 and 2): The Domains (THINK-FEEL-DO), the ENVIRONMENT & SOCIAL SUPPORT
Declan O’Leary	Declan O’Leary is Coaching Development Manager in Sport Ireland Coaching. He is the Sport Ireland Lead for sport for people with disabilities. He is a co-founder of ICOACHKIDS and support projects globally.	The Youth Sport Compass – The 4 Pillars (Parts 1 & 2): Development, Motivational, Caring, Social Safety
Noel O’Sullivan (and Paudie O’Neill)	Noel O’Sullivan is a retired primary school teacher and Lead Coach Developer with the G.A.A. He is a Facilitator and Coach Developer Assessor with Sport Ireland Coaching and continues to give courses on the G.A.A.’s Award One & Two programmes.	- Debrief of Primary School Coaching Session: <ul style="list-style-type: none"> • ICK Pledge • YSC • Coaching Toolkit - Coaching Skills: Peer coach the school sessions to improve
Sheelagh Quinn	Sheelagh Quinn is the Sport Ireland lead for Physical Literacy. Sheelagh is the Sport Ireland Coaching Lead for Coaching Children, and Teenagers. She is a co-founder of ICOACHKIDS and the chairperson of the ICCE ICOACHKIDS Global Committee.	- The ICK Pledge - The Youth Sport Compass – The 4 Pillars (Parts 1 & 2): Development, Motivational, Caring, Social Safety - Young Voices Toolkit
Laura Twomey	Laura Twomey is a lecturer in coaching on the BA Sports Management and Coaching at Technological University Dublin. She is currently part of an initiative to develop a national research centre for female sport.	Coaching Girls: A practical emphasis - specific applications

EduPASS Youth Sport Coaches Training School Timetable

Location: TU Dublin, Blanchardstown

Dates: 02-06 October 2023

Time / Day	02 October Day 1 (Monday)	03 October Day 2 (Tuesday)	04 October Day 3 (Wednesday)	05 October Day 4 (Thursday)	06 October Day 5 (Friday)
09.30-11.00	<p>Introduction and Training School Overview: The Youth Sports Coach – EduPASS Project</p> <ul style="list-style-type: none"> • Introduction (SI, TUD, Project) (30 min) • Introduction of Attendees (20 min) (DOL) • ICK PLEDGE (40 min) (SQ) 	<p>Coaching Philosophy, Youth Sport Compass & The Coaching Toolkit: Basic Coaching Skills – Plan, Organise, Demo, Comms, Observe, Feedback, Reflection</p> <p>Phil Kearney (UL)</p>	<p>Visit local primary schools to practice coaching skills</p> <p>Coach, Observe, Evaluate</p> <p>John Byrne (TU Dublin)</p>	<p>Young Voices Toolkit: Hearing the voice of the child</p> <p>Michael Collins / Sheelagh Quinn</p>	<p>Understanding Physical Literacy 1 (Part 1): The Domains (THINK-FEEL-DO), the ENVIRONMENT & SOCIAL SUPPORT</p> <p>Melanie McKee</p>
11.00-11.30	Break	Break	Break	Break	Break
11.30-13.00	<p>The Developing Coach</p> <p>The Youth Sport Compass – The 4 Pillars (Part 1): Development, Motivational, Caring, Social Safety</p> <p>DOL/SQ</p>	<p>Youth Sport Compass and Coaching Practice: While using the YSC pillars, coaching Fundamental Movement Skills and Fundamental Games Skills</p> <p>Phil Kearney (UL)</p>	<p>Visit local primary schools to practice coaching skills</p> <p>Coach, Observe, Evaluate</p> <p>John Byrne (TU Dublin)</p>	<p>Debrief of Primary School Coaching Session: Review of using lenses:</p> <ul style="list-style-type: none"> • Content of sessions • ICK Pledge • YSC • Coaching Toolkit 	<p>Understanding Physical Literacy 1 (Part 2): The Domains (THINK-FEEL-DO), the ENVIRONMENT & SOCIAL SUPPORT</p> <p>Melanie McKee</p>



				Noel O'Sullivan / Paudie O'Neill	
13.00-14.00	Lunch	Lunch	Lunch	Lunch	Lunch
14.00-15.30	The Youth Sport Compass – The 4 Pillars (Part 2): Development, Motivational, Caring, Social Safety DOL/SQ	Coaching Girls: A practical emphasis - specific applications Laura Twomey, TU Dublin	Cultural Activity Croke Park - Museum and Skyline Tour The Merry Plough Boy, Meal and Entertainment	Coaching Skills – Plan, Organise, Demo, Comms, Observe, Feedback, Reflection: Peer coach the school sessions for improvements Noel O'Sullivan / Paudie O'Neill	Your Personal Coaching Toolkit: Reflection on the status of your personal coaching tools; Application of the Youth Sport Coaching Compass; and Personal coaching philosophy. DOL
15.30-15.45	Break	Break		Break	Break
15.45-17.15	Coaching Practice: Coaching the Fundamentals of Movement (FOM – Balance, Coordination, Agility, Speed) David Gaul (TU Dublin) (Practical – Hall)	Preparation for Primary School Visits: Session planning and deployment (Co-Coaching: For example-1 International & 1 Irish Coach / Observation – All coaches) John Byrne (TU Dublin)		Coaching Skills – Plan, Organise, Demo, Comms, Observe, Feedback, Reflection: Peer coach the school sessions for improvements Noel O'Sullivan / Paudie O'Neill	Conclusion of Training School: The Youth Sports Coach – Lessons learned <ul style="list-style-type: none"> • Individual lessons (DOL) • Project lessons (Project partners) • Concluding Comments (SI, TUD, Project)

Class Based (Class Room)		Practical (Hall)	
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