



Lorrha and Dorrha GAA and Camogie Club Coaching Charter.  
February 2026

*Note this document will be reviewed and updated periodically by the coaching committee to meet the evolving needs of Lorrha and Dorrha GAA and Camogie Club*

# Lorrha Dorrha Coaching Charter



## Coaching Value Statement:

At Lorrha Dorrha our coaching philosophy is founded on the GAA's core values, with the player at the center of everything we do. We are committed to creating a community focused, welcoming, fun, positive, respectful, collaborative, inclusive, and challenging environment that enables every individual to achieve their full potential, both on and off the field: making positive memories as we go.

This philosophy applies equally across all codes within the Club, including Hurling, Football, and Camogie.

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## Coach Requirements:

All Coaches working with young people and children in Lorrha Dorrha CLG and Camogie are required to:

1. Be a member of the Club
2. Have up to date Child safeguarding training
3. Have up to date Garda Vetting through the Club
4. Possess a relevant coaching qualification.
5. Comply with guidelines set out in the GAA Code of Behaviour.
6. Adhere to Club policy, guidelines and values.

The above requirements apply to all coaches across all codes in the Club, including Camogie.

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## Specific Responsibilities of Coaches and Managers

- Ensure that the environment is safe for players to train and play matches. Player safety is paramount.
- Liaise with Club officials to ensure pitch availability for training slots and matches.
- Ensure that all players are members. Compile a squad list in Foireann (Chair/Secretary can assist).
- Assemble a coaching team, ensuring that coach-player ratios specified in the code of behavior are adhered to:
  - 1:8 for children under 12 yr. olds plus one other adult
  - 1:10 for children over 12 yrs. of age plus one other adult
  - For teams with girls there should be a Female Liaison appointed. A female must be present at all training sessions and matches.
  - All requirements outlined apply equally to Camogie coaches, with due consideration for the needs of female players and teams.
  - All competitive Camogie teams must have a designated FLO as per Club and National Guidelines.
- There must be fairness in team selection, children of age get priority, with younger children being brought up as required. Effort and Commitment should be rewarded.
  - Up to the Under 12:
    - There is no differentiation between boys and girls.
    - Starting players and Captaincy should be rotated. The same players should not start on the substitute bench week after week.
    - Players should have the opportunity to play in different positions over the course of the season.
  - Over 12:
    - Use round robin games to give every player a go
    - Knockout games are competitive: balance required between winning and fairness. Explain this to parents and children at start of campaign.
- Dressing rooms should be cleaned after use and keys returned.
- Ensure pitches are clear for lawnmower, juvenile goals to be left into stand or placed on bank

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## Coach Behaviors:

- Be positive and approachable during coaching sessions, games and other activities so that underage players always leave with a sense of achievement and an increased level of self-esteem. Provide opportunities for players in training to experience success.
- Recognise the development needs and capacity of all underage players, regardless of their ability. Build connections with players to understand their needs and challenge them appropriately. Our aim is to improve every player in the group. Be aware that player development is not linear and that some players will mature at different rates than others.
- Build confidence in players by letting players play without fear. Encourage mistakes. The training environment should be a psychological safe space.
- Create a training environment that fosters a deep connection with the club and GAA games. Make them “students of the game”. Encourage juvenile players to attend senior Club matches. Instill a sense of connection and belonging to our club and present our young players a vision of a future within our club for all.
- Strive to improve your knowledge of Gaelic games and continually develop as a coach by attending coaching courses and education programmes.
- Encourage parents to become involved in team and Club activities wherever possible.
- Encourage players to compete and give their best. Notice and reward effort.
- Develop, from the earliest possible age, a sense of work ethic, team and community that are the bedrock of great players, great teams, great people and great clubs.
- The above behaviours apply to coaches of all codes, including Camogie, in maintaining a consistent Club coaching culture.

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## Best Practice:

- Hold an introductory meeting with parents.
- Plan training sessions in advance and share a session plan among coaching team in a timely manner.
- Regularly review and reflect on training sessions and matches. Seek feedback from players and parents.
- Greet players by name at training sessions.
- Promote learning by including games-based activities with opportunities for problem solving, scoring and ball contacts.
- Create a supportive environment with enjoyment at the core.
- Ensure there is consistency among coaches. Coaches need to be on the same page, delivering a consistent message to avoid confusion. Unity of purpose is very important.
- Show commitment. Players will learn value placed on commitment. Commitment is necessary to succeed.
- Challenge players to be a better version of themselves within a positive, supportive environment.
- Be punctual and properly attired.
- Ensure that all of your players are suitably and safely attired to play their chosen sport, e.g. helmets, mouthguards etc.
- Be accompanied by at least one other adult in underage team dressing rooms.
- Make adequate provision for First Aid services. Keep a record of any injuries and action subsequently taken.

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## The Coaching Team:

Our coaching teams are comprised of people:

- With complementary and varying skill sets.
- Who are focused on creating an excellent holistic environment for our players.
- Who are organised, aligned and operate in a manner that enables all members of the team to contribute in a meaningful way.

Camogie coaching teams are integrated within the wider Club coaching framework to enable consistency, shared resources, and equal support.

## Players and Individual Player Loading

It is the responsibility of Coaches to make being a dual player as easy as possible. A player should never be placed in the middle of arguments and have to pick between codes or teams, regardless of their age. When there are separate management teams for hurling/football, or different age groups, there should be close communication to ensure that decisions are made in the best interest of the player and to prevent player burnout.

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## YOUNG PLAYERS SHOULD BE ENTITLED TO:

- Be safe and feel safe.
- Have fun and experience a sense of enjoyment and fulfilment.
- Be treated with respect, dignity and sensitivity.
- Be afforded appropriate confidentiality.
- Participate in games and competitions at age appropriate levels.
- Be afforded adequate and meaningful playing time to assist in the development of their playing skills, within their own age group and in accordance with Rule.
- Make their concerns known and have them dealt with in an appropriate manner.
- Be protected from abuse.
- Be listened to and have their suggestions heard in a constructive manner.

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## **PARENTS/GUARDIANS SHOULD ASSIST THEIR CLUB BY:**

- Showing appreciation to volunteers, coaches and Club officials.
- Attending training and games on a regular basis.
- Assisting in the organising of Club activities and events as requested.
- Respecting the rights, dignity and worth of every person and by treating each one equally regardless of age, gender, ability, ethnic origin, cultural background or religion.
- Not entering team dressing rooms unless deemed necessary by the team coach(es) so as to protect the privacy of all players.
- Parents/guardians of Camogie players are encouraged to support and participate in Club activities in the same way as all other codes.

## **PARENTS/GUARDIANS HAVE THE RIGHT TO:**

- Know their child is safe and to make a complaint if they believe that their child's safety is in any way compromised.
- Be informed of problems/concerns relating to their child.
- Be informed if their child gets injured or becomes unwell.
- Complain to the relevant persons if they have concerns about the standard of coaching.
- Have, as a member, a say in relation to decisions being made within the Club.

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## Coaches Checklist:

1. Was every player welcomed by name?
2. Was every player made to feel valued as a person and treated fairly?
3. Was the majority of the session games-based?
4. Did I (the coach) create a supportive, psychologically safe environment that encourages the players to learn and strive for continuous improvement?
5. Was a session plan prepared in advance and shared with the coaching team?
6. Was the appropriate higher focus placed on honesty of effort and respect over skill?
7. Did the session include an age-appropriate long-term athletic development component? Was age-appropriate speed work included?
8. Did the session include development of technical skills with equal focus on both sides?

