

## NGB Case Study – Irish Judo Association Coaches Forum

### What was the programme?

In order to support female coaches in Judo during Covid times and until training resumes, a women in coaching group meeting monthly on Zoom was established by Judo's Women in Sport Lead and Ellie Dennis, the NGBs Ambassador for Judo.

### How did you implement it?

The most important step was getting the full support of the Board of Irish Judo. Members of the NGB reached out to Sport Ireland's WIS Lead to discuss further and follow up meetings with the WIS lead in Rowing Ireland were held. Rowing Ireland were able to share lots of information about a similar programme they already had in place. The outcomes for the programme were decided and communicated to female coaches across Ireland. The first meeting of the Coaches Forum was a getting to know you meeting, establishing ground rules and setting up an identity for the group.

### What were your outcomes?

- To support the development of the group members as coaches in Judo,
- To improve coaches technical skills and knowledge,
- To improve communications across Judo,
- To promote the value of coaches within the Judo community,
- To encourage and mentor other women to train as coaches,
- To form a network of coaches that is operating across the sport.

### Did you achieve your outcomes?

To date, the programme is on track to meet its outcomes with the number of coaches growing all the time. The response from the coaches has been positive with the programme also engaging potential coaches and returning coaches. Many participants are from small clubs and so delighted to have this platform to meet other female coaches. Appreciating the support and confidence boosting seems to be the most common statement as most women are in clubs dominated by male coaches of a higher coaching level.

### What would you change if you ran the programme again?

Start it sooner! In a non-Covid time, practical elements to the programme would be important. The NGB plan to include this in the future.



### **Any other feedback from the programme?**

Zoom meetings provide opportunities to share research. For example, one meeting focussed on the application of Sport Ireland research on Girls Get Active with multiple judo-based ideas generated by collaborating on this issue.

Due to the success of the programme, the NGB may have to establish a similar programme for male coaches who have queried how they can avail of similar support.