



SPORT  
IRELAND  
COACHING

# Annual Report 2021



# INTRODUCTION

2021 was a busy year for Sport Ireland Coaching. As well as the usual work of supporting NGBs to develop and deliver coach/instructor awards, as part of the Coaching Development Programme for Ireland (CDPI), and training and supporting Coach Developers and tutors, Sport Ireland Coaching had a number of key achievements in 2021.

The Coaching Plan 2021-2025 was developed which sets out the objectives for Sport Ireland Coaching over the next five years under five key areas Partnerships; Education and Training; Coaching and Communities; Research and Innovation; and Leadership. The first ever Officials Developer training programme was developed and piloted to train those who have responsibility within an NGB for training officials (e.g. referees, lines people, umpires, judges). The long-established Coach Developer programme was validated by Quality and Qualifications Ireland (QQI) and is now included on the National Framework of Qualifications as a Level 7 Special Purpose Certificate in Sports Coach Development.

Sport Ireland Coaching were also involved in the Women in Sport Coaching Research which was published earlier in the year and in the development and launch of an interactive toolkit for Women in Coaching to recruit, develop and retain female coaches.

We continue to be heavily involved in the iCoachKids Movement focusing in 2021 on children aged 12-18 years (through the iCoachKids+ project); developing workshops for coaching teenage girls, coaching young people and parents; and helping to deliver the 5th International iCoachKids conference.

From a European and International perspective, Sport Ireland Coaching were involved in a number of EU projects and in the revision of the International Council for Coaching Excellence (ICCE) Coach Developer Framework, which will be published in early 2022.

Our goals for 2022 will involve working with our various partners to lead the development of the sports coaching system; raise the standard of, and recognition for coaches and coaching; support the development and delivery of more training and learning opportunities; and implement appropriate and accessible supports for new as well as experienced coaches. Our vision continues to be **Good Coaching Makes The Difference.**



Michael McGeehin  
*Director, Sport Ireland Coaching*

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**SPORT  
IRELAND**  
COACHING



## 8,269 COACHES CERTIFIED IN 2021

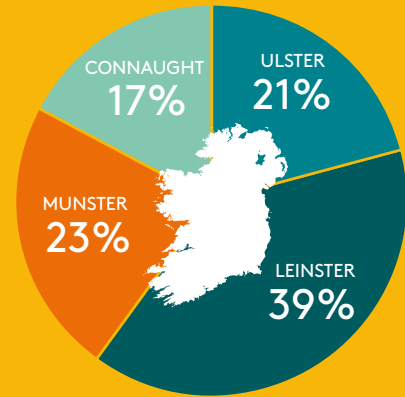
AVERAGE AGE

**33**  
YEARS



**57%**  
MALE

GEOGRAPHICAL  
SPREAD OF CERTIFIED  
COACHES IN 2021



AGE RANGE

**16-84**  
YEARS



**43%**  
FEMALE

**1,377**

COURSES APPROVED  
FOR DELIVERY

**↑ 36%**  
INCREASE  
ON 2020



**40**

WORKSHOPS/  
WEBINARS  
DELIVERED

**72** COACH DEVELOPERS ATTENDED  
TRAINING FROM 24 NGBS

**346** ATTENDED COACHING  
CHILDREN WORKSHOPS

**60** COACHING CHILDREN  
TUTORS WERE TRAINED

**297** ATTENDED PHYSICAL  
LITERACY WORKSHOP

**13** PHYSICAL LITERACY  
TUTORS WERE TRAINED

**150** ATTENDED COACHING  
TEENAGE GIRLS WORKSHOPS

**59** COACHING YOUNG PEOPLE  
TUTORS WERE TRAINED

**30** PEOPLE ATTENDED THE FIRST  
POSITIVE PARENTS WORKSHOPS

**39** COACHING TEENAGE GIRLS  
TUTORS WERE TRAINED

**10** PEOPLE ATTENDED THE FIRST  
OFFICIALS DEVELOPER COURSE



**SPORT IRELAND  
COACHING IS A  
PARTNER IN 4  
EU PROJECTS**

# SECTION 1:

## Key Milestones in 2021

This section identifies key milestones for Sport Ireland Coaching in 2021.

- 1. Coaching Plan 2021-2025:** The Coaching Plan 2021-2025 was developed. The Plan sets out the objectives for Sport Ireland Coaching over the next five years under five key areas - Partnerships; Education and Training; Coaching and Communities; Research and Innovation and Leadership. The plan will be published and circulated to stakeholders in 2022.
- 2. CDPI Review:** Substantial progress was made on the ongoing review of the Coaching Development Programme for Ireland (CDPI) with completion due in 2022. The CDPI sets out national standards for the development and delivery of coach development and education programmes for all of the partner sports and other stakeholders.
- 3. Officials Developer Framework:** Following requests from NGBs, the training of officials in sport was explored. Officials include referees, lines people, umpires, judges, scorekeepers etc. Officials and anyone with an involvement in officiating or in the training/supporting officials were surveyed on the type of training currently provided to officials and the type of training needed. An Officials Developer programme was developed to train those who have responsibility within an NGB for training officials. The first part of the programme was piloted in 2021. Following completion of the pilot, the External Programme Review Panel and Sport Ireland's Education and Training Council will review the programme.
- 4. Coach Developer Programme on the National Framework of Qualifications:** The Coach Developer programme was validated by Quality and Qualifications Ireland (QQI) and was aligned with the National Framework of Qualifications at Level 7 as a Special Purpose Award (45 credits). This process involved a very extensive review of the Coach Developer programme by both internal and external personnel as well as the quality assurance procedures associated with the programme. The validation of the programme by QQI significantly raises the profile of the programme and of Coach Developers, both in Ireland and internationally, and is a key step towards Sport Ireland becoming the lead agency for sport education in Ireland (Sport Ireland Statement of Strategy 2018-2022). It also fulfils one of the aims of the National Sports Policy (2018-2027) to include sports-related qualifications on the National Framework of Qualifications.
- 5. Education and Training Council:** Sport Ireland's first Education and Training Council was established. This Council is led by Sport Ireland Coaching and provides oversight and decision-making on matters related to the quality assurance of education and training in Sport Ireland. The Council will make recommendations to the Sport Ireland Board and other Sport Ireland Committees on education and training and will help provide a coordinated approach to education and training in Sport Ireland across relevant Units.
- 6. CDPI External Programme Review Panel:** Applications were received for membership of the new External Programme Review Panel. The Panel will review new or revised NGB coach awards prior to inclusion of the award on the Coaching Development Programme for Ireland (CDPI). The purpose of the Panel is to provide external validation on the decision to include a coach award on the CDPI and in so doing help support standards in the CDPI and ensure consistency and transparency across awards. Sport Ireland's Education and Training Council approved the membership of the panel in December.

**7. International Coach Developer Framework:** Sport Ireland Coaching continue to be involved in the revision of the International Council for Coaching Excellence (ICCE) Coach Developer Framework. The revised framework is due for publication in early 2022.

**8. Women in Coaching:**

- a. Involved in Women in Sport Coaching Research published on 12 March 2021 [women-in-sport-coaching-research-report.pdf](#) (sportireland.ie)
- b. Involved in establishment of a Coaching Network for Elite Female Coaches
- c. Developed Women in Coaching Interactive Toolkit for the recruitment, development and retention of female coaches. The toolkit was launched on 15 September 2021 and is available at [sport-ireland-women-in-coaching-toolkit-final\\_0.pdf](#) (sportireland.ie)
- d. To mark International Women's Day 2021, Sport Ireland Coaching hosted a webinar where top level female officials discussed their experiences and the pathways available to women to get involved in refereeing and officiating

**9. Coach Research:** Sport Ireland Coaching published two research papers in the International Sport Coaching Journal (Volume 8, Supplement 1, November 2021) as part of the ICCE 13th Global Coach Conference in Lisbon, Portugal 17-21 November 2021. The first paper 2020-2021 A Challenge Like No Other for Volunteer High Performance Coaches: An Irish Story (Harrison, Hayley). The second paper A Coach Support Programme Delivery Tool for Coach Developers (Harrison, Hayley). Both are accessible at [\[23289198 - International Sport Coaching Journal\] International Council for Coaching Excellence \(ICCE\) 13th Global Coach Conference.pdf](#). Both papers were presented at the ICCE Global Coach Conference 2021.

**10. GAA Research:**

- a. Involved with the GAA, Ladies Gaelic Football Association and Camogie Association in the largest ever coach development survey undertaken in Irish sport – Coaching and Coach Education in Gaelic Games: A Benchmark Report. The report was published on 11 January 2022 and contains information on the coaching workforce across all levels of Gaelic Games participation to inform coach development policy, implementation and management at National, Provincial, County, School and Club levels. The full report can be found at <https://www.gaa.ie/news/gaelic-games-to-benefit-from-lessons-of-coaching-survey/>
- b. On behalf of Cavan GAA, Sport Ireland Coaching researched and produced the Cavan GAA Player Pathway and Coaching Pathway report in December 2021.
- c. Sport Ireland Coaching led the selection and interview process for the position of Kildare GAA Senior Football Manager in November 2021.

**11. Get Ireland Walking:** Continue to support Get Ireland Walking and Mountaineering Ireland on the design and implementation of a framework for the training and support of Walk Leaders.

**12. International Coaches Day:** Created media campaign for NGBs and LSPs to advertise #thankcoach as part of International Coaches Day 25th September 2021.

**13. Special Olympics:** Involved in the development of a support structure between Special Olympics and Basketball Ireland to support Special Olympics Ireland coaches going through the Basketball Ireland coaching pathway.

#### **14. Coaching People with Disabilities:**

- a. Began the review of the CDPI Coaching People with Disabilities. This involved a working group consisting of representatives from NGBs, LSPs, Cara and Paralympics Ireland. The Guiding Document has been reviewed.
- b. In conjunction with CARA, work began on the development of an eLearning resource that can be used by NGBs as part of their coach education awards and as a CPD for qualified coaches. The materials will be completed by Quarter 2, 2022.
- c. Vision Sports Ireland developed a continuous professional development opportunity (CPD) for coaches and linked with Tennis Ireland, Athletics Ireland, Triathlon Ireland, Swim Ireland, Irish Rugby Football Union, Cycling Ireland, Golf Ireland and Get Ireland Walking in its delivery. This is part of Vision Sports Ireland's Training and Education Framework which Sport Ireland Coaching contributed to.

# SECTION 2:

## Coaching Children

Sport Ireland Coaching continued their involvement in 2021 in the area of Coaching Children and Youth. A brief summary of this work is included below.

**1. EU Projects:** Please see Section 3 for information on Sport Ireland Coaching's involvement in Coaching Children EU projects

### 2. iCoach Kids:

- a. Established iCoachKids Global Movement Committee under the auspices of the International Council for Coaching Excellence
- b. Developed iCoachKids Strategy 2021-2023
- c. Developed new iCoachKids website offering over 300 pieces of content and allowing coaches to connect with others around the world
- d. Complete rebranding of YouTube channel ICOACHKIDS World. There have been over 170,000 views across all videos
- e. Collected data on Youth Participation Trends in Europe across 29 European countries and 18 different sports. Report available at <http://www.icoachkidsplus.eu/resoultis/>
- f. Collected data across dozens of Talent Development Environments in multiple countries reaching hundreds of young athletes, parents and coaches
- g. Developed Youth Sport Dropout Questionnaire and completed pilot study with over 800 students
- h. Involved in the translation of iCoachKids online courses into Spanish, French, Russian and German and have started translation into Portuguese
- i. Collaborated with Sport Northern Ireland and European Volleyball to customise iCoachKids online courses to their own audiences
- j. Signed Memorandum of Understanding with the Portuguese Institute of Youth and Sport to integrate iCoachKids with a series of new resources aimed at youth coaches
- k. Nearly 10,000 coaches have accessed iCoachKids online courses (MOOCs) from all over the world across multiple platforms

For further information on iCoach Kids, please refer to [www.icoachkids.org](http://www.icoachkids.org)

**3. Coaching Teenage Girls:** Developed a workshop for coaching teenage girls. The workshop is evidence-based and designed specifically to support coaches of girls aged 12-17 years of age, placing a strong emphasis on supporting coaches to identify and engage in effective coaching practice. The workshop was delivered several times in 2021 (see Section 6) by NGBs and LSPs funded by Sport Ireland in partnership with the Lifes2Good Foundation, the Federation of Irish Sport and the Sport Ireland Women in Sport programme. Tutor training was developed and delivered for the Coaching Teenage Girls workshop and 39 tutors were trained to deliver the workshop. Sport Ireland Coaching and the Camogie Association worked together to deliver the Coaching Teenage Girls workshop within the sport of camogie. This camogie project will be extensively evaluated in collaboration with Sport Ireland's Research Unit. The final report is expected to be published in March 2022.



- 6. Physical Literacy:** Physical Literacy is an important element in the National Sports Policy 2018-2027, specifically the integration of physical literacy with the work of those organisations involved in the promotion of sport and physical activity. Sport Ireland, in conjunction with Sport Northern Ireland, commissioned a joint research team comprising Ulster University, Dublin City University, University of Limerick and University College Cork to produce an All-Island Statement on Physical Literacy. The All Ireland Physical Literacy Consensus Statement was ratified by the Boards of Sport Ireland and Sport Northern Ireland in 2021 and is due to be launched in April 2022. Ireland is one of three countries (the others being Canada and Australia) in the world and the first country in Europe to create and officially ratify a national physical literacy consensus statement.
- 7. Positive Sport Parents Project:** The project aims to build on the child/young person-centred approach in the Coaching Children and Coaching Young People workshops. The project involves the development of materials (manual and web-based) and three workshops for parents to learn how to positively support children/young people in sport; for coaches to engage with parents; and for clubs to link positively with parents. The materials will be used by clubs/schools/community groups to educate parents on positively supporting children/young people in sport and physical activity. In April 2021, pilot workshops took place. Extensive feedback was received from coaches, club officials and parents and a redrafting of the material is currently underway. Planning for the delivery of the three workshops with 10 clubs in the second pilot stage of the project was impacted by COVID but they are expected to roll out in Q1 2022.
- 8. Coaching Children Programme:** The Coaching Children programme continued to be rolled out in 2021, primarily in the online space (see Section 5 and 6 for statistics). Tutor training was delivered to upskill existing tutors in online delivery and Sport Ireland Coaching worked specifically with Special Olympics and Community Games in this area.
- 9. Coaching Young People:** A series of three workshops in the area of Coaching Young People were developed by a research team from the University of Limerick to provide a professional development opportunity for coaches working in the area of youth sport and physical activity. Tutor training was delivered for existing tutors and Coach Developers to deliver the workshops (see Section 7).
- 10. Education Materials Review:** A review of all the materials related to Sport Ireland workshops commenced in 2021. This will be completed by Quarter 2, 2022 and will also involve a redevelopment of the Sport Ireland website to showcase the new materials and provide information on accessing the workshops.
- 11. 5th International iCoachKids Conference:** Delivered 5th International iCoachKids Conference virtually 13th-14th December 2021. Sport Ireland Coaching were a key part of the conference working group. Six Irish presenters delivered at the conference reaching more than 1400 participants from 70+ countries. The conference was delivered by a professional production company and, for the first time, incorporated simultaneous translation to Spanish and French. The sessions are all on the ICOACHKIDS World YouTube Channel and by the end of 2021, two weeks after the conference, they had already been watched 1,500 times.

# SECTION 3:

## EU Projects

Sport Ireland Coaching were involved in a number of EU projects in 2021. A brief description of each project is included below.

- 1. PEAK Project:** The PEAK (Policy, Evidence and Knowledge in Coaching) project is an international project under the leadership of the International Council of Sport Science and Physical Education aiming to develop coaching policy recommendations for use by sport federations, coaching bodies and governments. The project partners include Sport Ireland Coaching, International Council for Coaching Excellence, German Sport University Cologne, European Elite Athletes Association, Finnish Olympic Committee, Swiss Federal Institute of Sport and the Foundation of Sport Education and Information, Estonia. Sport Ireland Coaching completed the research and report elements of the project in 2020 & the final 'framework' chapter was completed in December 2021. All intellectual outputs are available on <https://www.peak-coachingeu.com> and the project will be concluded in January 2022.
- 2. European Coach Developer Academy:** The project is an Erasmus+ funded project which aims to provide a programme, accessible to all member states, to train Coach Developers in a standards-driven but coach-centred manner. The ECDA project has been delayed due to the COVID-19 pandemic but four online meetings took place in 2021 along with one face-to-face during the Global Coaching Conference in Lisbon. Hayley Harrison along with a Finnish counterpart will design and deliver the European Coach Developer programme for delivery in 2022 on behalf of all partners.
- 3. iCoachKids+ Project:** This is a continuation of the successful iCoachKids project and aims to enhance participation in sport and decrease dropout for children aged 12-18 years. The focus in 2021 was research on Talent Development Environments. This research will inform the development of two online courses that will provide guidance to coaches on talent development. The first research report from iCoachKids+ was published in June 2021 investigating the participation rates of children in organised youth sport and involved multiple countries and multiple sports.
- 4. iCoachGirls Project:** An application was submitted in June for Erasmus+ funding for this project. Sport Ireland Coaching will be the co-lead in the project, if the application is successful. iCoachGirls aims to promote and increase physical activity and sport amongst primary school age girls through the creation of a series of 'Girls Play Centres' in local communities across five different countries – Ireland, Hungary, Germany, Lithuania and the Netherlands. The centres will be aimed at girls who have never taken part in organised sport or who have tried and dropped out. The outcome of the application will be known by February 2022.

# SECTION 4:

## NGB Awards

This section identifies new NGB awards developed/under development in 2021 and also provides information on CDPI awards under review.

**Table 1: New NGB awards developed and approved for delivery in 2021**

CDPI Level	NGB Awards
<b>Introduction</b>	Triathlon Tri Leader
	Coarse Fishing Assistant Coach
	Olympic Handball
	GAA/Ladies Gaelic/Camogie Intro to Gaelic Games
	Irish Wheelchair Introduction to Para-Athletics
	Irish Wheelchair Introduction to Para-Powerlifting
<b>Level 1</b>	Weightlifting

**Table 2: New NGBs awards under development in 2021 (due to be piloted in 2022)**

CDPI Level	NGB Awards
<b>Introduction</b>	Canoeing Assistant Coach
	Fencing
<b>Level 1</b>	Canoeing Flat Water Leader
	Cycling Discipline Specific x 2
	Surfing Club Instructor
	Racquetball
	Triathlon
	Underwater Hockey
<b>Level 2</b>	Weightlifting
	Fencing
	Squash

**Table 3: Existing CDPI Awards Reviewed in 2021**

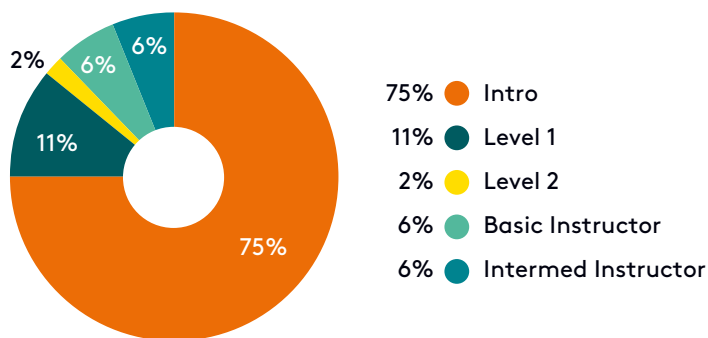
CDPI Level	NGB Awards
<b>Introduction</b>	American Football
	Olympic Handball
	Special Olympics Introduction to Coaching Practices
<b>Level 1</b>	Tennis
	Olympic Handball
<b>Level 2</b>	Tennis

# SECTION 5: Courses Approved

This section provides statistics on the number of coach education courses approved for delivery in 2021 as part of the Coaching Development Programme for Ireland (CDPI). It includes information on the number of courses per CDPI level and per National Governing Body (NGB) as well as the number of workshops delivered as part of the Coaching Children and Physical Literacy suite of workshops. Other types of training delivered by Sport Ireland Coaching are also included in this section.

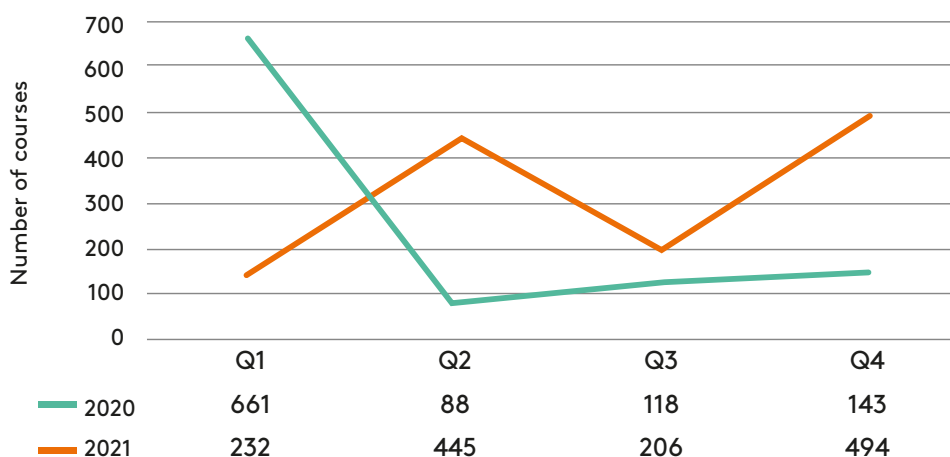
**Table 4: CDPI Courses Approved for Delivery in 2021**

	Intro	Level 1	Level 2	Level 3	Basic Instructor	Intermed Instructor	Adv Instructor	TOTAL
No. Courses Approved	1031	157	30	2	78	78	1	1,377

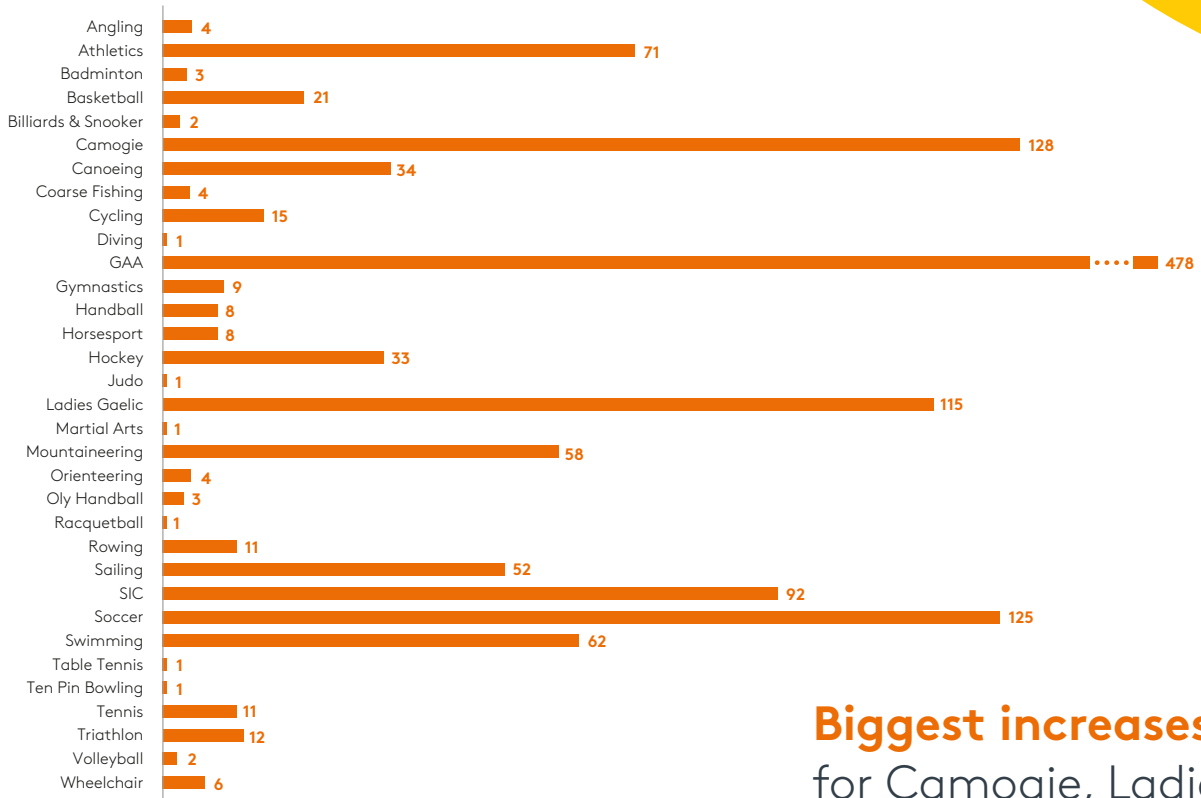


**36%**  
increase in  
number of courses  
approved for  
delivery (2020  
versus 2021)

**Number of Courses Approved per Quarter (2020 versus 2021)**

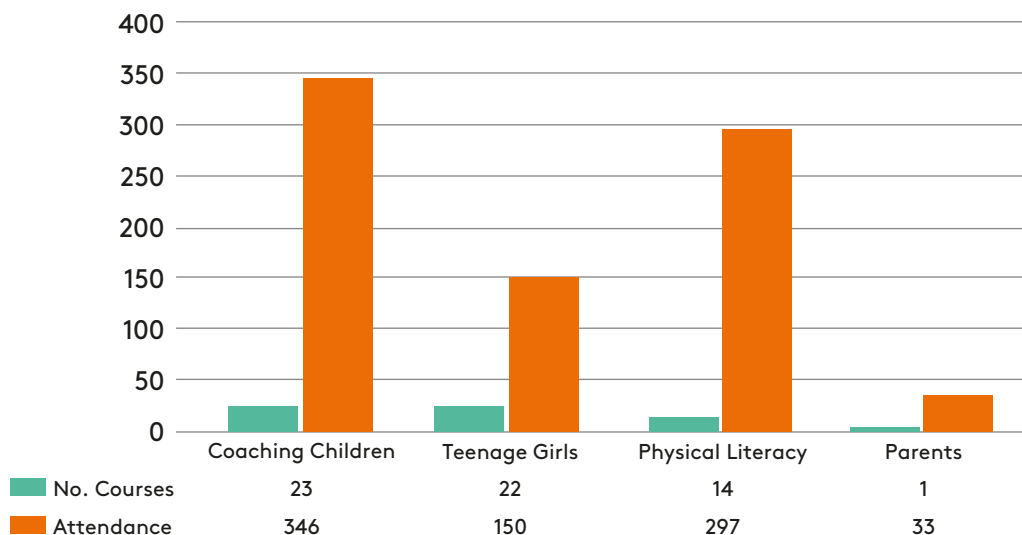


## Number of Courses Approved per NGB (2021)



**Biggest increases**  
for Camogie, Ladies Gaelic, Athletics and Swimming

## Coaching Children, Youth & Physical Literacy Courses (2021)



**Table 5: Other Education and Training Delivered by Sport Ireland Coaching in 2021**

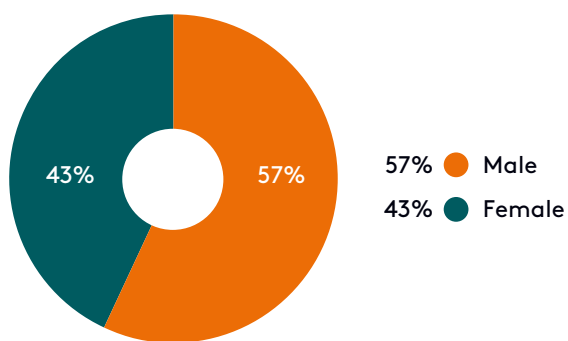
Type of Training	For Who?
<b>Coach &amp; Coach Developer</b>	
Developing Trainers of Coach Developers in an International Context	ICCE Global Coaches Conference 2021
Coach Developers – The Keystone in Coaching Systems	ICCE Global Coaches Conference 2021
Coach Developer workshops (x 10)	NGBs
Level 1 Coaching Workshop	Horse Sport Ireland Level 1 Coaches
Coach Development workshops (x3)	Singapore Swimming
Trainer of Coach Developers Mentoring programme	International Trainers of Coach Developers (x 6)
Coach Developer Mentoring programme	International Coach Developers (x 25)
High Performance Female Coach Mentoring programme	National coach (x 1)
High Performance Coach Mentoring programme	International coaches (x 5)
<b>Coaching Children</b>	
iCoachKids Global Movement: An Overview and the Voice of the Child in Sport	Safe Sport International Conference
iCoachKids Massive Open Online Course (MOOC) 1 – A guided tour	Finnish Coaches Association
iCoachKids Global Movement: An Overview	Israeli Coaches Association
Coach Education and Tutor CPD during COVID	ICCE Global Coaches Conference 2021
Use of MOOC's in National Coach Development Programmes	ICCE Global Coaches Conference 2021
The iCoachKids Pledge	International Ice Hockey Federation Coaches Conference 2021
Special Olympics Coach Webinar & Workshop Series <sup>1</sup>	Special Olympics Coaches from over 100 countries
<b>Women in Sport</b>	
Women in High Performance Coaching	Coaches & NGBs
Women in Leadership Roles	Coaches & NGBs
Volunteerism in Coaching (Women in Sport)	Coaches & NGBs
<b>Other</b>	
Learning from COVID – Where Do We Go From Here?	NGBs, LSPs, Coaches

<sup>1</sup> See Appendix 1

# SECTION 6: Coaches Certified

This section provides statistics on the numbers of coaches certified in 2021. Overall, 8,269 coaches were certified in 2021. The average age of coaches was 33 years and the age ranged from 16-84 years. The breakdown of male/female coaches is identified as well as the breakdown per CDPI level, NGB and county.

## Coaches Certified 2021



**7%**  
increase in the number of female coaches certified in 2021 compared to 2020

Table 6: Number of Coaches Certified per CDPI Level

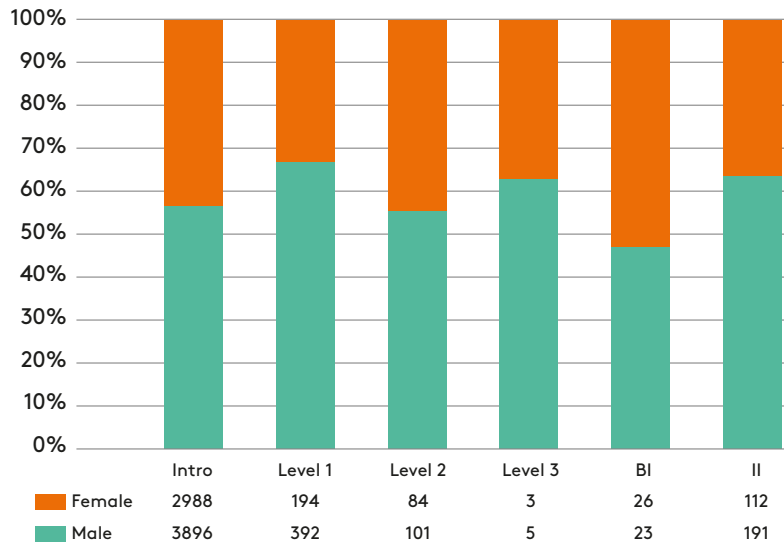
Intro	Level 1	Level 2	Level 3	Basic Instructor	Intermed Instructor
7003	677	222*	9**	49	309

\*222 Level 2 coaches came from Swimming, GAA, Judo and Basketball

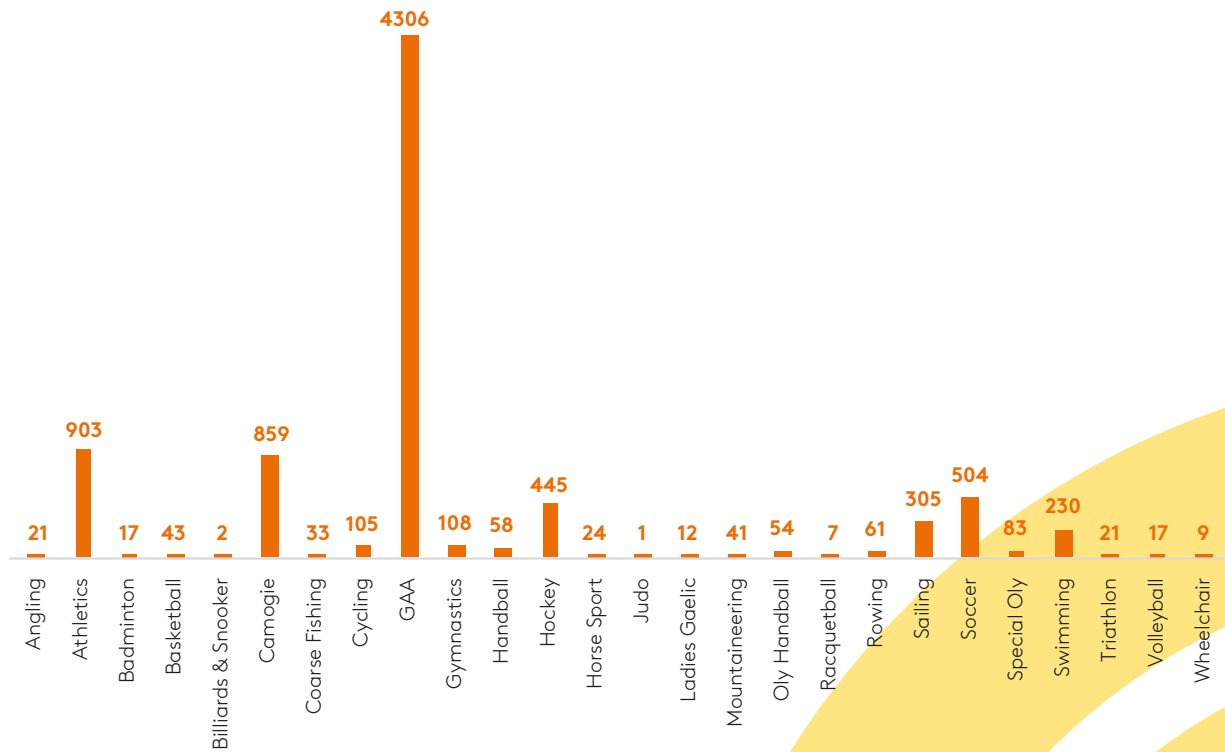
\*\*9 Level 3 certified coaches were from Swimming



### Coaches Certified in 2021

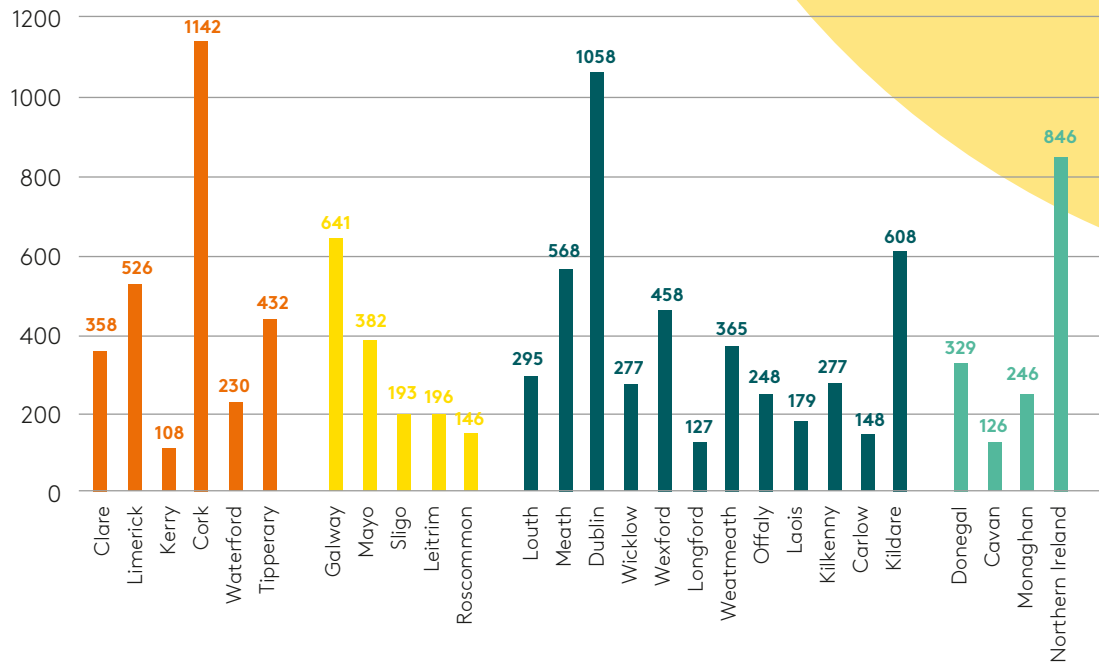


### Coaches Certified per NGB (2021)

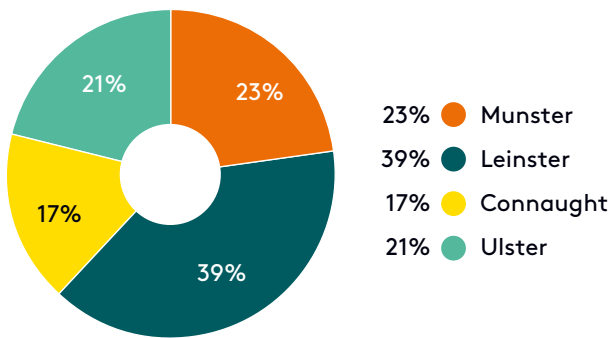




## Geographical Spread of Coaches Certified in 2021

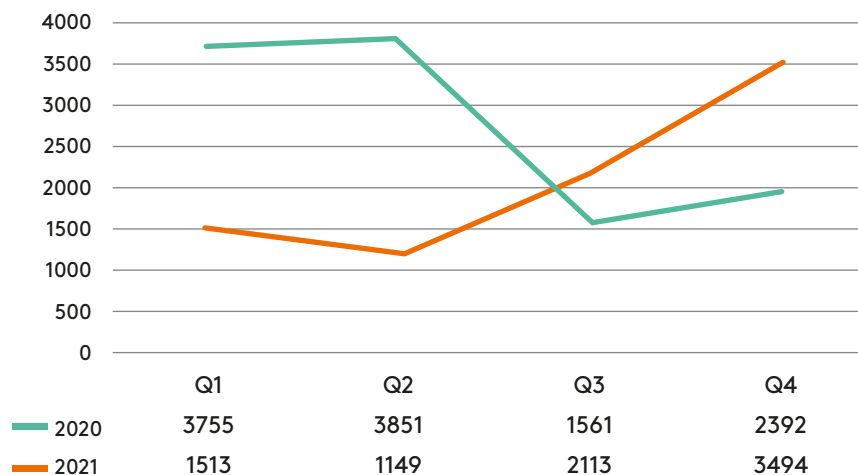


## Certified Coaches per Province



**28%**  
drop on numbers  
certified in 2020

## Coaches Certified 2020 vs 2021



# SECTION 7:

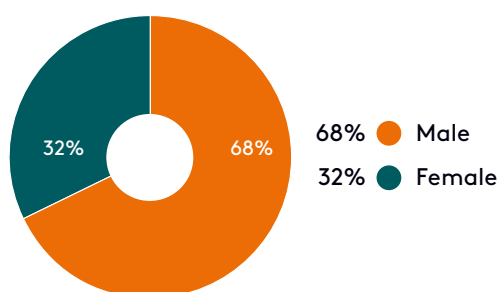
## Coach Developer & Tutor Training

This section provides information on Coach/Instructor Developer training and tutor training delivered in 2021.

### Coach/Instructor Developer Training

**72** coaches attended Coach Developer, Instructor Developer or sports-specific tutor training in 2021. These coaches came from 24 different NGBs. The male/female breakdown is identified in the pie chart below.

### Coach Developers, Instructor Developers & Sports Specific Tutors Attending Training in 2021



**24**  
different  
NGBs

**72**  
Coach/  
Instructor  
Developers

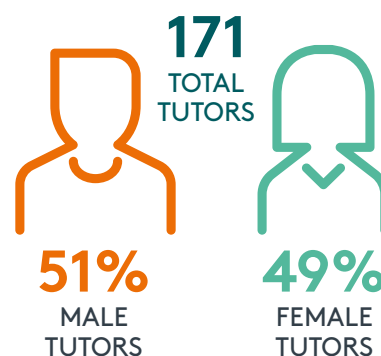


### Tutor Training

171 tutors attended training in the areas of Coaching Children, Physical Literacy, Coaching Young People and Coaching Teenage Girls

**Table 7: Tutors Trained in 2021**

Intro	Coaching Children Tutors	Phy Literacy Tutors	Coaching Young People Tutors	Coaching Teenage Girls Tutors
No. Courses	3	1	2	2
Attendance	60	13	59	39
Male	21	6	41	19
Female	39	7	18	20



### Officials Developer Training

Sport Ireland Coaching piloted its first Officials Developer course in 2021. Ten people attended from three NGBs (70% male, 30% female). The course will continue to run in 2022 over two further weekends.

### Trainers of Coach Developers

Three Trainers of Coach Developers continued their training in 2021 and Sport Ireland Coaching trained six international Trainers of Coach Developers.

### Coach Developer Assessors

Nine new Coach Developer Assessors from the GAA attended training in 2021 (8 male, 1 female) and 13 (6 male, 7 female) Coach Developer Assessors attended CPD from nine different NGBs.

# APPENDIX 1

## Special Olympics Coach Webinar & Workshop Series 2021

Topic	Date
Knowing Your Athlete Webinar	23rd September
Knowing Your Athlete Workshop	28th September
Reflective Practice Webinar	30th September
Reflective Practice Workshop	5th October
Developing the Whole Person Webinar	7th October
Developing the Whole Person Workshop	12th October
Coaching Philosophy Webinar	14th October
Coaching Philosophy Workshop	19th October
Managing Well-Being Webinar	21st October
Managing Well-Being Workshop	26th October

