



SPORT  
IRELAND  
COACHING

# Annual Report 2020

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**SPORT  
IRELAND**  
COACHING



# 11,559 COACHES CERTIFIED

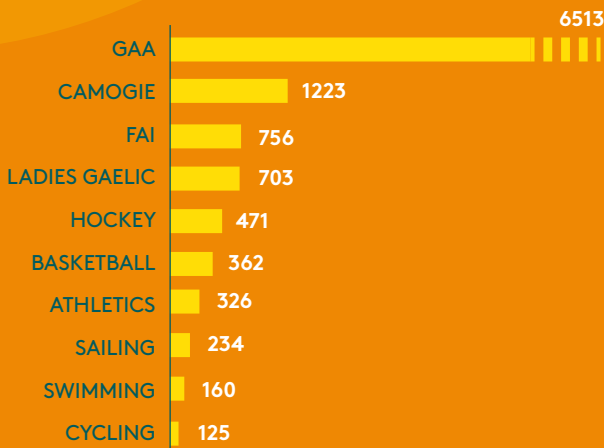
FROM  
**30**  
NGBs

AVERAGE AGE  
**36**  
YEARS

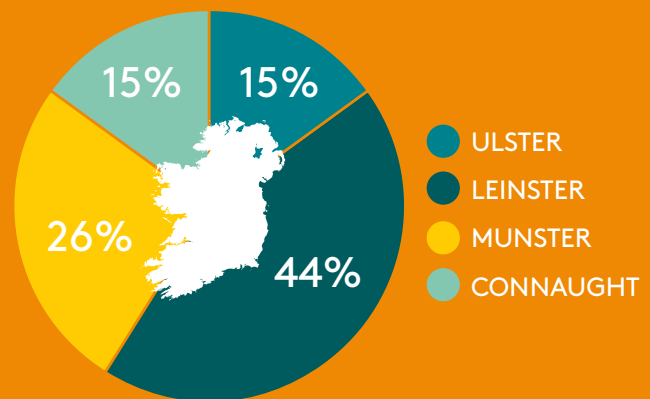
AGE RANGE  
**16-76**  
YEARS

**64%** MALE  
**36%** FEMALE

TOP 10 NGBS FOR NUMBERS OF COACHES CERTIFIED IN 2020



GEOGRAPHICAL SPREAD OF CERTIFIED COACHES IN 2020



**1,010**  
COURSES  
APPROVED  
FOR DELIVERY



**31**  
NEW COACH DEVELOPERS  
FROM 15 NGBS STARTED  
COACH DEVELOPER TRAINING

**114** PEOPLE ATTENDED  
COACHING CHILDREN  
WORKSHOPS

**77** PEOPLE ATTENDED  
PHYSICAL LITERACY  
WORKSHOPS

**19** PEOPLE ATTENDED  
THE FIRST COACHING  
YOUTH WORKSHOP

**32**  
NEW COACHING CHILDREN  
AND PHYSICAL LITERACY  
TUTORS TRAINED

**17** WORKSHOPS/WEBINARS  
DELIVERED TO 5,856 PEOPLE

SPORT IRELAND COACHING  
IS A PARTNER IN 4 EU  
ERASMUS+ PROJECTS

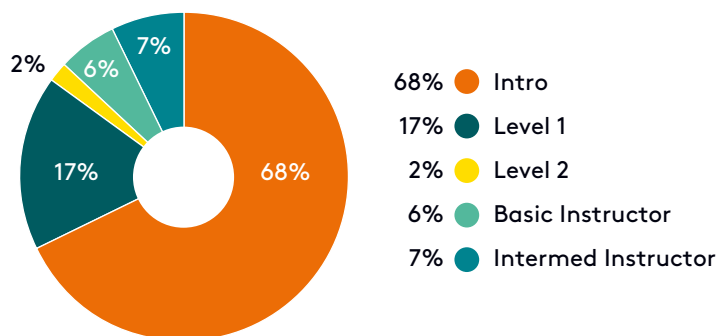


# SECTION 1: Courses Approved

This section provides statistics on CDPI courses approved for delivery in 2020. It includes information on the number of courses per CDPI level and per NGB as well as the number of Coaching Children and Physical Literacy workshops delivered. The effect of COVID on these numbers is also identified when 2020 figures are compared with 2019. Other types of training delivered by Sport Ireland Coaching is also included in this section.

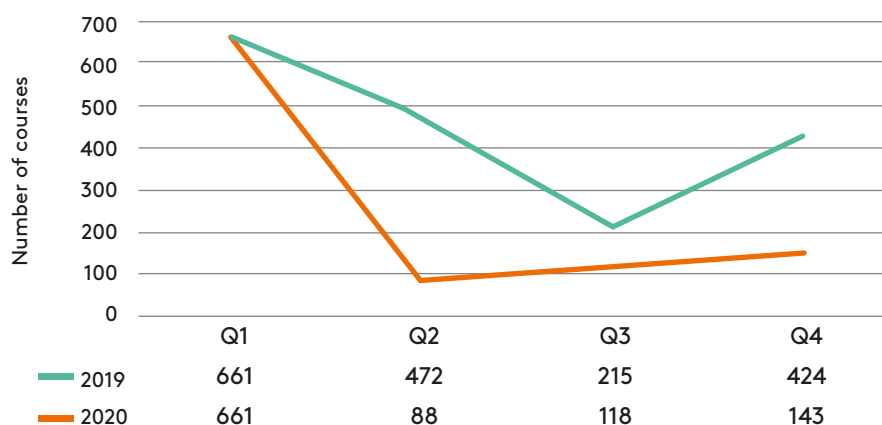
**Table 1: CDPI Courses Approved for Delivery in 2020**

	Intro	Level 1	Level 2	Level 3	Basic Instructor	Intermed Instructor	TOTAL
No. Courses Approved	681	173	24	0	57	75	1,010

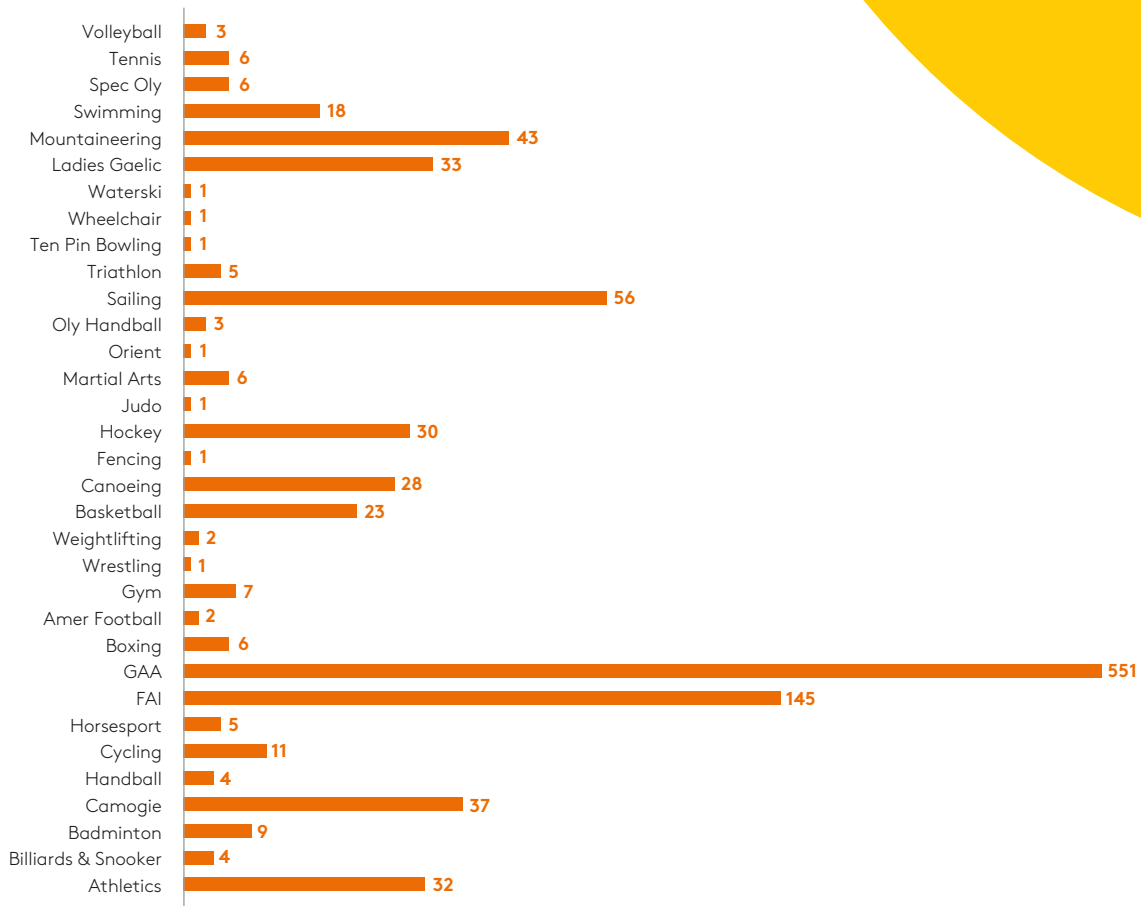


**43%**  
drop on 2019  
number of  
courses  
approved

**Number of Courses Approved per Quarter (2019 versus 2020)**



### Number of Courses Approved per NGB (2020)



### Coaching Children & Physical Literacy Courses (2020)

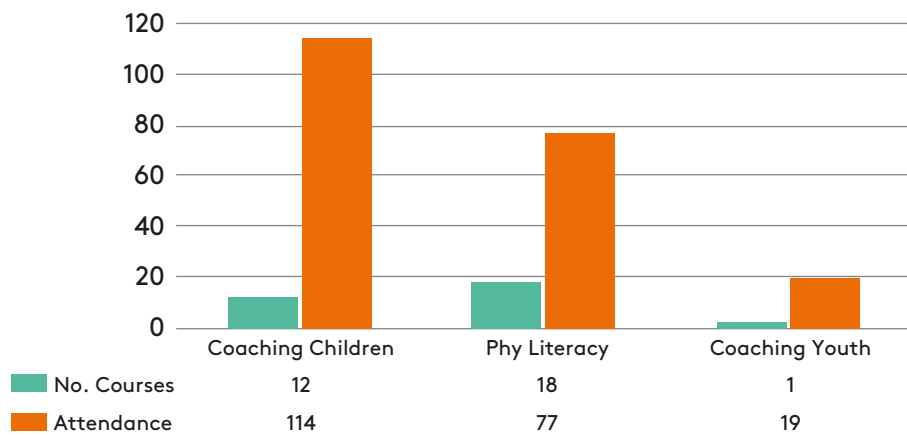


Table 2: Other Training Delivered by Sport Ireland Coaching in 2020

Type of Training	For Who?	Attendance
High Performance Coaching & Coach Development	Camogie Association	40
Reflective Practice for High Performance Coaches	Athletics Ireland	36
Performance Planning	Athletics Ireland	15
Competition Planning	Athletics Ireland	50
High Performance Coach Support	Athletics Ireland	25
People Skills for Coaches	Horse Sport Ireland	30
Communication Skills	CARA	20
Coach Developer	Ladies Gaelic	35
Women in Coaching	Women in Sport	130
Women in High Performance Coaching	World Athletics	500
High Performance Coaching	International Council for Coaching Excellence	90
Coach Developer Training	International Council for Coaching Excellence	75
Coach Support	International Council for Coaching Excellence	300
Elite Women's Coaching Programme	Nittai Sports University, Japan	30
ICK Global Conference	ICOACHKIDS Global Movement	4,000
Coaches	Motor Skill Acquisition Ireland	80
Ice-Hockey Coaches	International Ice-Hockey Federation (representing ICK)	400

# SECTION 2: Coaches Certified

This section provides statistics on the numbers of coaches certified in 2020. Overall 11,559 coaches from 30 National Governing Bodies (NGBs) were certified in 2020. The average age of coaches was 36 years and the age ranged from 16-76 years. The breakdown of male:female coaches is identified in this section as well as the breakdown per CDPI level, NGB and county.

## Coaches Certified 2020

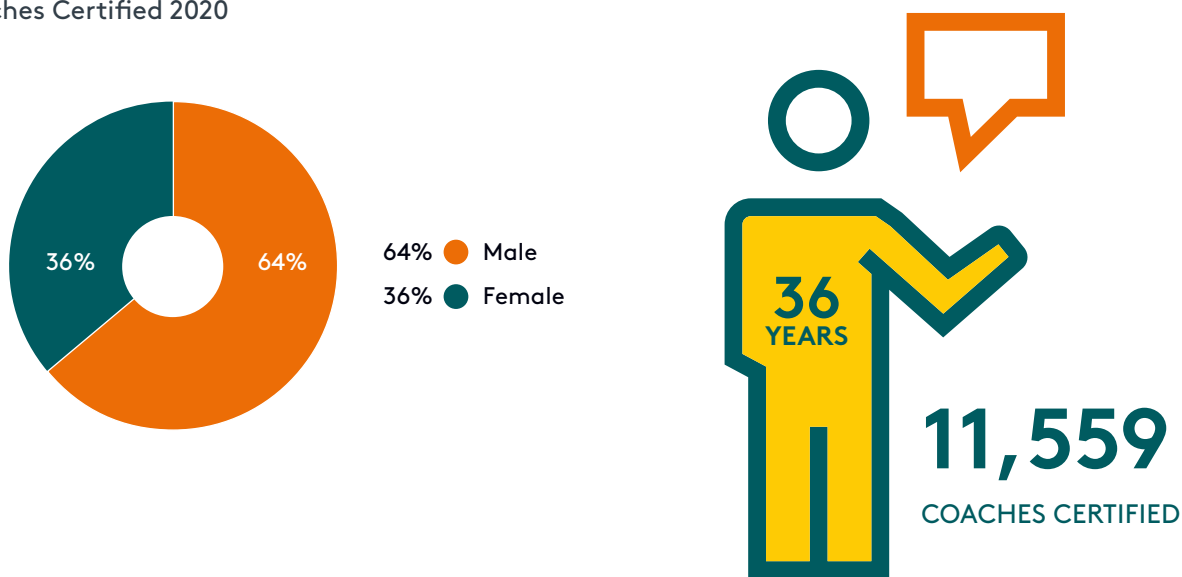


Table 3: Number of Coaches Certified per CDPI Level

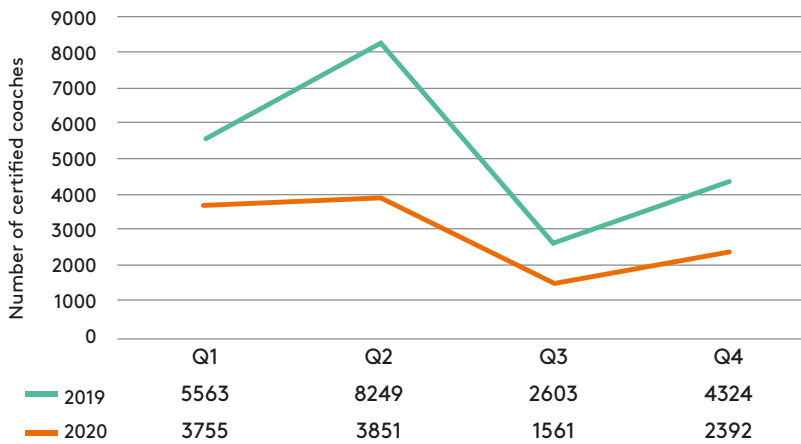
Intro	Level 1	Level 2	Level 3	Basic Instructor	Intermed Instructor
8689	2403	187*	14**	27	239

\*187 Level 2 coaches came from Swimming (90), GAA (63), Camogie (16), Judo (14) Basketball (2) and Cycling (1)

\*\*14 Level 3 certified coaches were from Rowing

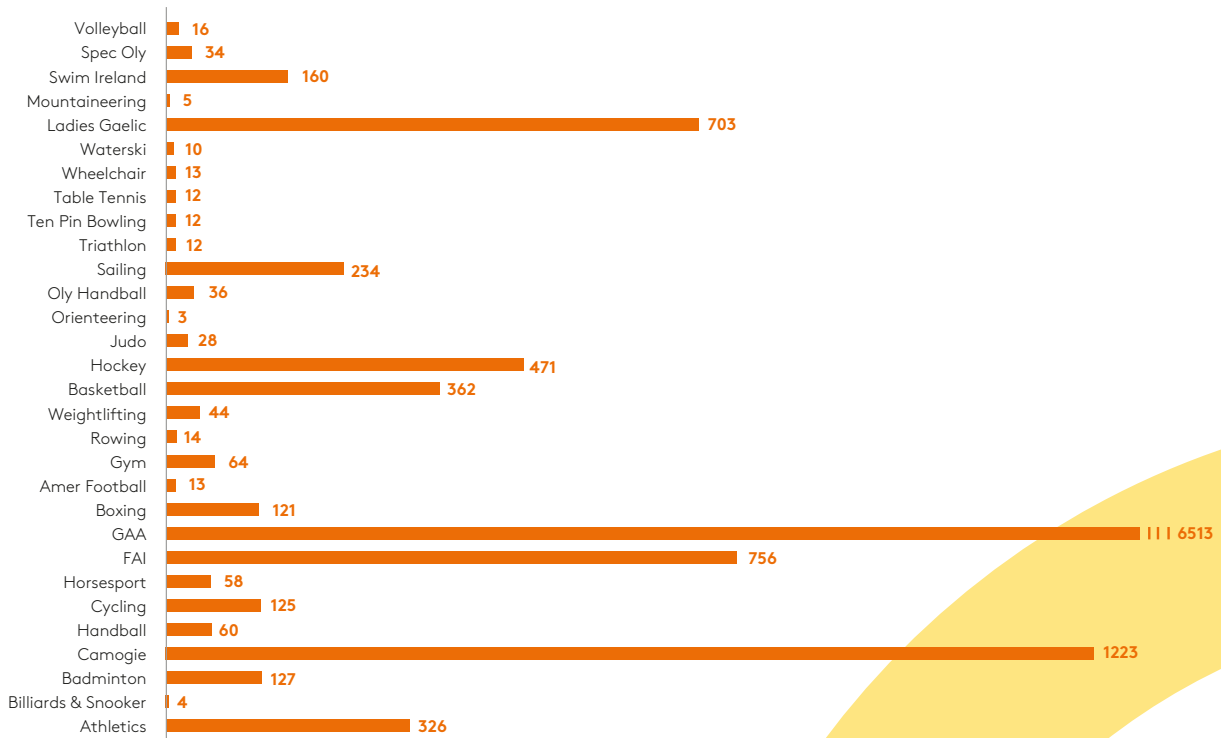


### Number of Coaches Certified (2019 versus 2020)



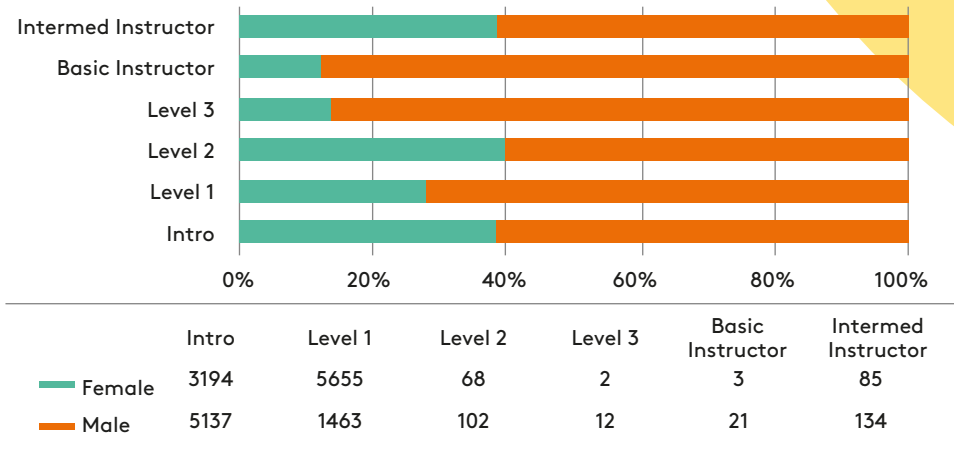
**44%**  
drop on  
number of  
coaches  
certified in  
2019

### Number Coaches Certified in 2020 per NGB

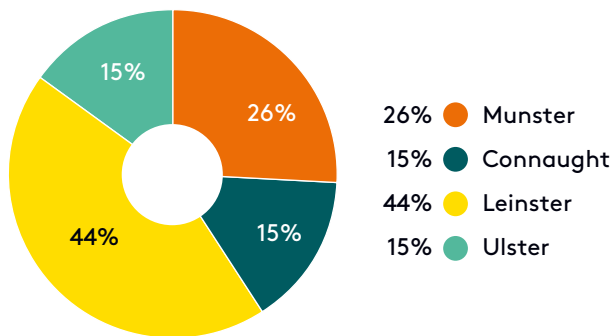




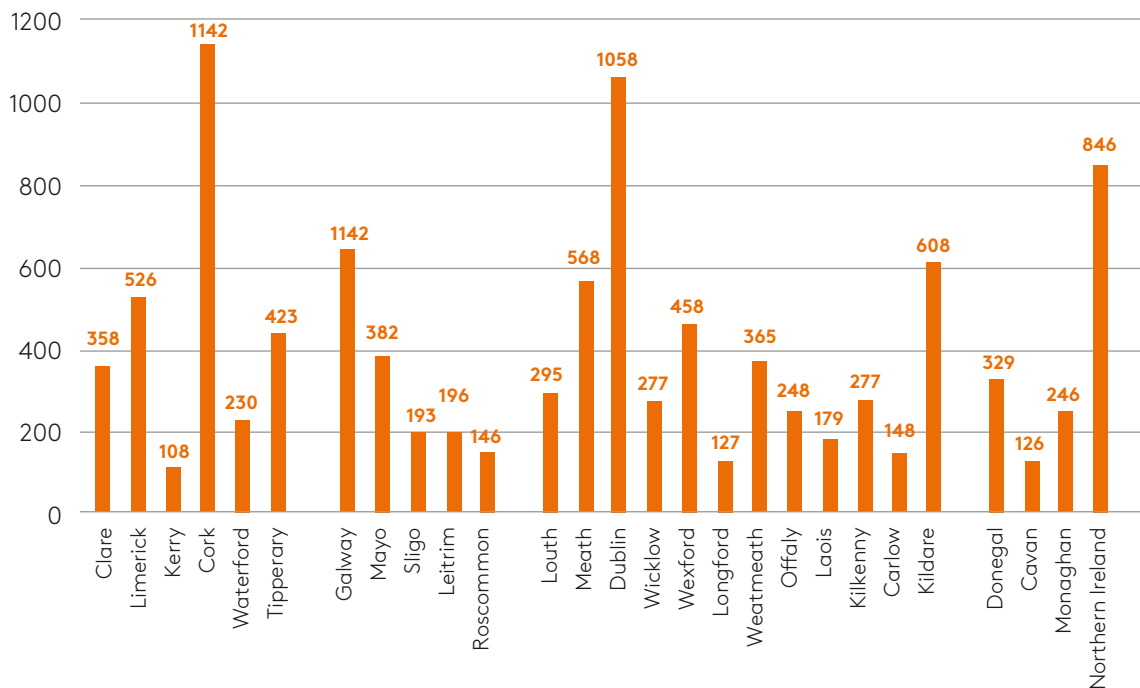
### Certified Coaches in 2020



### Certified Coaches per Province



### Geographical Spread of Coaches Certified in 2020



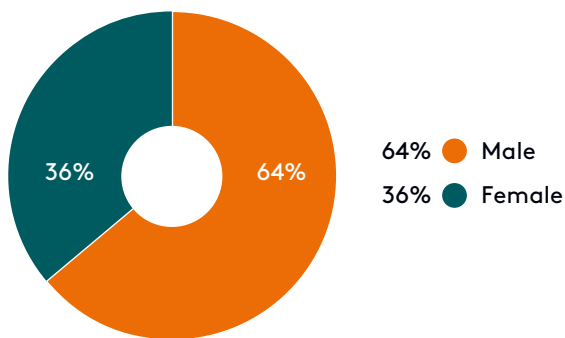
# SECTION 3:

## Coach Developer & Tutor Training

This section provides information on Coach Developer training and tutor training provided by Sport Ireland Coaching in 2020.

31 coaches attended Coach Developer training in 2020. These coaches came from 15 different NGBs. The male/female breakdown is identified in the pie chart below.

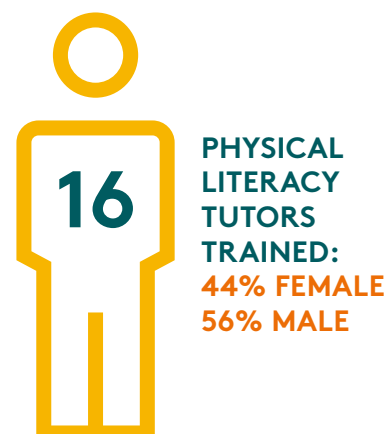
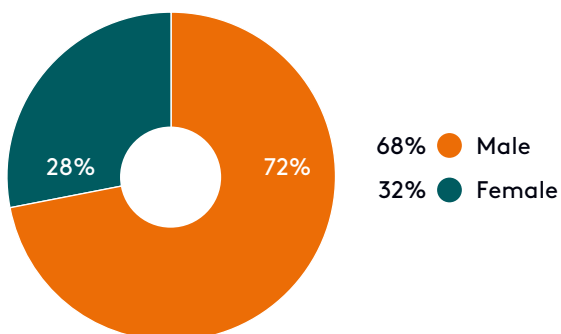
### Coach Developer Programme Attendees



Sixteen tutors were trained to deliver Coaching Children modules in 2020 (88% female, 12% male and another sixteen tutors were trained to deliver the Physical Literacy module (56% male, 44% female).

Sport Ireland Coaching delivered a Coach Developer CPD webinar in December 2020 to 43 Coach Developers from 10 different NGBs (72% male, 28% female).

### Coach Developer CPD Attendees



# SECTION 4:

## NGB Awards

This section identifies new NGB awards developed/under development in 2020 and also provides information on CDPI awards under review.

**Table 4: New NGB awards developed and approved for delivery in 2020**

CDPI Level	NGB Awards
<b>Introduction</b>	1. Wheelchair Basketball
	2. Combined GAA, Camogie & Ladies Gaelic
	3. Coarse Fishing

**Table 5: New NGBs awards under development in 2020 (due to be piloted in 2021)**

CDPI Level	NGB Awards
<b>Introduction</b>	Judo
	Boxing
	Croquet
	Wheelchair Rugby
<b>Level 1</b>	Cycling Ireland
	Olympic Handball
	Sailing
	Squash
	Tennis
	Underwater Hockey
	Volleyball
<b>Level 2</b>	Tug of War
	Weightlifting
<b>Level 3</b>	Badminton
	Hockey

**Table 6: Existing CDPI Awards Reviewed in 2020**

CDPI Level	NGB Awards
<b>Introduction</b>	Special Olympics
<b>Level 1</b>	Horse Sport
	Weightlifting
	Canoeing
	Ten Pin Bowling
<b>Level 2</b>	Cycling
	Canoeing

# SECTION 5:

## EU Projects

Sport Ireland Coaching were involved in a number of EU projects in 2020. 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 project runs from January 2019 to December 2021. <https://www.peak-coaching.eu.com>
- 2. European Coach Developer Academy:** The first meeting of the European Coach Developer Academy project took place in December 2020. The project is an Erasmus+ funded project which aims to provide a programme, accessible to all member states, that trains Coach Developers in a standards driven but coach centred manner.
- 3. Blueprint Project:** Sport Ireland Coaching were also partners in the EU Blueprint project which finished in December 2020. The project looked at sector-skills solutions for the Active Leisure sector. [www.europeactive-euaffairs.eu/projects/blueprint](http://www.europeactive-euaffairs.eu/projects/blueprint)
- 4. 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 (especially in girls). Sport Ireland Coaching are currently working on the first output of the project which involves creating guidelines to increase participation and minimise dropout amongst European adolescents and have conducted an initial study to explore the current participation rates of children and adolescents (8-18 years) in organised sport across Europe.

# SECTION 6:

## Coaching Children Update

Sport Ireland Coaching continued their involvement in 2020 in the area of Coaching Children and Youth. A brief summary of this work is included below.

- 1. Coaching Girls:** Sport Ireland Coaching collaborated with the Federation of Irish Sport, Lifes2good Foundation and Dublin City University on a new programme called 'Coaching Girls'. The programme was piloted online in November 2020 with tutors and is currently being evaluated by DCU. A second pilot will take place in Q1 2021.
- 2. One Good Coach™ :** Sport Ireland Coaching in partnership with Jigsaw, the IRFU, Swim Ireland and UCD have developed an online resource aimed at upskilling coaches and volunteers to support young people through the delivery of sport. The online resource was launched on 10th October 2020, World Mental Health Day and is being piloted by Swim Ireland and the IRFU.
- 3. Physical Literacy Consensus Statement:** The primary aim is to reach consensus on a definition statement on Physical Literacy which will be adopted and disseminated by on a cross-sectoral basis and by all partners involved across the Island of Ireland. Three research elements were completed. The Consensus Statement is being developed for ratification in 2021.
- 4. Coaching Children/Physical Literacy:** Due to the high level of demand, the Physical Literacy module and the four Coaching Children Modules were converted for on-line delivery. Thirty-two tutors were trained in the delivery of these online modules.
- 5. Child Focused Dormant Accounts Funded Projects:** The following projects are underway:
  - a. Coaching Young People – three workshops and resources for coaches and clubs on coaching teenagers positively
  - b. Positive Sports Parents: Developing materials and workshops for parents focused on positively engaging parents in sport. Three workshops will be developed one each for parents, coaches and clubs.
  - c. Child-Friendly Clubs: A Place to Go and Grow – this was retendered in December 2020 and will be started in 2021. This will involve the development of child/youth-centred club materials and a workshop for clubs, schools and community groups, including those in economically or socially disadvantaged areas
- 6. iCoachKids:** The final study guide for MOOC (Massive Online Open Course) 3 for the iCoachKids project was completed and is available for coaches to download from the iCoachKids website ([www.icoachkids.eu](http://www.icoachkids.eu)). This was a substantial piece of work. Sport Ireland Coaching also chaired the iCoachKids Global Movement Steering Group that developed proposals on forming the iCOACHKIDS Global Movement.
- 7. 4th International iCoachKids Conference:** The 4th International iCoachKids Conference took place online 2nd – 3rd December 2020. This was a free online event and over 4,000 people from 88 countries took part, 25% of which were from Ireland. The conference included 17 presentations and 22 speakers from nine countries across four continents.

# SECTION 7:

## Other Work Completed by Sport Ireland Coaching in 2020

This section identifies other work areas Sport Ireland Coaching were involved in in 2020.

- 1. CDPI Review:** The Coaching Development Programme for Ireland was reviewed and a report developed on issues to be addressed moving forward (Phase 1). These will be considered by stakeholders during 2021 (Phase 2) supported by Dormant Accounts Funding.
- 2. Sport Ireland Coaching Plan:** The Sport Ireland Coaching Plan was developed during 2020 and will be finalised in early 2021.
- 3. Blended Learning Guidelines:** Blended Learning Guidelines have been developed for NGBs and Coach Developers to support them in their role in the delivery of blended learning programmes. Blended learning has been a steep learning curve for a lot of NGBs as a result of the challenges presented to normal course delivery by COVID-19. The Blended Learning Guidelines provide practical tips for developing and delivering effective coach education programmes and identify some commonly used online tools and how to use them effectively.
- 4. Coach Developer Programme on the National Framework of Qualifications:** Work is ongoing on completing the application to QQI to validate the Coach Developer Programme and include it on the National Framework of Qualifications. The programme is due to be submitted to QQI in Q1 2021.
- 5. Learning Management Systems:** Due to COVID-19, Sport Ireland Coaching has been delivering training online using available Learner Management Systems such as Google classroom and Zoom. The type of training that has been delivered online includes Coach Developer training, Coach Developer CPD, Coaching Children and Physical Literacy sessions as well as tutor training for both Coaching Children and Physical Literacy. Other Learner Management Systems are also being investigated by Sport Ireland Coaching for online training
- 6. Education and Training Database:** Work is underway on identifying the requirements for a new Education and Training database for use across all Sport Ireland Units.
- 7. Women in Coaching:** Sport Ireland Coaching is involved in the Women in Coaching workgroup which is led by the Women in Sport Unit in Sport Ireland.
- 8. European Week of Sport:** Sport Ireland Coaching coordinated a coaching webinar on Women in Sport as part of the European Week of Sport and facilitated a series of webinars and panel discussions aimed at women and girls and those who support them in sport.
- 9. Get Ireland Walking:** Sport Ireland Coaching are supporting Get Ireland Walking to design and implement a framework for the training and support of Walk Leaders.
- 10. Youth Leader:** Sport Ireland Coaching collaborated with the Participation Unit on the development of a framework for recognising Youth Leader awards. This framework allows Youth Leader awards to be reviewed against a standardised set of learning outcomes and a list of recognised Youth Leader programmes to be identified. This will help Local Sports Partnership when they are applying for funding for Youth Leader training.
- 11. Disability Sport:** As well as being the lead for the Sport Ireland Policy on Participation in Sport by People with Disabilities, Sport Ireland Coaching are collaborating on the development of an e-learning course on Coaching people with Disabilities, for use by NGBs and coaches (supported by Dormant Accounts Funding).

