



SPORT
IRELAND
COACHING

Annual Report 2022

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CEO FOREWORD

2022 was a busy and successful year for the Coaching Unit of Sport Ireland with a 40% increase on the number of coaches certified compared to 2021. Coach education is starting to return to pre-pandemic levels which is a welcome development. The 9% increase in the number of Female Coaches certified over the last five years coupled with the significant increase in the numbers attending the Coaching Teenage Girls in Sport workshop and the various Women in Coaching initiatives delivered in 2022 are testament to the great work Sport Ireland has been doing in the area of Women in Sport.

A notable achievement for the Coaching Unit in 2022 was the validation of the Coach Development programme by QQI (Quality and Qualifications Ireland) as a Level 7 Certificate in Sports Coach Development aligned to the National Framework of Qualifications. The programme was delivered three times in 2022 to 66 learners across 25 different National Governing Bodies (NGBs). Learners who successfully complete the programme will gain 45 educational credits which they can use to access Further and Higher Education opportunities. This development significantly raises the profile of the Coach Developer programme both in Ireland and internationally and highlights Sport Ireland as the leader in Coach Developer training. Related to this, Sport Ireland Coaching developed and delivered the first ever European Coach Developer programme in Warsaw, Poland, during November/December last year.

The launch of the All-Island Physical Literacy Consensus Statement (AIP LCS) in October 2022 showcased Ireland as one of only three countries in the world and the first country in Europe to create, ratify and launch an all-island consensus statement on Physical Literacy. Physical Literacy is an important element in the National Sports Policy 2018-2027. We look forward to the roll-out of the AIP LCS in 2023 in the sports system and the benefits this will bring for individuals, society and the environment in providing the foundations for lifelong participation in physical activity.



Úna May

CEO, Sport Ireland

FOREWORD

Our Annual Report is an opportunity to reflect and shine a spotlight on what has been a busy and successful year for Sport Ireland Coaching.

2022 saw the welcome switch to more in-person coaching activity through coaching courses, coaching conferences and meetings. This return to near pre-pandemic activity levels has resulted in an increase in the number of courses approved and in the number of coaches certified.

The year's highlights have included:

- The Coach Developer programme, validated by QQI in 2022, saw three programmes delivered in 2022. One of these programmes was delivered to 25 FAI staff. This is part of an ongoing project with the FAI to train 84 of their Coach Educators as Coach Development Programme for Ireland (CDPI) Coach Developers over the next 18 months.
- Digital Certificates were introduced for coach & instructor awards. Any coach/instructor who successfully completes a CDPI accredited programme will now receive a digital certificate. This new development makes the certification process more efficient and cost effective.
- A series of four iCoachKids Coaching Conferences were hosted in partnership with the LSP network in Donegal, Sligo, Limerick and Waterford in conjunction with the European Week of Sport on four consecutive days from Thursday 1st September to Saturday 4th September. The events were very well received by coaches on the ground, with over 600 coaches attending.
- Sport Ireland Coaching supported several Women in Coaching events culminating in the Women in Sport Coaching Conference in December. Over 385 coaches registered for the conference.
- The Coaching Teenage Girls in Sport workshop continued to make a significant impact. Over 33 workshops were delivered in 2022 with 605 learners attending across a range of sports and the Local Sport Partnership Network. The Camogie Association continued to roll out the programme through its clubs and, jointly, we have completed research into the impact of the programme. The final report is due in 2023.

- Work progressed with our Project partners in several EU Erasmus+ funded Coaching Research & Innovation projects. With the European Coach Developer Academy (ECDA) project, the first ever European Coach Developer programme was developed and delivered by Sport Ireland Coaching in November/December 2022 in Warsaw, Poland. Twenty-two Coach Developers from 20 different countries attended the programme. Sport Ireland Coaching also hosted the kick-off meeting for the iCoachGirls project in Dublin.
- As part of the new quality assurance procedures for approving programmes under the CDPI, the Sport Ireland Education and Training Council approved the following programmes in 2022.
 - Horse Sport Ireland Level 1 Development and Performance Coach Awards.
 - Sport Ireland Coaching Officials Developer award.
 - Football Association of Ireland PDP 3 Coach Award (CDPI Introduction).
- On the international front we presented at several conferences including the Polish FA Educators conference, the Singapore Coach Education conference, the FAI Women's Football conference and the 5th International iCoachKids conference in Frankfurt.

Looking forward we will work with our partners to fully develop NGB coaching pathways from entry level through to high performance; continue the development and delivery of more training and learning opportunities and look to improve our technology and infrastructure for the benefit of the coaching community.



Michael McGeehin
Director, Sport Ireland Coaching





**SPORT
IRELAND**
COACHING



11,555 COACHES CERTIFIED IN 2022

40%
INCREASE
ON 2021

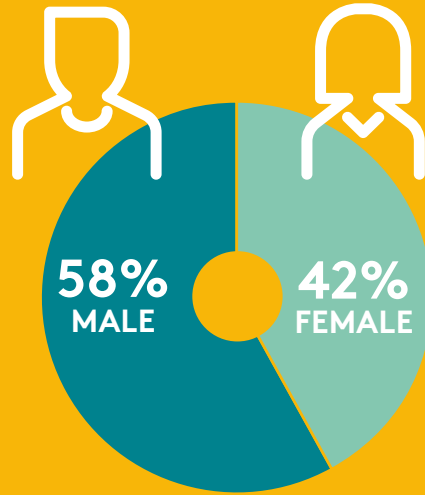


AVERAGE AGE

36
YEARS

AGE RANGE

16-80
YEARS



9% INCREASE IN FEMALE COACHES CERTIFIED OVER THE LAST 5 YEARS

10 OFFICIALS DEVELOPERS TRAINED

152 ATTENDED COACHING CHILDREN WORKSHOPS

66 COACH DEVELOPERS ATTENDED TRAINING FROM 25 NGBS

605 ATTENDED COACHING TEENAGE GIRLS WORKSHOPS

17 COACHING TEENAGE GIRLS TUTORS TRAINED

190 ATTENDED PHYSICAL LITERACY WORKSHOPS

25 COACH DEVELOPER ASSESSORS TRAINED



SPORT IRELAND COACHING IS A PARTNER IN 6 EU PROJECTS

SECTION 1: Coaches Certified

This section provides statistics on the numbers of coaches certified in 2022 as part of the Coaching Development Programme for Ireland (CDPI). Overall, 11,555 coaches were certified in 2022 (58% Male, 42% Female), a 40% increase on the number of coaches certified in 2021. The average age of coaches was 36 years and the age ranged from 16-80 years.

COACHES AND INSTRUCTORS CERTIFIED

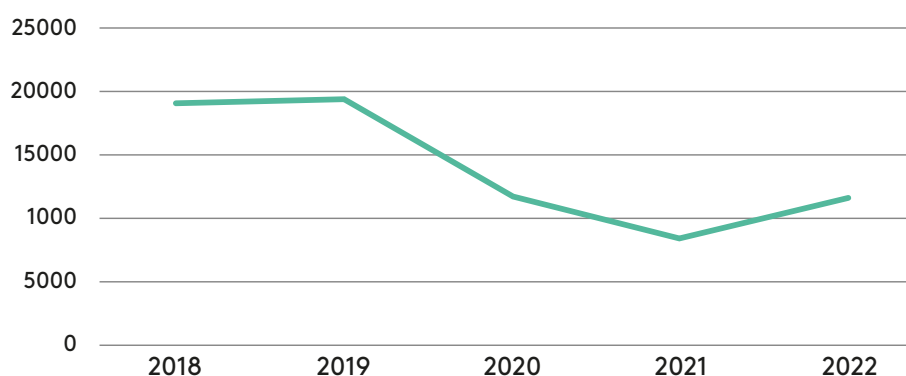
The number of coaches certified per CDPI level* is identified in Table 1 with 83% of coaches certified at Introduction level. There was a 97% increase in the number of Level 1 coaches certified in 2022 and a 432% increase in the number of Basic Instructors (when compared to 2021 figures). The number of Level 2 coaches certified was down by 48%.

Table 1: Number of Coaches Certified per CDPI Level (2022)

	Intro Coach	Level 1 Coach	Level 2 Coach	Level 3 Coach	Basic Instructor	Intermed Instructor	TOTAL
	Coach Framework				Instructor Framework		
No. Courses Approved	9625	1337	116	8	261	208	11,555
Comparison with 2021	+37%	+97%	-48%	-11%	+432%	-33%	

Figure 1 shows the trend in the number of coaches certified for the last five years. While the number of coaches certified has not yet returned to pre-pandemic levels, there has been a 40% increase in the number of coaches certified since 2021.

Figure 1: Number of Coaches Certified 2018-2022

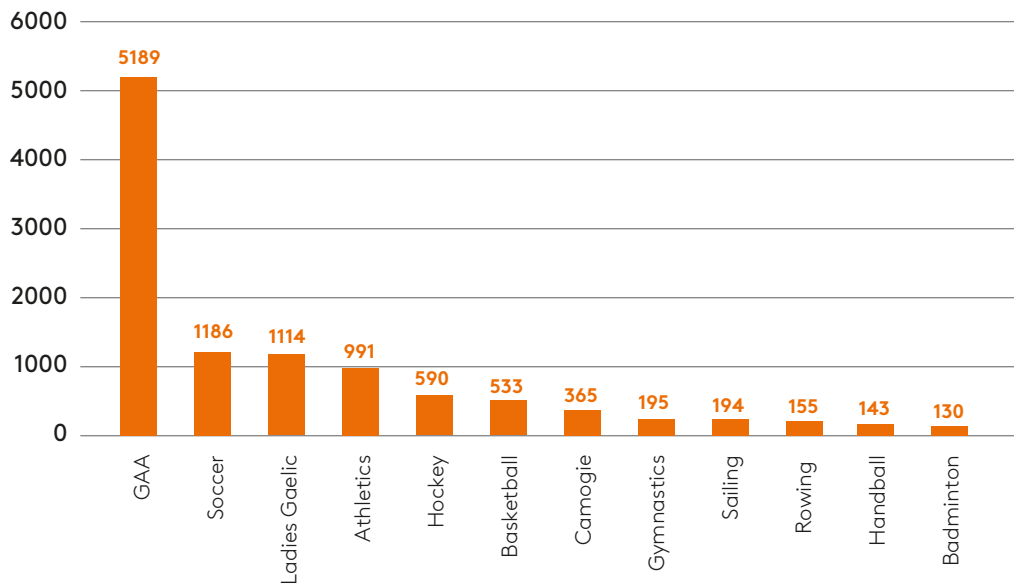


40%
increase in
number of
coaches
certified
since 2021

* The CDPI levels refer to two Frameworks that are included in the CDPI - the Coach Framework and Adventure Sport Instructor Framework. There are four levels in each framework - Introduction, Level 1, Level 2 and Level 3 in the Coach Framework and Basic, Intermediate, Advanced and Specialist Instructor in the Adventure Sport Instructor Framework.

The Top 12 NGBs for number of coaches certified in 2022 are identified in Figure 2.

Figure 2: Top 12 NGBs for Number of Coaches Certified in 2022



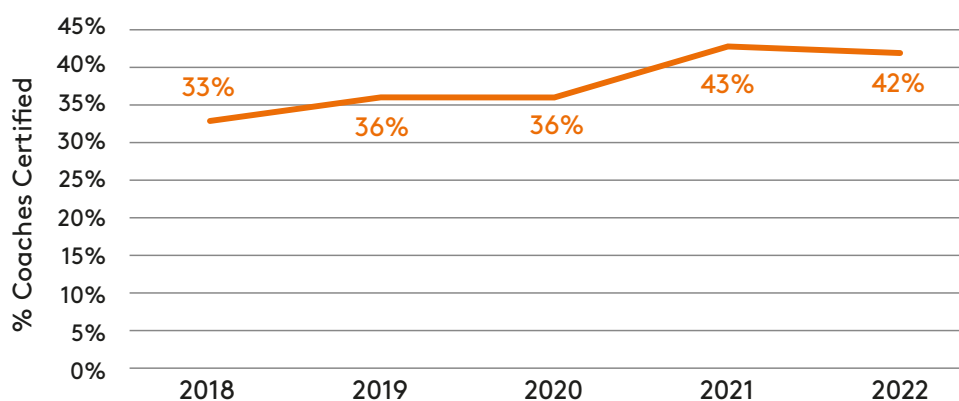
There were substantial increases for the Ladies Gaelic Football Association, Basketball Ireland, Irish Judo and Badminton Ireland while there were decreases for Cycling Ireland (-87%), Swim Ireland (-74%) and the Camogie Association (-58%), when compared to 2021 figures.

SECTION 2: Women in Coaching

This section provides statistics on the number of female coaches certified in 2022. Information is also provided on the spread of female coaches across CDPI levels and NGBs.

While there was a 1% drop in the number of female coaches certified in 2022 in comparison to 2021, the percentage of female coaches has increased by 9% over the last five years from 33% in 2018 to 42% in 2022 (Figure 3).

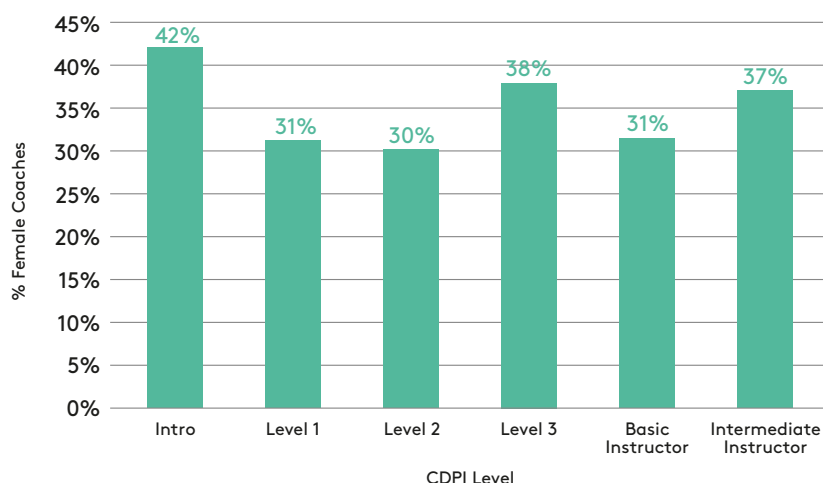
Figure 3: Percentage of Female Coaches Certified (2018-2022)



9%
increase
in female
coaches
certified
over last
five years

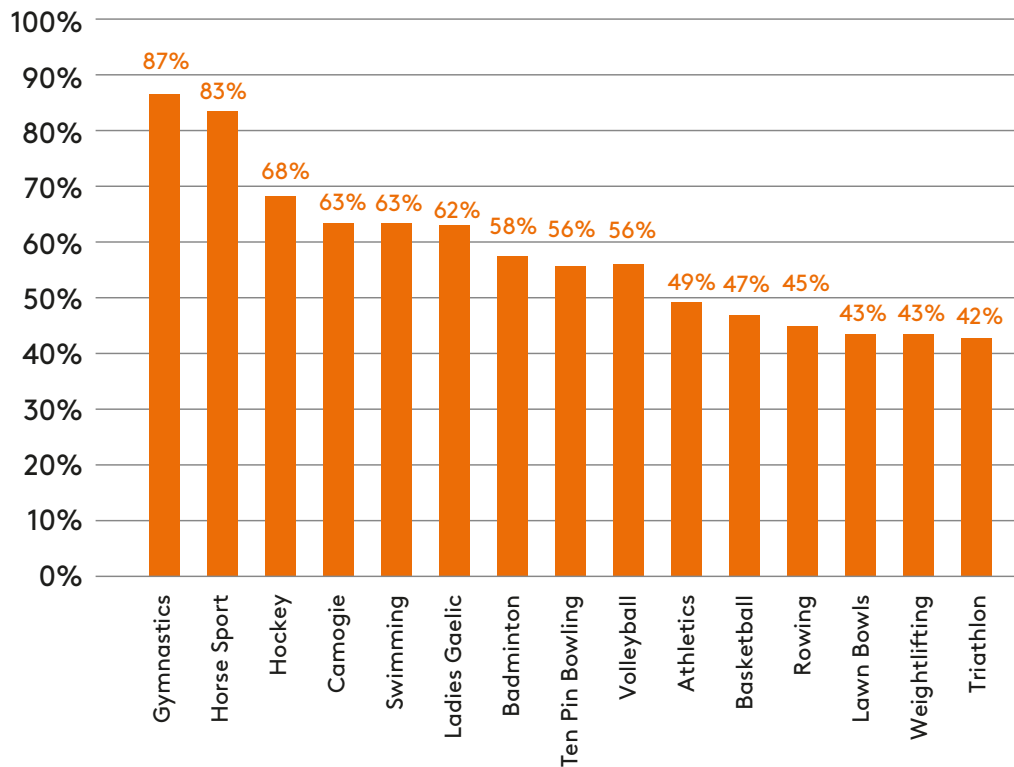
Figure 4 below shows the spread of female coaches across CDPI levels in 2022. The highest percentage of female coaches was at CDPI Introduction to Coaching level, which is the first level of coaching on the CDPI. The percentage of female coaches decreased at CDPI Level 1, Level 2, Basic Instructor and Intermediate Instructor levels but increased to 38% at CDPI Level 3, which is the highest coaching level on the CDPI.

Figure 4: Female Coaches per CDPI Level



The spread of female coaches across NGBs is demonstrated in Figure 5 with the highest percentage of female coaches in Gymnastics and Horse Sport. 87% of Gymnastics coaches and 83% of Horse Sport coaches certified in 2022 were females. The most even split of male:female coaches certified in 2022 was seen in Athletics with 49% of Athletics coaches certified in 2022 identified as female.

Figure 5: Female Coaches Certified across NGBs



SECTION 3:

Coaching Children, Teenage Girls and Physical Literacy

Sport Ireland Coaching coordinate the delivery of several different types of workshops for coaching children and teenagers. These workshops are mainly delivered through the Local Sports Partnership and NGB network and are available to coaches who want to learn more about the specifics of coaching children and coaching teenage girls in sport. The number of workshops delivered in 2022 is outlined in Figure 6 along with a comparison with 2021 figures. While the number of Physical Literacy workshops were down 43% and the Coaching Children workshops were down 26% on 2021 figures, there was a 50% increase in the number of Teenage Girls workshops and a new workshop for Coaching Young People in Sport was developed in 2022.

Figure 6: Coaching Children and Teenager Workshops 2022

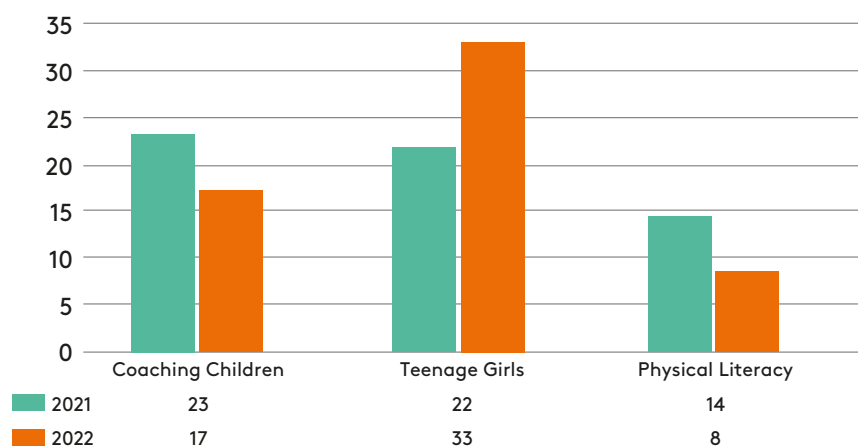
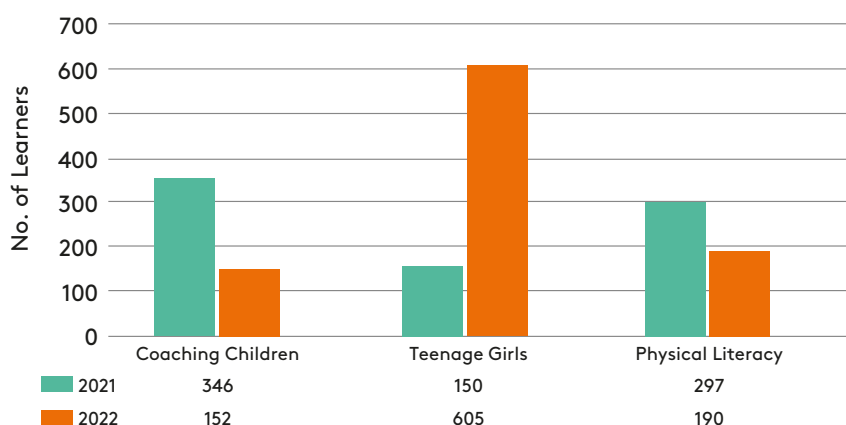


Figure 7 identifies the number of people attending Coaching Children, Teenage Girls and Physical Literacy workshops in 2022 as well as a comparison with 2021 figures. While there was a 56% and 36% reduction in the numbers attending Coaching Children and Physical Literacy workshops respectively (primarily due to less workshops delivered in 2022), there was a significant increase in the numbers attending Coaching Teenage Girls workshops.

Figure 7: Attendance at Coaching Children, Teenage Girls and Physical Literacy Workshops



300% increase in the numbers attending Coaching Teenage Girls workshops

SECTION 4:

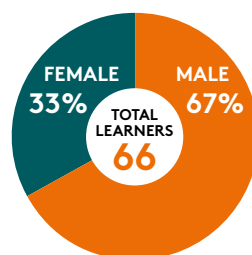
Coach Developer & Tutor Training

This section provides information on Coach Developer training and tutor training delivered in 2022.

COACH DEVELOPER TRAINING

1. Certificate in Sports Coach Development

The Coach Developer programme was validated by QQI in 2022 as a Level 7 Certificate in Sports Coach Development. The programme is aligned with the National Framework of Qualifications and is recognised as a Special Purpose Award worth 45 credits. There were three programmes delivered in 2022 to 66 learners across 25 different NGBs (67% Male, 33% Female). One of these programmes was delivered to 25 FAI staff who are involved in the delivery of coach education programmes. This is part of an ongoing project with the FAI to train 84 of their Coach Educators as CDPI Coach Developers (QQI accredited) over the next 12-18 months. There are three further Coach Developer programmes planned with the FAI in 2023.

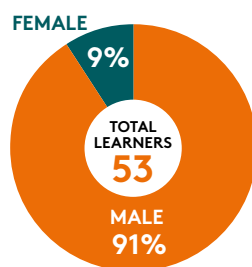


66
Learners

25
different
NGBs

2. Level 1 Coach Developer Training

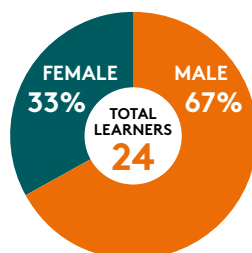
There were five Level 1 Coach Developer programmes delivered in 2022 with 53 learners attending the training from the GAA and Hockey Ireland (91% Male, 9% Female). Level 1 Coach Developers can deliver coaching programmes up to CDPI Level 1 standard. From 2023 onwards, Level 1 Coach Developer training will only be available to the GAA due to both the volume of Coach Developers that need to be trained in the GAA and the volume of coach education programmes the NGB delivers.



5
programmes

3. Continuous Professional Development for Coach Developers

Three Continuous Professional Development (CPD) workshops were delivered for Coach Developers in 2022 with 24 Coach Developers (33% Female, 67% Male) attending from 17 NGBs.



3
workshops

TUTOR TRAINING FOR COACHING TEENAGE GIRLS

17 Coach Developers/Tutors (82% Female, 18% Male) from seven different NGBs were trained to deliver the Coaching Teenage Girls workshop in 2022. The overall number of tutors trained for Coaching Children, Teenage Girls and Physical Literacy workshops was down 85% on 2021 figures as the focus was on the delivery of Coaching Teenage Girls workshops.

17 
Coaching
Teenage
Girls Tutors

OFFICIALS DEVELOPER TRAINING

10 learners (70% male, 30% female) from three NGBs attended Sport Ireland's first Officials Developer programme in 2022. These learners have some tasks they need to complete within their NGB before they will be certified. The Officials Developer programme was reviewed by Sport Ireland's External Programme Review Panel and approved by Sport Ireland's Education and Training Council. Sport Ireland are currently exploring the role it will play in supporting the development of Officials Developers in the sports sector.

10 
Officials
Developers

TRAINERS OF COACH DEVELOPERS

Coach Developer Trainer training was delivered to 14 GAA Trainers in 2022 to provide them with the necessary knowledge and skills to deliver the Sport Ireland Coaching new Level 1 Coach Developer training programme and to support the development of coaches in the GAA. This Level 1 Coach Developer programme was specifically created for the GAA due to both the volume of Coach Developers they need to train annually and the volume of coach education programmes they deliver.

14 
GAA Trainers

COACH DEVELOPER ASSESSORS

Twenty-five Coach Developer Assessors from 14 NGBs were trained in 2022 (20% Female, 80% Male). This was a 177% increase on the number of Coach Developer Assessors trained in 2021. A Continuous Professional Development (CPD) workshop was also delivered to existing Coach Developer Assessors with 33 learners attending from 20 NGBs, 20 more learners than 2021. Two additional CPD workshops were also provided to Coach Developer Assessors who were involved in marking learner results as part of the new Certificate in Sports Coach Development – 13 Coach Developer Assessors attended.


177%
Increase in
number of
Coach Developer
Assessors trained

SECTION 5:

Other Education and Training Delivered

Sport Ireland Coaching delivered other types of education and training in 2022. These are outlined in Table 2.

Table 2: Other Education & Training Delivered by Sport Ireland Coaching in 2022

Type of Training	Who Attended
European Coach Developer Academy (ECDA) Coach Developer programme: This was developed and delivered by Sport Ireland Coaching in Warsaw, Poland	22 people involved in coach development from 20 different countries (28th November - 3rd December 2022)
Introduction to Coach Development workshop (info on Coach Developer training and role of Coach Developers in NGBs)	NGB Coach Development Managers
Role of Coach Developers in the regulation of Polish Sport	Polish Institute of Sport and the Polish Government employees (June 2022)
Conferences	
Keynote Address: <i>Coach Developer - It's Who We Are and What We Do</i>	Delegates at FAI Women's Football Conference (2nd April 2022)
Keynote Address: <i>Supporting High Performance Coaches</i>	Delegates at Female Coaches Networking Conference (6th January 2022)
Keynote Address: <i>Training Coach Developers in Ireland</i>	Delegates at the Polish Football Educator's Conference (27th November 2022)
Keynote Address: <i>Non-Formal Coach Development</i>	Delegates at the Singapore Coach Education Conference (19th December 2022)

SECTION 6:

Key Milestones in 2022

This section identifies key milestones for Sport Ireland Coaching in 2022. For key milestones specifically related to Coaching Children, Teenage Girls and Physical Literacy, please refer to Section 7.

- 1. CDPI Review:** Work continued in 2022 on Phase 2 of the Coaching Development Programme for Ireland (CDPI) review. The principles supporting the CDPI were developed and the components of the new CDPI were outlined, namely the structures and frameworks that will be used to develop and support coach education in Ireland. This work will continue in 2023 and is expected to be completed by early 2024
- 2. Digital Certificates:** Digital certificates were introduced for coach and instructor awards in 2022. Any coach/instructor who successfully completes a CDPI accredited programme will now receive a digital certificate. This new development makes the certification process more efficient, environmentally friendly and cost effective by eliminating postage costs associated with physical certificates and time spent by NGBs printing coaches' names on certificates.
- 3. Programme Approval:** As part of the new quality assurance procedures for approving programmes under the CDPI, the **Sport Ireland Education and Training Council** approved the following programmes in 2022.
 - a. Horse Sport Ireland Level 1 Development and Performance Coach Awards
 - b. Sport Ireland Coaching Officials Developer award
 - c. Football Association of Ireland PDP 3 Coach Award (CDPI Introduction)

Each of these programmes were also reviewed by Sport Ireland's new **External Programme Review Panel** prior to approval by the Education and Training Council. The purpose of these new procedures for approving CDPI programmes is to provide external validation on the decision to include awards on the CDPI; to support the standards in the CDPI; and to ensure consistency and transparency across awards.

- 4. Recognition of Prior Learning:** Tutors and Coach Developers who were certified prior to 2022 and who wish to get the new QQI-validated Certificate in Sports Coach Development award can apply for Recognition of Prior Learning (RPL) through Sport Ireland's new RPL process for Coach Developers, which was developed in 2022. This will enable learners to get a Coach Developer qualification which is recognised on the National Framework of Qualifications and worth 45 educational credits, which can be used to access Further and Higher Education opportunities.
- 5. International Coach Developer Framework:** Sport Ireland Coaching continued their involvement in the revision of the International Council for Coaching Excellence (ICCE) Coach Developer Framework. The revised framework will be published in early 2023.

- 6. Women in Coaching:** Sport Ireland Coaching were involved in several initiatives for Women in Coaching in 2022 including
- Webinar called 'Respect and Allyship – How Can Everyone Play a Role and Can You Be an Ally when it Comes to Women in Coaching and Officiating?' The aim of the webinar was to encourage more women into coaching and officiating. Speakers included Sue Ramsbottom, Niamh Buffini, Clíodhna O'Connor and Adrian Byrne. 130 people registered for the webinar (10th March 2022).
 - Elite Women in Sport Workshop (12th March 2022): This was a collaboration between Sport Ireland Coaching, Women in Sport and the High Performance Unit to support, encourage and empower elite women involved in Olympic sports. There were a variety of sports represented from Martial Arts to Pentathlon, Rowing, Athletics and Triathlon.
 - Women in Sport Coaching Conference (3rd December 2022): Sport Ireland Coaching contributed to the organisation of the Women in Sport Coaching conference. Over 385 coaches registered for the conference. The new Women in Sport Coaching Toolkit was disseminated at the conference as well as three case studies based on the Coaching Teenage Girls Camogie Research Project.
- 7. Coaching People with Disabilities:** In conjunction with CARA, work continued on the development of an e-learning resource that can be used by NGBs as part of their coach education awards and as a CPD opportunity for qualified coaches. CARA developed a new learning management system in 2022. The eLearning materials will be completed in 2023.
- 8. Coach Developer Programme Board:** A Programme Board was established for the Certificate in Sports Coach Development award. This Programme Board will monitor the implementation of the Coach Developer programme and consider issues affecting the programme. The Board is made up of key people involved at all levels of the programme from the Programme Lead Officer to the Trainers, Assessors and Administrators. A Coach Developer is also on the Board as a learner representative. The Board was appointed by the Sport Ireland Education and Training Council and will report to the Council. The Board was established in line with Sport Ireland's Quality Assurance Policies and Procedures that were approved by QQI in 2019 when Sport Ireland was recognised by QQI as a Training Provider.
- 9. Sport Ireland Coaching Website:** Work started in 2022 on reviewing the Coaching Unit section of Sport Ireland's website to make it more user-friendly and to ensure that useful information is provided to help individuals involved in various aspects of coach education from NGB Coaching Officers to Coach Education Programme Developers, Coach Developers and coaches. Work will continue on the website in 2023.

SECTION 7:

Key Milestones for Coaching Children, Teenage Girls and Physical Literacy

Sport Ireland Coaching continued their involvement in 2022 in the area of Coaching Children, Teenage Girls and Physical Literacy. A brief summary of this work is included below:

- 1. All-Island Physical Literacy Consensus Statement:** The All-Island Physical Literacy Consensus Statement (AIPLCS) was launched by the Ministers for Sport and CEOs of Sport Ireland and Sport Northern Ireland in October 2022. Ireland is one of three countries (the others being Canada and Australia) in the world and the first country in Europe to create, ratify and launch a National Physical Literacy Consensus Statement. The development of Physical Literacy is recognised globally as a determinate of a person's decision to be physically active throughout their life. Physical literacy provides the foundations for lifelong participation in physical activity and the associated multi benefits for the individual, society and the environment. Physical Literacy is an important element in the National Sports Policy 2018-2027 and will also be included in the new Sport Ireland Strategy 2023-2027. Physical literacy and the AIPLCS will be rolled out in 2023 through staff training for those involved in the sports system, dissemination and briefings to NGBs, LSPs and local councils and a national conference.
- 2. Physical Literacy Module:** The Physical Literacy module was redeveloped in line with the AIPLCS and the research findings. The redeveloped module contain the definition of Physical literacy as defined by the consensus statement. The re-developed module were piloted with tutors and Coach Developers in 2022.
- 3. iCoachKids:** As well as the iCoachKids+ EU project identified in Section 6, there were several other developments in the area of coaching children in 2022:
 - a) Global Committee/Movement:** This committee which is part of the International Council of Coaching Excellence (ICCE) continues to oversee the impact of the iCoachKids Global Movement. It is chaired by Sport Ireland Coaching. The Global Movement was supported in 2022 through projects/webinars with South Africa, Israel, Special Olympics International and Safe Sport International.
 - b) iCoachKids Regional Coaching Conferences, Ireland:** A series of four iCoachKids coaching conferences were hosted in conjunction with the Local Sport Partnership network in Donegal, Sligo, Limerick and Waterford and European Week of Sport on four consecutive days from Thursday 1st September to Saturday 4th September. Two international iCoachKids speakers presented, Sergio Lara-Bercial and Nicolette Schiffer van Veldhoven. The events were very well received by coaches on the ground, with over 600 coaches attending. An evaluation report from the conferences was also developed.

c) iCoachKids 6th International Conference: Sport Ireland made a significant contribution to the organisation of the 6th iCoachKids international conference in Frankfurt, Germany. The event was attended by over 250 participants in-person and 700 online. The presentations are available to view on the iCoachKids YouTube channel https://www.youtube.com/watch?v=W1sq_q1U-Ak&t=833s - Sport Ireland contributed specifically by providing presenters for opening/closing remarks, keynote speakers and two workshops. A third workshop was delivered by Dublin GAA.

d) GAA: The GAA is customising three of the iCoachKids Massive Open Online Courses (MOOCs) from the initial iCoachKids project.

7. Coaching Teenage Girls: The Coaching Teenage Girls in Sport workshop continued to make a significant impact. Over 33 workshops were delivered in 2022 with 605 learners attending across a range of sports and the Local Sport Partnership Network. The resources for workshop delivery and coach supports were also revamped. A further 17 tutors/Coach Developers were trained from 7 NGBs in October 2022.

A research project was conducted with Camogie to see if the Coaching Teenage Girls in Sport workshop achieved its intended outcomes of changing the knowledge, attitudes and beliefs of camogie coaches for coaching teenage girls. The research also examined how effectively the workshop reflects current teenage girls experiences in sport as well as the effectiveness of the tutor training provided to those who deliver these workshops. The research was conducted in partnership with the Camogie Association and the report is due for publication in 2023. Other outputs from the research project included three case studies and Tips for Coaching Teenage Girls which were printed and disseminated at the Women in Sport Coaching Conference in December.

8. Positive Sport Parents Project: This project continued in 2022 and involves the development of materials (manual and web-based) and three workshops for parents, coaches and clubs to positively support children/young people in sport and physical activity. The materials will be used by clubs, schools and community groups. Planning for the delivery of the three workshops with 10 clubs is expected to roll out in 2023. The project will finish in 2023.

SECTION 8:

Coaching Research & Innovation

Sport Ireland Coaching were involved in several Coaching Research & Innovation projects in 2022. A brief description of each project is provided below.

- 1. PEAK Project:** The PEAK (Policy, Evidence and Knowledge in Coaching) project was an international project under the leadership of the International Council of Sport Science and Physical Education aimed at developing coaching policy recommendations for use by sport federations, coaching bodies and governments. The project partners included 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. The project was a three-year project and finished in January 2022. All intellectual outputs are available on <https://www.peak-coaching.eu.com>
- 2. European Coach Developer Academy:** Sport Ireland Coaching continued their involvement in this Erasmus+ funded project for a European Coach Developer Academy. The first ever European Coach Developer programme was developed and delivered by Sport Ireland Coaching in November/December 2022 in Warsaw, Poland. Twenty-two Coach Developers from 20 different countries attended the programme. Sport Ireland Coaching also hosted one of the project meetings in Dublin in October 2022.
- 3. iCoachKids+ Project:** This Erasmus+ project was completed in 2022 and was aimed at enhancing participation in sport and decreasing dropout in children aged 13-18 years. Sport Ireland Coaching contributed to the generation of two Massive Online Open Courses (MOOCs) through the filming of videos and producing study guides:
 - a. MOOC 4: Maximising Sport Participation and Engagement in Youth Sport
 - b. MOOC 5: Developing Effective Talent Environments
- 4. iCoachGirls Project:** Sport Ireland Coaching are co-leading this two-year project with the International Council for Coaching Excellence (ICCE). iCoachGirls aims to promote and increase physical activity and sport amongst primary school 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 first meeting was hosted in the Sport Ireland National Indoor Arena in September.
- 5. Green Audit for Sport and Fitness Clubs:** Sport Ireland Coaching are involved in this two-year Erasmus+ project (2022-2023) that aims to develop a Green Audit tool for fitness and sport stakeholders. This tool will help European fitness and sports clubs to assess their environmental impact and identify key areas for improvement to reduce their carbon footprint. Other partners involved in this project include EuropeActive (Belgium), Nordic Sustainability (Denmark), Portugal Activo (Portugal), Ingesport/GO Fit (Spain), SportCity (Netherlands) and Deutscher Industrieverband für Fitness und Gesundheit (Germany).

6. EduPass Project: This project will give insights into coach education in the higher education sector. The project focuses on educational programmes for educators (active in non-formal settings) and coaches (active in informal settings in sport clubs) preparing for the delivery of positive physical activity experiences for participants in sport. The project will provide a general approach to the education and training of PE educators and coaches, whilst allowing an adaptation to national/regional contexts and/or different phases of education and training. Project meetings were held in Luxemburg and Seville in 2022.

- 7. Coaching Children and Teenage Girls Research:** Sport Ireland Coaching were involved in three different types of coaching research projects in Coaching Children and Teenage Girls in 2022.
- a. Coaching Teenage Girls in Camogie Research Project: This project was a collaboration between Sport Ireland Research and Evaluation and the Camogie Association and involved validating the Coaching Teenage Girls workshop and resources via Camogie Coach Developers, coaches and teenage camogie players. The report will be published in 2023.
 - b. iCoachKids+ Dropout Research: Enhancing Youth Sport Participation in the EU: Rates, Motivations, Barriers and Ways Forward. This research will be published in 2023.
 - c. iCoachKids+ Talent Development Environments: Beyond Performance: Guidelines for the Development of Effective Holistic Talent Development Environments. This research will be published in 2023.

SECTION 9: NGB Awards

This section identifies new NGB awards developed or under development in 2022 and provides information on CDPI awards under review.

Table 4: New CDPI awards developed in 2022

CDPI Level	NGB Awards
Introduction	FAI Youth Introduction to Coaching (PDP 3)
	Triathlon Ireland Tri Leader
Level 1	Underwater Hockey Coach (Diving Ireland)
	Squash Level 1 Coach

Table 5: Existing CDPI Awards Reviewed in 2022

CDPI Level	NGB Awards
Level 1	Horse Sport Ireland Level 1 Development and Performance Coach Awards

Glossary of Terms

Coach: A person who helps train people who want to participate in sport and physical activity at a competitive level.

Coach Developer: A Coach Developer is an experienced coach who develops and supports coaches in their sport. Coach Developers typically deliver formal coach education courses within a NGB as part of the CDPI and provide support to coaches in non-formal contexts.

Coach Developer Assessor: A Coach Developer Assessor is an experienced Coach Developer who facilitates the development of Coach Developers and assesses Coach Developer competencies.

Coaching Development Programme for Ireland (CDPI): The CDPI is an all-island programme that facilitates and supports the development of coaching and coach education on the island of Ireland. The programme is managed by Sport Ireland Coaching and operates in partnership with National Governing Bodies and other key agencies involved in sport. The CDPI consists of three 'Frameworks' which set out common core knowledge and competencies for coaches, instructors and leaders working across different sports, activities and environments. [Programme Development | Sport Ireland](#)

Instructor: A person who instructs people to participate in sport and physical activity at a recreational level. An instructor facilitates skill development to allow independent participation in the activity or participation under minimal supervision.

Leader: A Person who leads or guides participants in a sport or physical activity at a recreational level. A Leader equips participants with the skills and knowledge to allow safe participation in the sport/activity. A Leader does not develop participants skills and knowledge to allow independent participation in the activity.

Officials Developer: An Officials Developer is an experienced official who develops and supports sports officials in an NGB. Sports Officials include referees, lines people, umpires, judges, scorekeepers etc.

Trainer of Coach Developers: A Trainer of Coach Developers is an experienced Coach Developer who is involved in the development and support of Coach Developers in a NGB.

Tutor: A tutor delivers workshops and training in specific targeted coaching areas such as coaching children, teenagers and physical literacy.

