



Welcome to
Clones Town F.C.

CLONES TOWN

Coaching Resource





Introduction

– Why providing our Coaches with this resource?

Clones Town Football club are fully committed to providing a football to everyone in the community, regardless of background, gender, age or ability.

To ensure our club provides a fun enjoyable experience that supports the development of all players, we want to assist our coaches in delivering this.

Through developing this coaching resource, the club are supporting coaches by providing important information around coaches' code of conduct, first aid and FAI Coaching Pathway.

This resource also will include some coaching tips but most importantly will provide the structure for all coaches to plan, deliver, monitor and record for all training and matches throughout the year.

Brief History of Clones Town

Association Football (soccer as we know it), first came to Clones in 1876 but according to records, there were no league structures to affiliate to in the area and Clones looked to Fermanagh, Tyrone, and Armagh for friendly games.

The actual formation of the club is believed to have been through workers from the Great Northern Railway which arrived in Clones in 1858. It is therefore ironic that if those same workers could come back today and

look up to the hill behind the site of the former Railway Station, they would see their club now has two playing pitches, one a full international sized senior pitch and a complimentary standard juvenile pitch, on top of it at Carn, Clones and are the highest level football grounds in Ireland at 85m above mean sea level.

As Clones played in numerous league structures because there was no league structure in the North East region, its name has changed as it entered the different leagues, with examples being, Clones FC, Clones Eire Ogs, Clones Red Hands, Clones Celtic, Clones United, Clones Town FC, and many other names used. Indeed the Fermanagh and Western League Mercer League Division 1 records in 1910/11 season show a team called Clones Celtic winning that competition.

The club undoubtedly had many successes over the years, for example in the 1970's, the Coffey Cup, Cavan/Monaghan League, the Top 4 competition, The League Cup, The Steadfast Cup (Carrickmacross Tournament), the Drifter Cup (Cootehill Tournament) were all won while the club won the Louth and District League in 1977 and 1979. In 1980/81 the club entered and won the Ulster Cup beating Quigley's Point Swifts in Letterkenny in a replay after the first game finished 2-2. In 1982 the club reached the quarterfinals of the FAI Junior Cup where they were beaten by St Francis FC who went on to win it. In 1989/90/91 the club won the Meath and Louth District Division 1, League Cup and Challenge Cup ('91- treble) and then returned to the Cavan/Monaghan League and in 1991/92 which they won once again. The Club compete in the Monaghan/Cavan League (Seniors) and Cavan Monaghan Underage League (Juveniles) and currently has a membership of 272.

Club Committee/ Contacts

Chairperson:	John Reavey
Secretary:	Seamie Sewell
Treasurer:	Mairead Mc Cabe
PRO / coaching coordinator:	Dean Mc Elroy
Child protection officer:	Nuala Mc Bride
Asst. Chairperson:	Eamonn o Reilly
Asst. secretary:	David Gibson
Committee Member:	Ronan Mc Donald
Committee Member:	Leo Rooney
Club Email Address :	Clonestownfc130@gmail.com
Club Website:	www.clonestownfc.ie
Facebook Page:	https://www.facebook.com/clones.town.9/



Coaches Code of Conduct

On and off the field, I will:

- Always show respect to everyone involved in the game
- Stick to the rules and celebrate the spirit of the game
- Encourage fair play and high standards of behaviour
- Always respect the Referee and encourage players to do the same
- Never enter the field of play without the referee's permission
- Never engage in, or tolerate offensive, insulting or abusive behaviour
- Be aware of the potential impact of bad language on others
- Be gracious in victory and defeat
- Respect the facilities home and away

When working with players, I will:

- Place the well-being, safety and enjoyment of each player above everything
- Never tolerate any form of bullying
- Ensure all activities are suited for the players' ability and age
- Work with others (e.g. officials, doctors, welfare officers, physiotherapists) for each player's best interests



League Rules

Club Mark



In July 2021, Clones Town FC were awarded the new FAI Club Mark award.

The FAI Club Mark is an award for grassroots clubs based on best practice in the governance, management and administration of a club off the pitch. To achieve the award a club must complete a list of criteria that fall under the headings of:

1. Governance and administration
2. Players and Coaching
3. Clubs with underage players Clubs are assisted through each part of the process by supporting documents and club meetings.

The FAI Club Mark aims to:

- ✓ Establish operating standards for football clubs.
- ✓ Provide clubs with a road map to achieve those standards.
- ✓ Support clubs on their journey.
- ✓ Reward clubs for achieving and maintaining high standards.
- ✓ Provide recognition to clubs for their commitment and achievements.
- ✓ Increase club's capacity to operate effectively and grow football in communities throughout Ireland.

Sport Inclusion Disability Charter



Clones Town are a fully inclusive club, open to all abilities and in June 2020, signed up to the National Sports Inclusion Disability Charter.

The charter asks clubs to ensure their activities are inclusive for people of all abilities, focusing on:

Openness - Be Open to and understanding of all people with disabilities

People - Access training for coaches to facilitate inclusion of people with disabilities

Activities - Develop and deliver inclusive activities

Facilities - Review facility/venue/equipment to make more accessible

Promotion - Promote the inclusive nature of our activities in various formats



Cardiac Arrest Response

1. For a patient in cardiac arrest the most important factors are early CPR and early defibrillation
2. Chain of Survival – 1,Early access, where the emergency call is made(999/112). 2.Early CPR. 3. Early defibrillation. 4 Early Advanced care- EMS arrives
3. CPR is a combination of 30 chest compressions and 2 rescue breaths (1 each second)

A crucial piece of equipment is mouth to mask device.

CPR Should only cease when:

- More experienced help arrives
- Patient comes around
- You are physically unable to continue

Airway is opened using the head – tilt- chin lift manoeuvre

CPR is always conducted on a firm, flat surface.

4. Most common rhythm in cardiac arrest is centricular fibrillation and most effect treatment is defibrillation.
5. Automated external defibrillator should only be used when patient is unresponsive and not breathing. If patient not breathing open the airway and begin rescue breaths. Chest compressions should be performed over the centre of the chest at a rate of 100-120 per minute – same for infant/child. If chest is wet wipe dry and remove anything that may impede placement of pads. For an infant place one pad on front of torso and one on the back.
6. When the AED give “Shock Indicated” you must ensure that no one is touching the patient while pressing the shock button. After 1st shock is delivered AED will advise to continue CPR. If no shock indicated

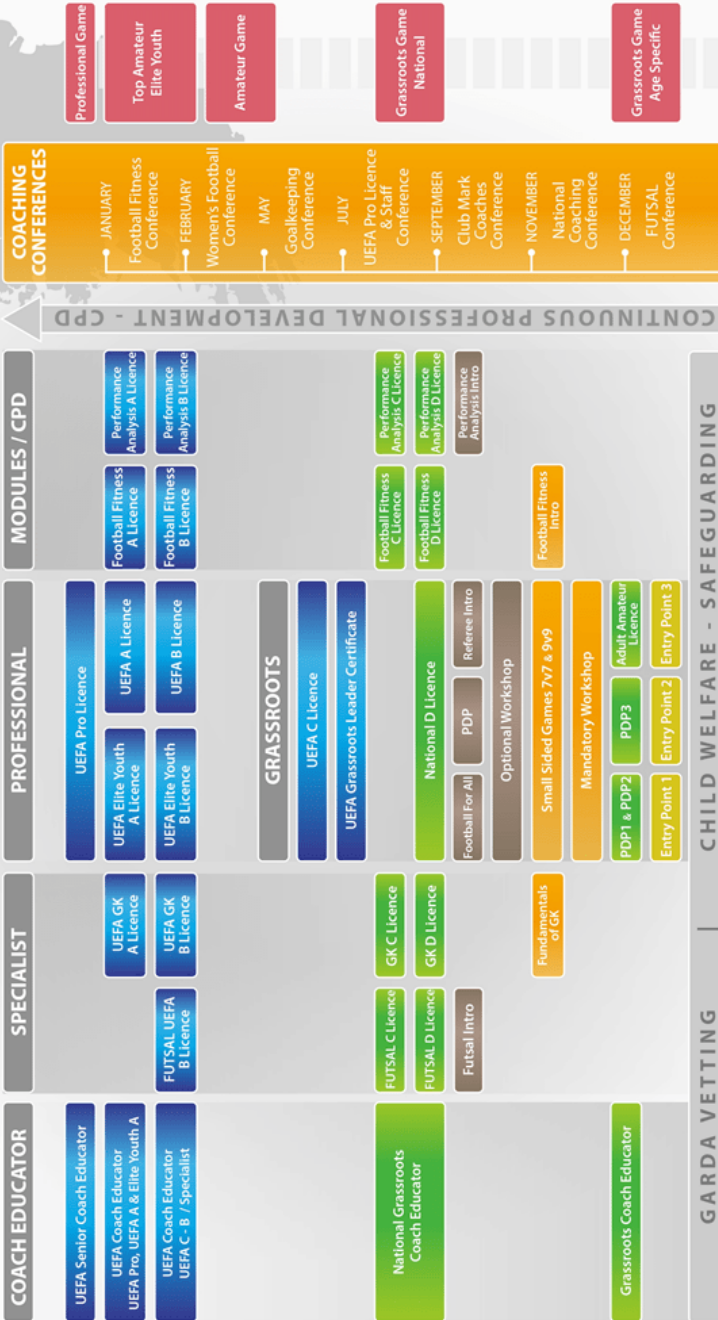
- perform CPR for 2 minutes and then AED will reanalyse patient.
7. Defibrillation is the delivery of an electric shock through the patient's heart. Most common cause of AED failure is poor maintenance.
 8. A pacemaker is identified by a hard lump under the skin of the chest, about the size of a small box of matches. If you notice this on a patient, place the pads about one inch away from the lump (usually left side)
 9. Signs/Symptoms of Heart Attack: Chest pressure/crushing vice like pain, shortness of breath, sweating, nausea. Pain in the jaw which may radiate to the left arm or around the back
 10. For partial airway obstruction, encourage patient to cough



Coach Education Pathway 2021 - 2025



HIGH PERFORMANCE
EVOLVE | EXCEL | INSPIRE



#realitybasedlearning
#lifelonglearning
#learner-centredapproach

@FAICoachEd f @FAICoachEducation

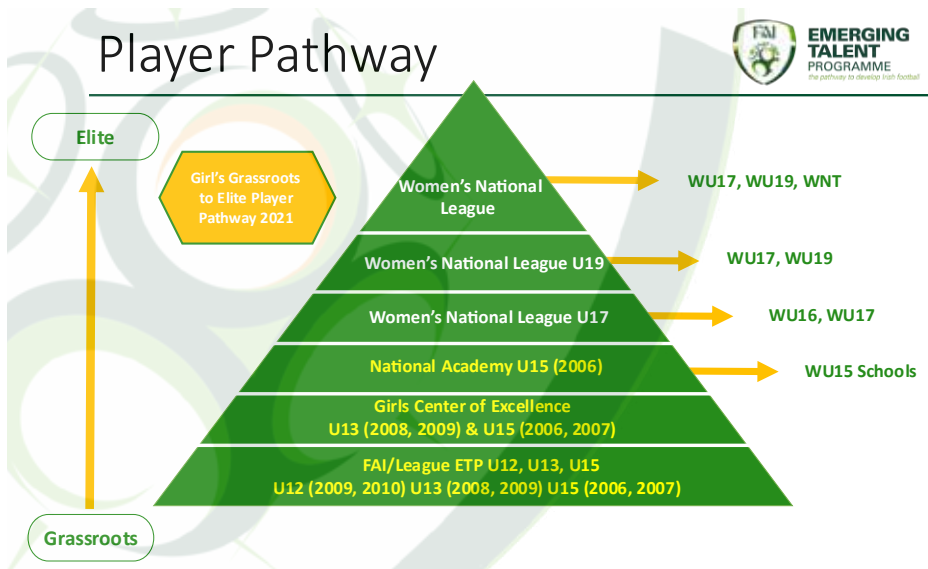
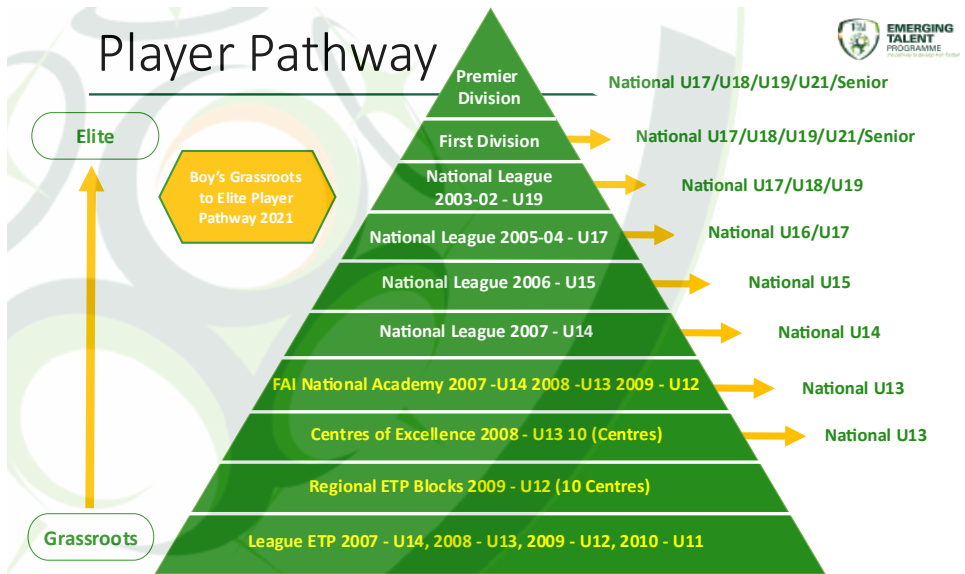


www.fai.ie



#realitybasedlearning
#lifelonglearning
#learner-centredapproach

FAI Player Development Pathway



Squad List

No.	Name	Position	D.O.B.	Notes
1				
2				
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Training Attendance Record Sheet: _____

No.	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14
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Coaching Points

<p>Passing</p> <ul style="list-style-type: none"> • Approach the ball • Use the middle of the foot and lock your ankle • Strike through the centre of the ball • Play through the ball – Follow through 	<p>Running with the Ball</p> <ul style="list-style-type: none"> • Play the ball with laces • Keep the ball out from under your feet • Take few touches on the ball • Accelerate with your head up • End product (pass, shot, cross)
<p>Dribbling</p> <ul style="list-style-type: none"> • Keep the ball close to your feet • Observe what is around you • Change of direction – disguise • Change of pace – accelerate away • End product? (pass, shot, cross) 	<p>Heading</p> <ul style="list-style-type: none"> • Get in the line of the flight of the ball • Decision on direction of the ball • Keep your eyes on the ball • Keep your mouth closed • Head top half of the ball (attacking) • Head the bottom half of ball (defending) • Arch your back and use neck muscles to get power
<p>Ball Control</p> <ul style="list-style-type: none"> • Get in the line of the ball • Decision on what surface of control • Present the surface of the ball • Use a soft touch • Control the ball and move away into space 	<p>1 v 1 Defending</p> <ul style="list-style-type: none"> • Close down the space and be 1-2 steps away from attacker • Be patient and don't dive in • Force the attacker onto their weaker foot • Keep your eye on the ball • Win the ball with confidence when the time is right

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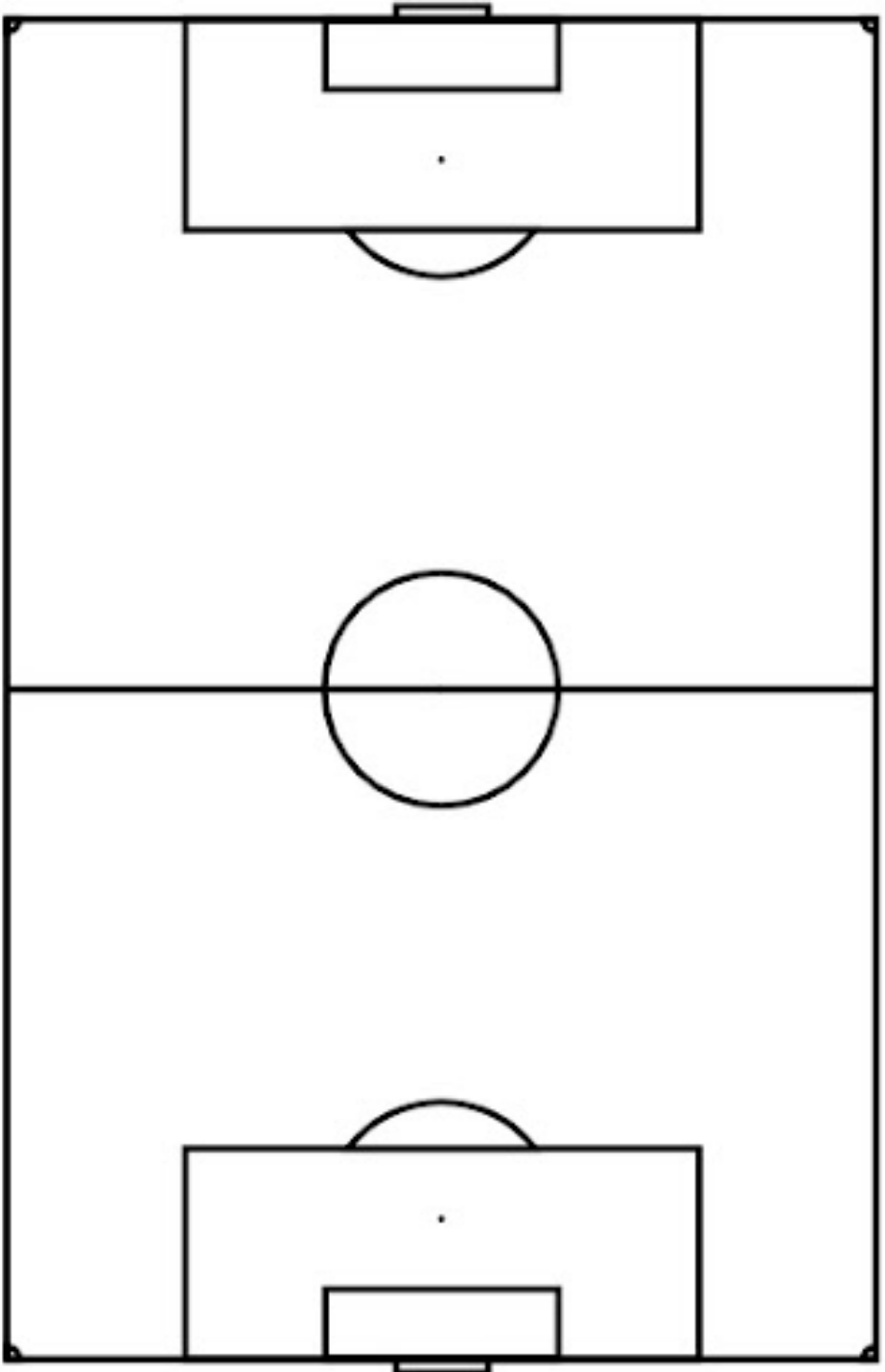
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Main Activities: (Including Progressions)

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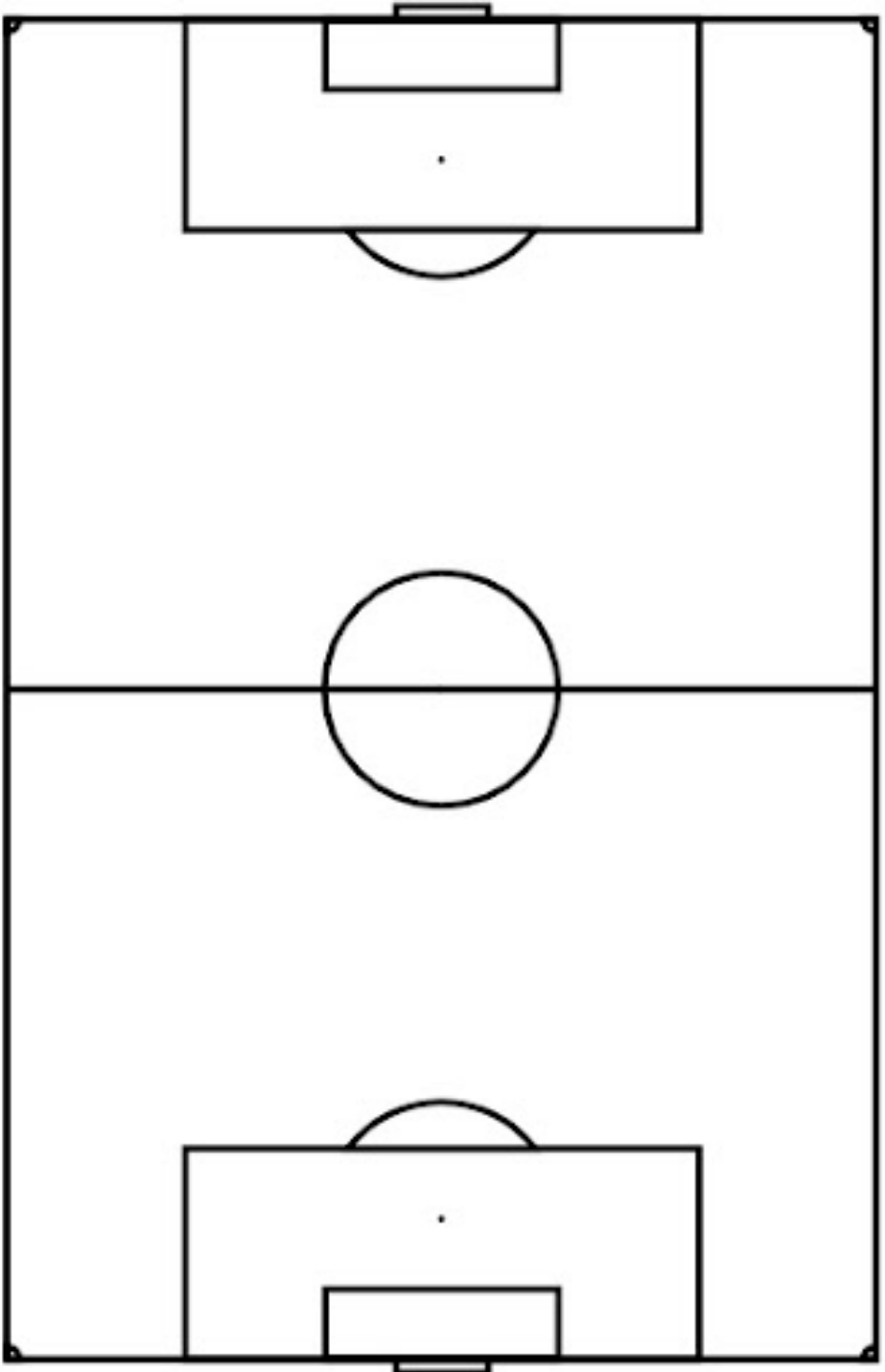
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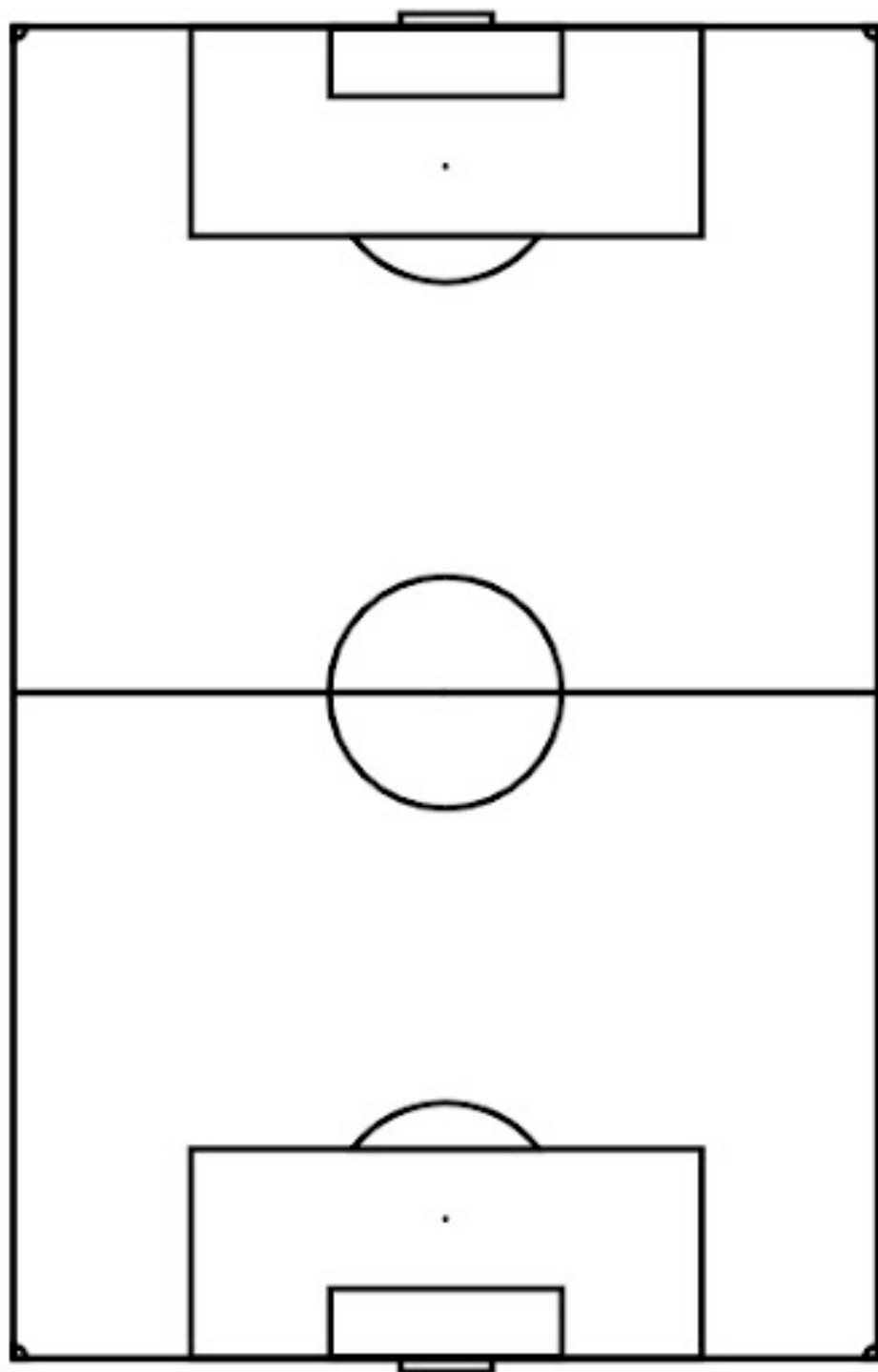
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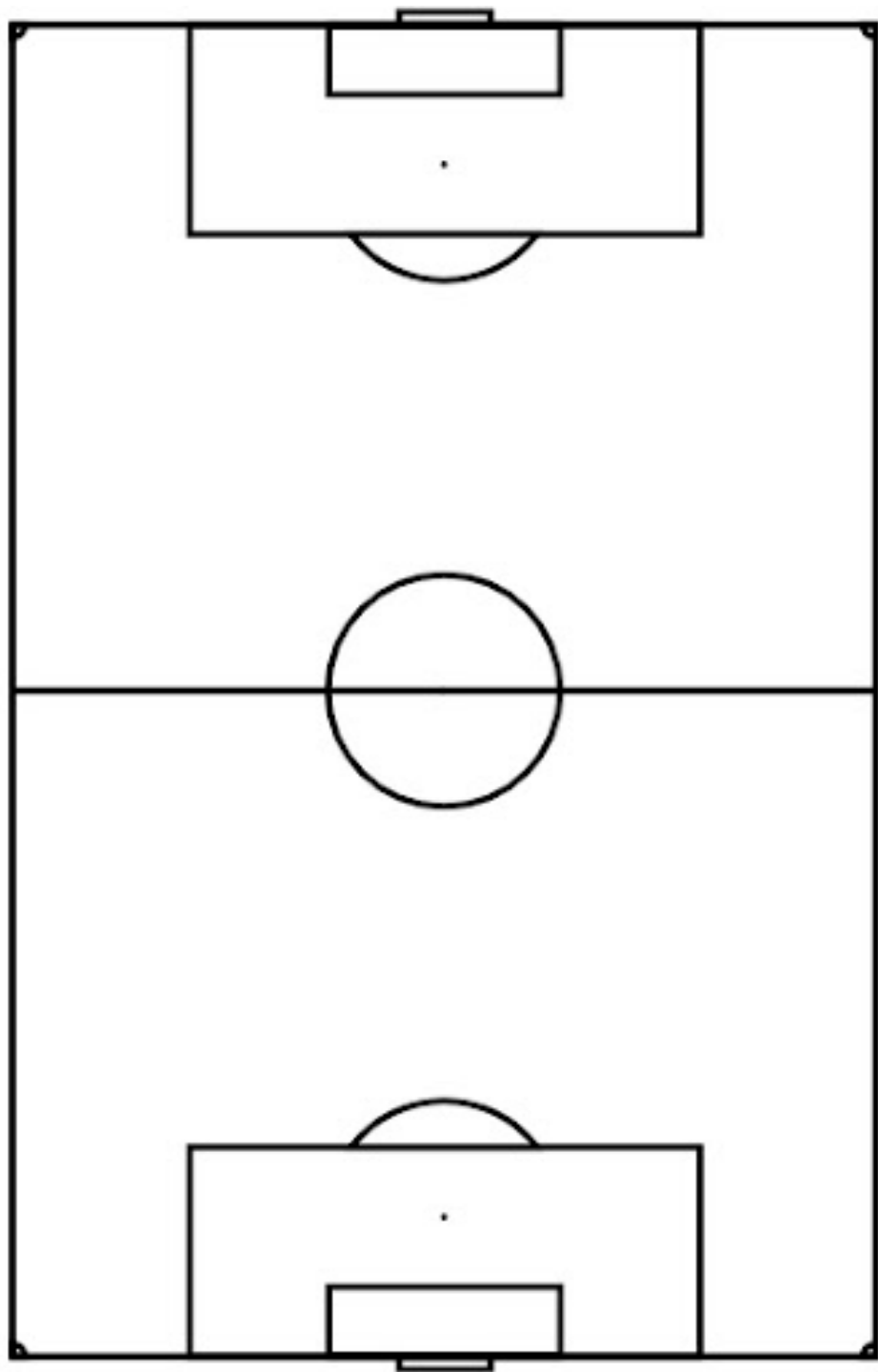
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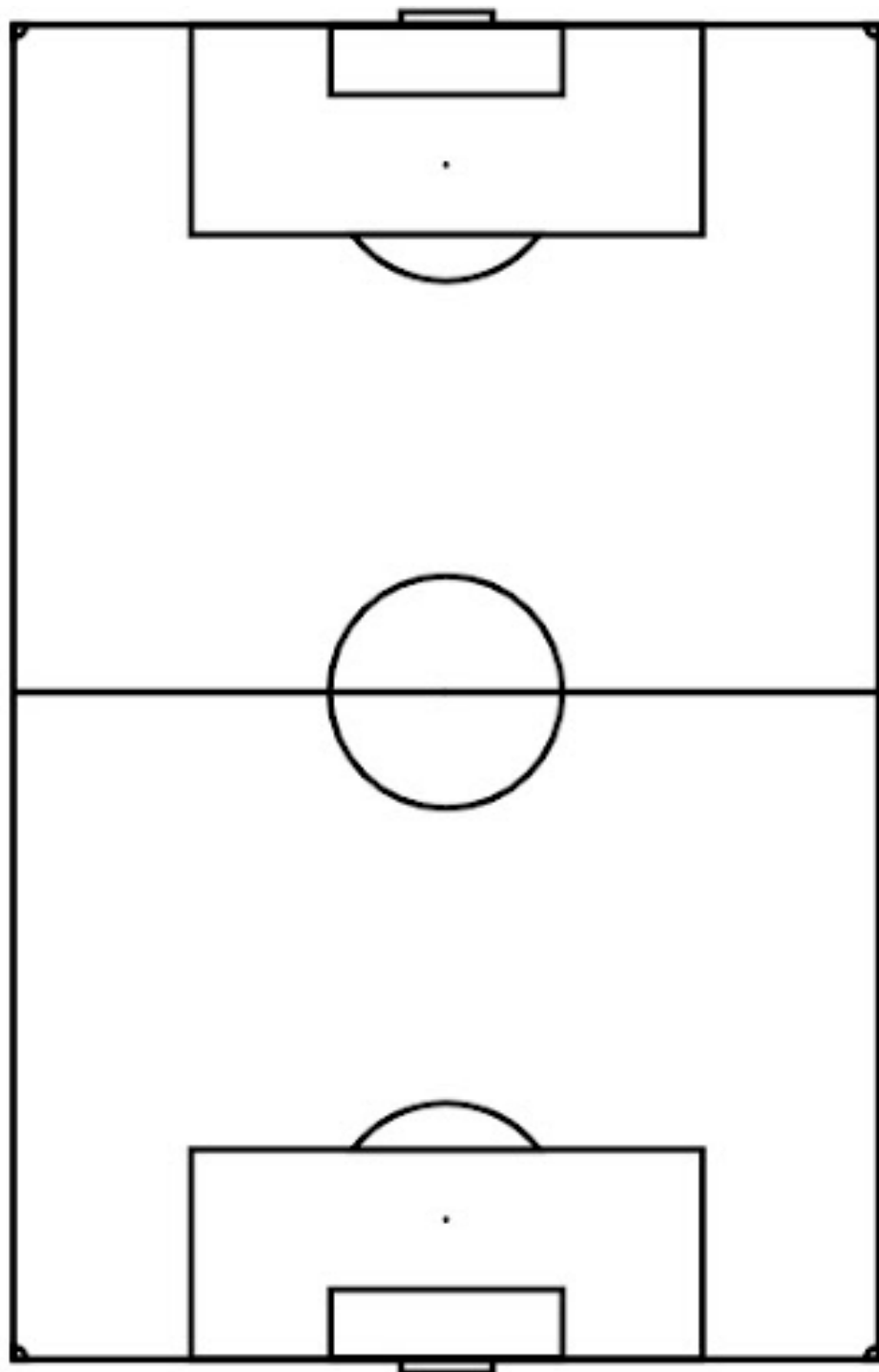
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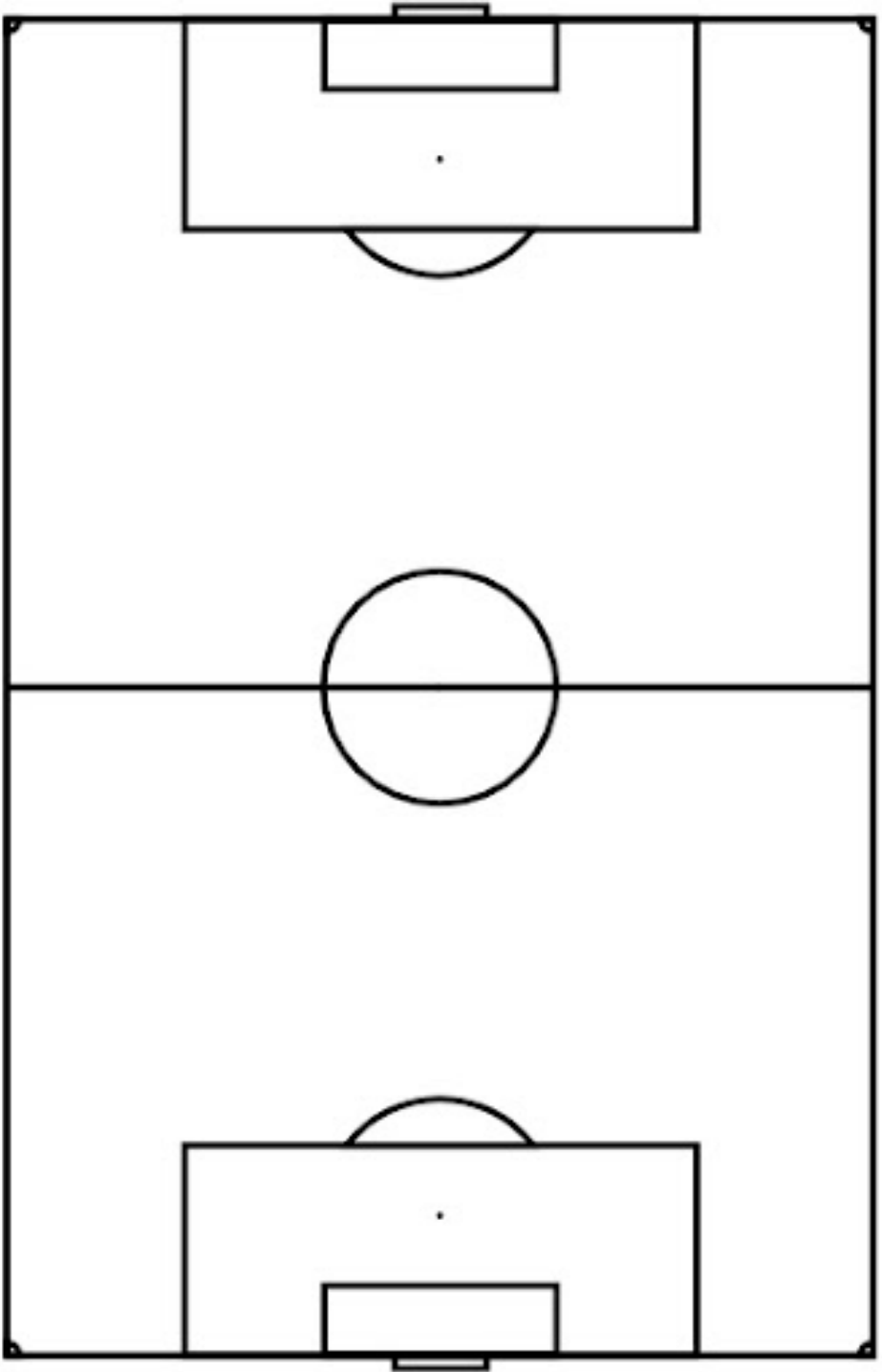
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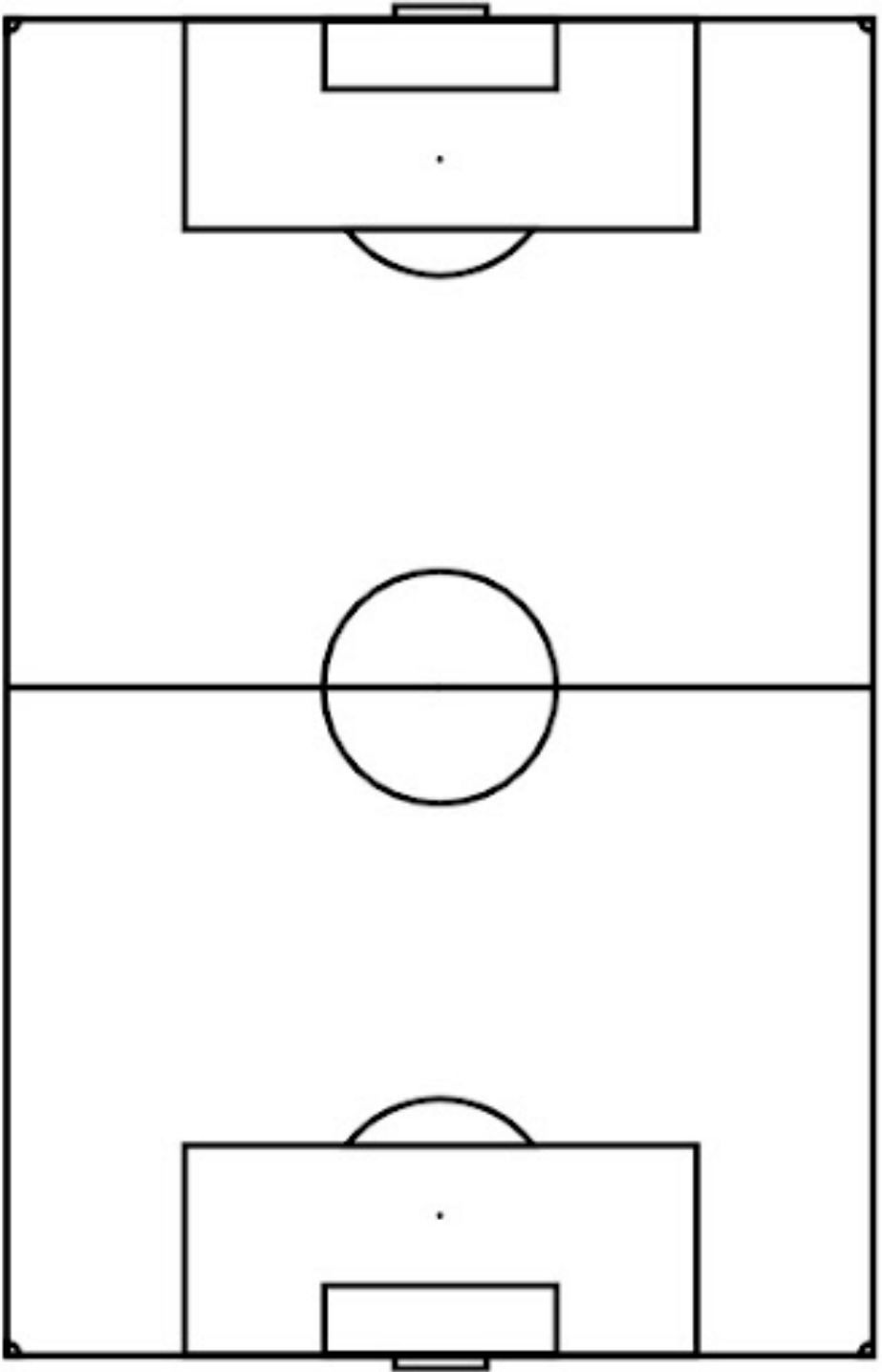
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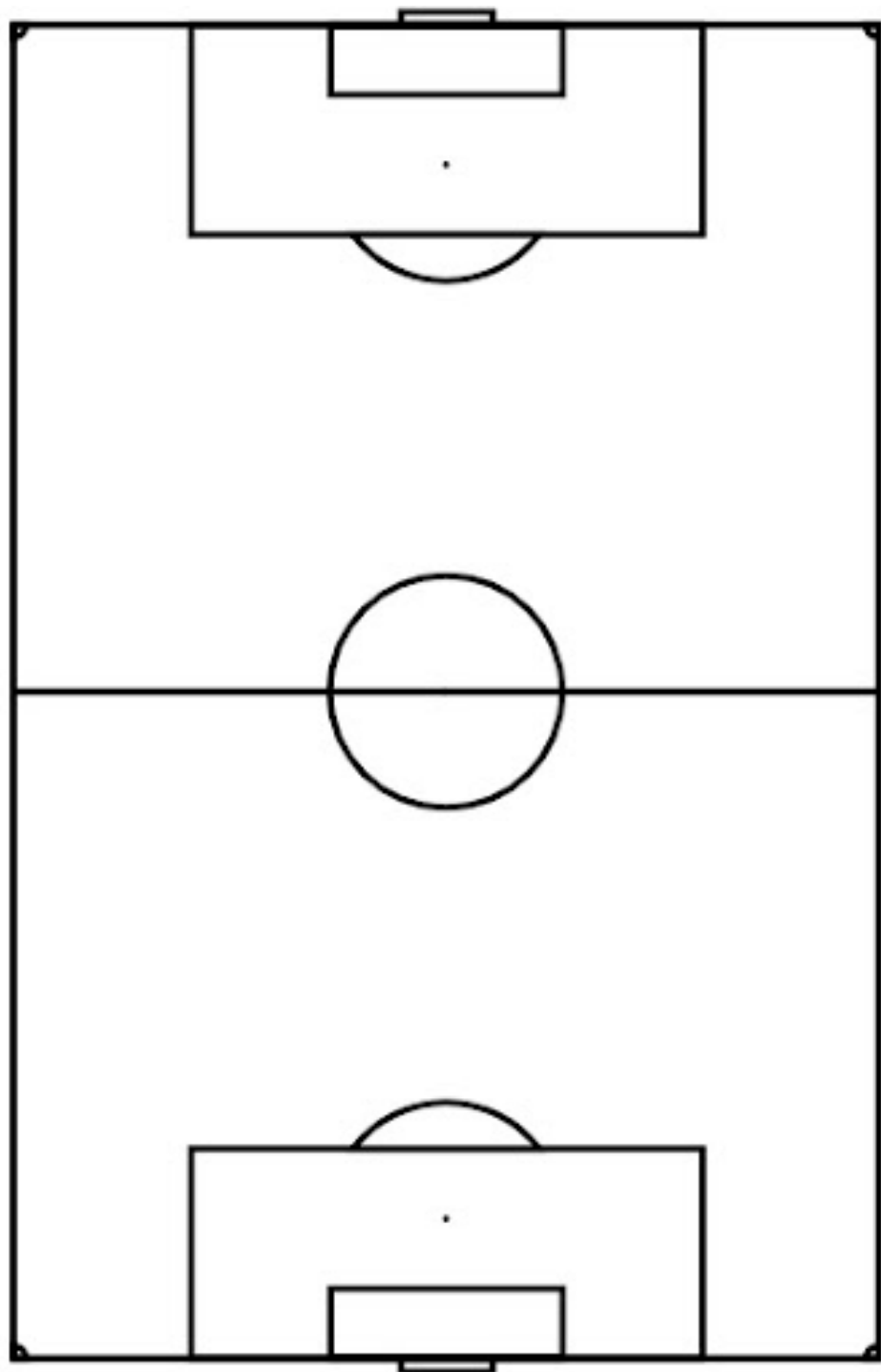
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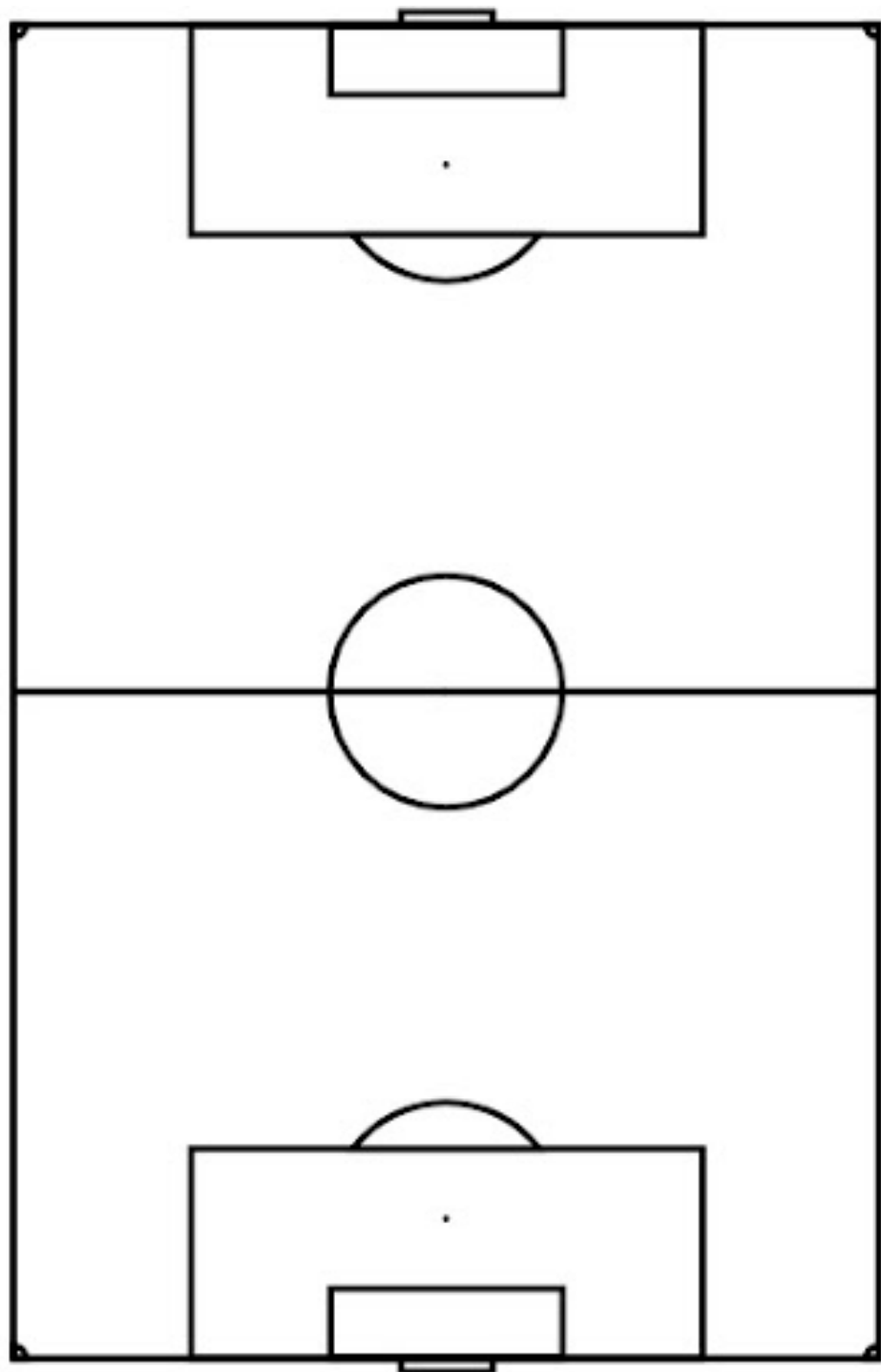
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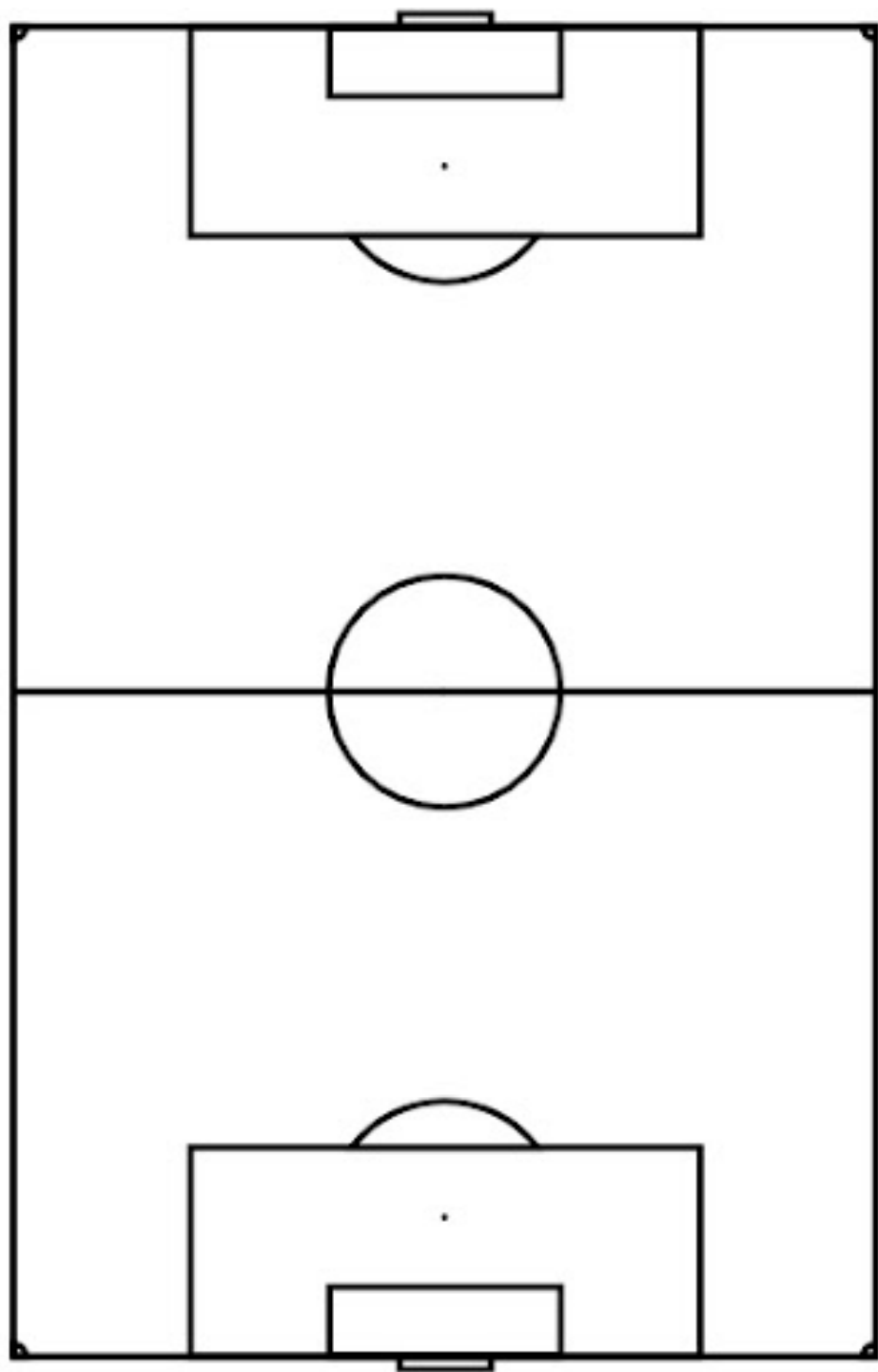
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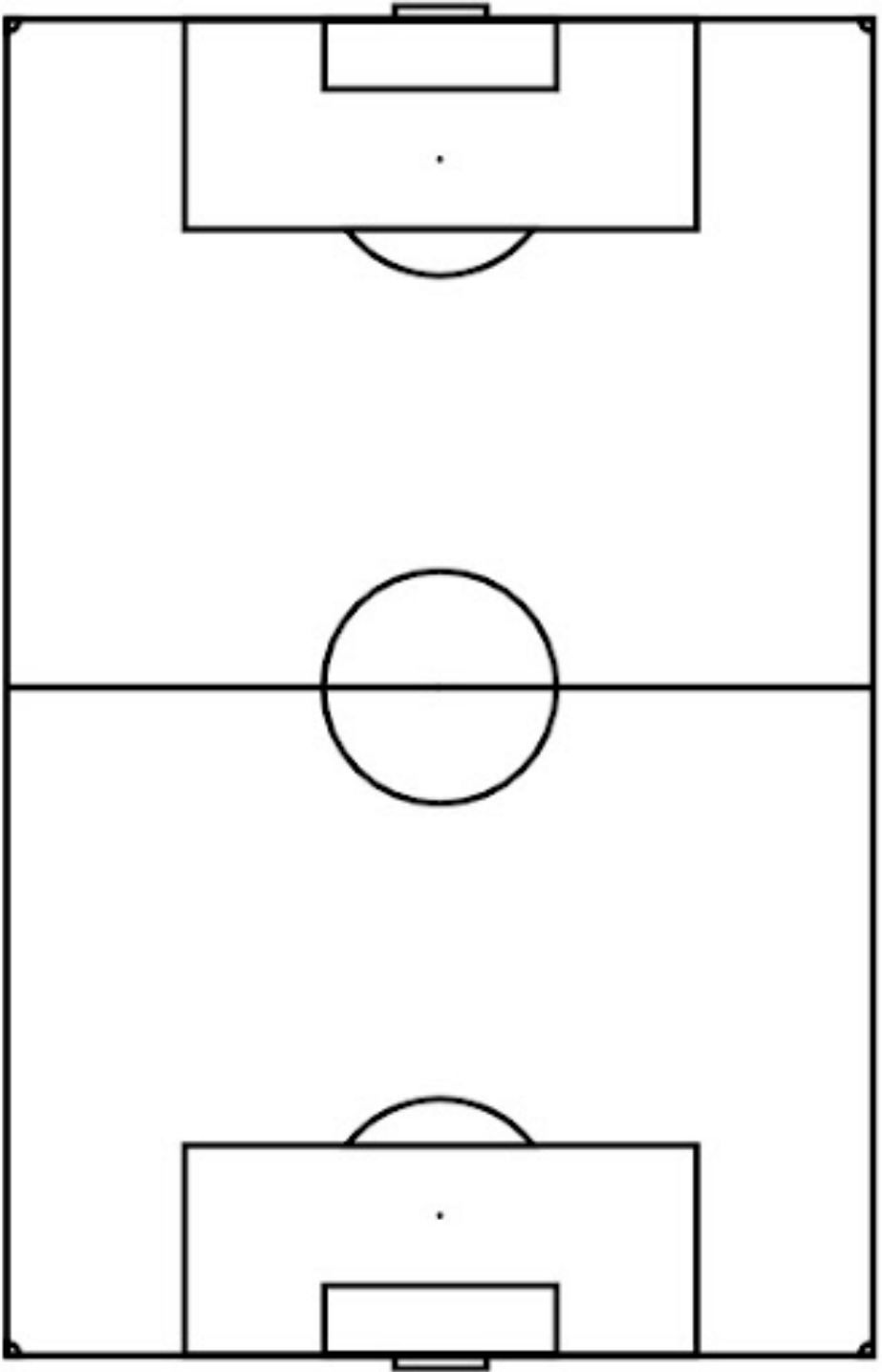
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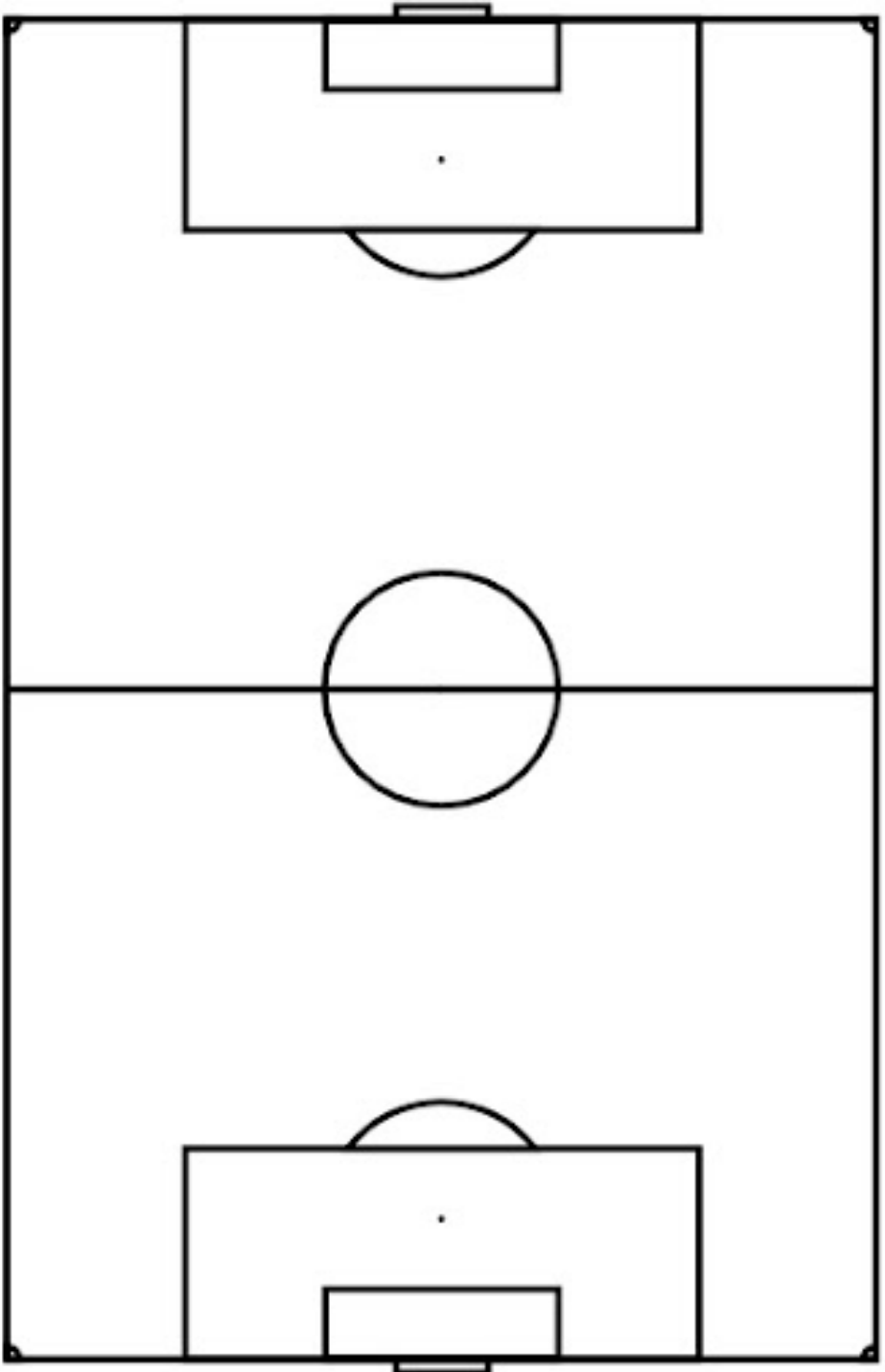
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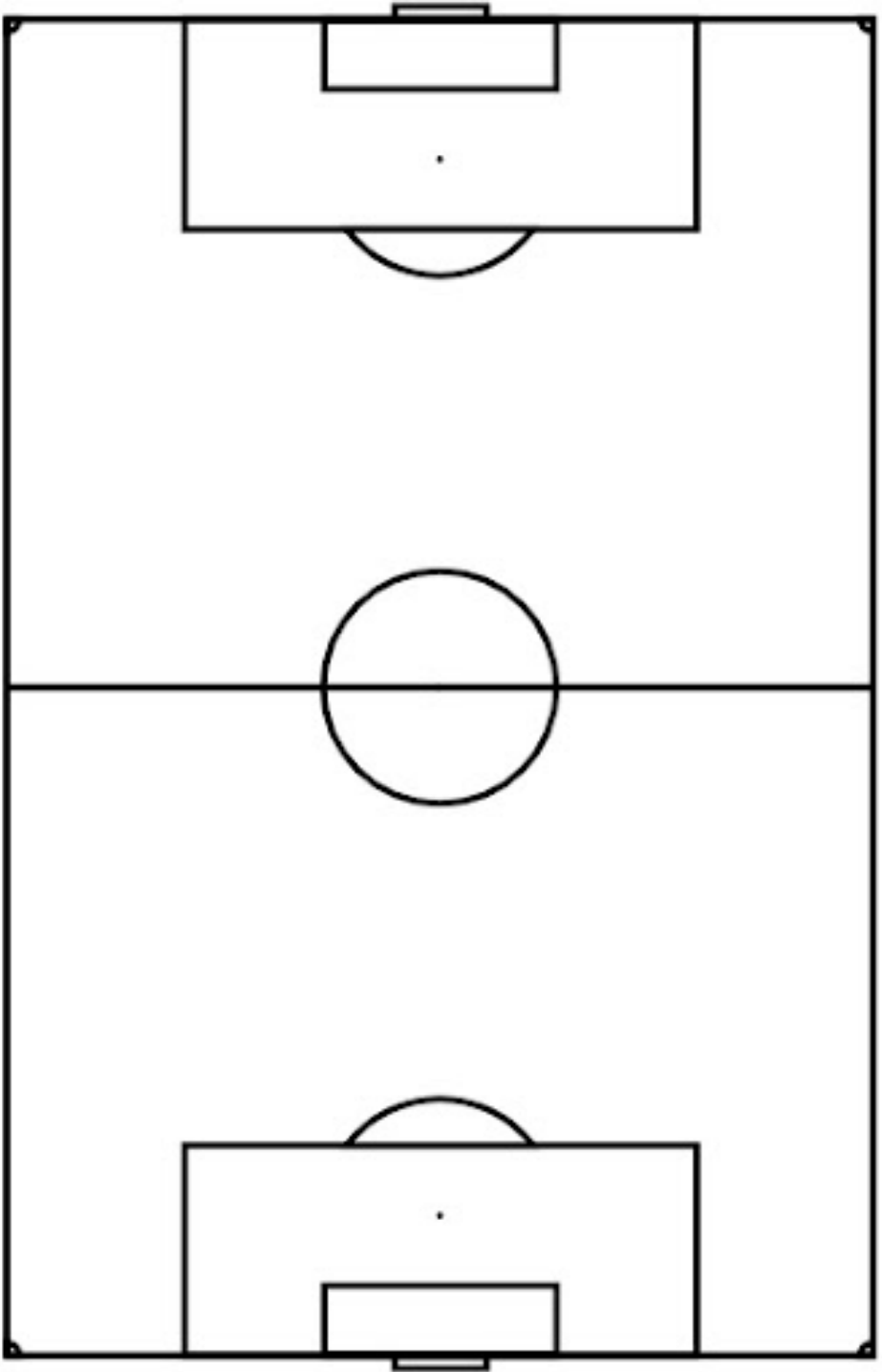
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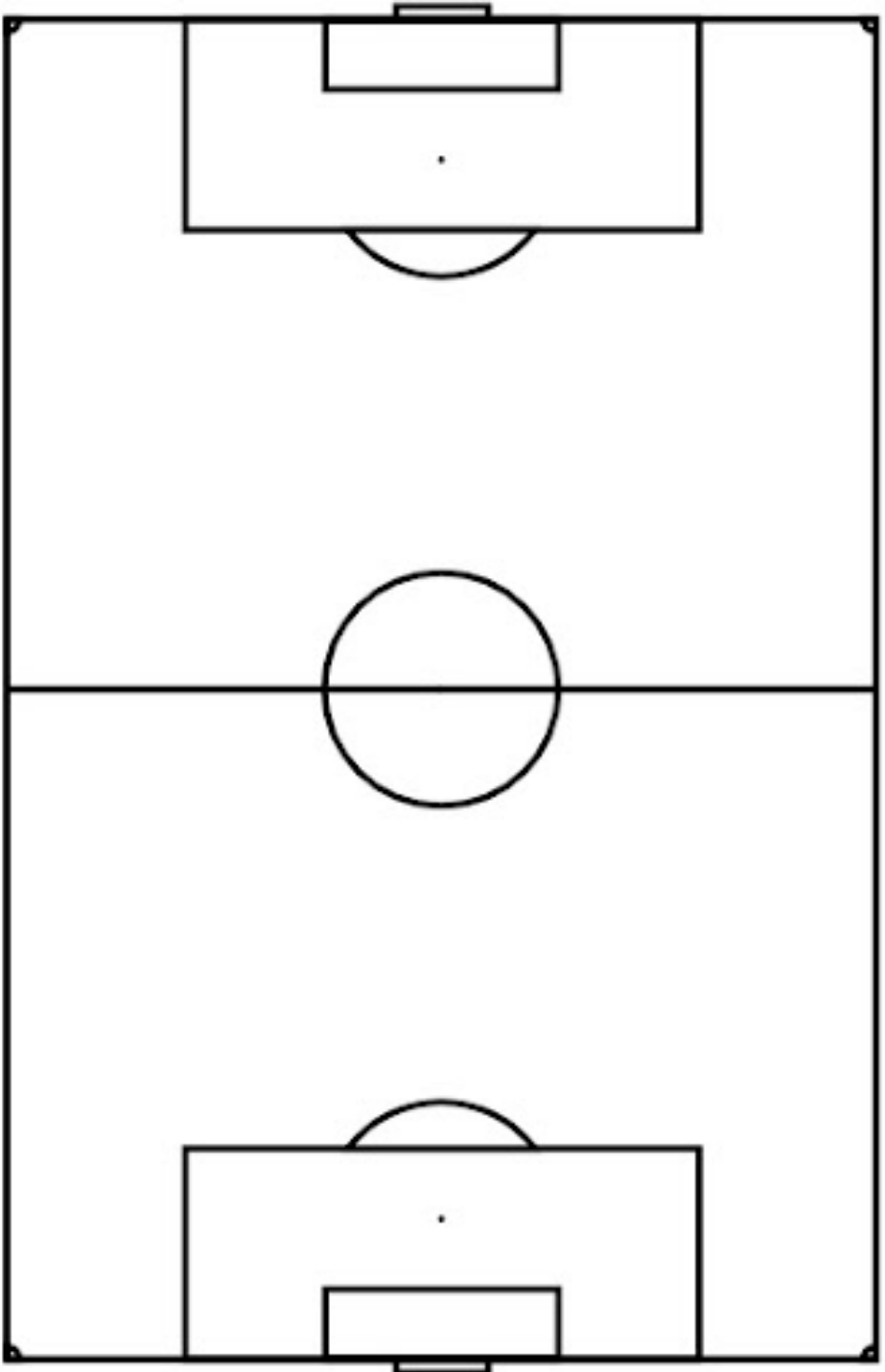
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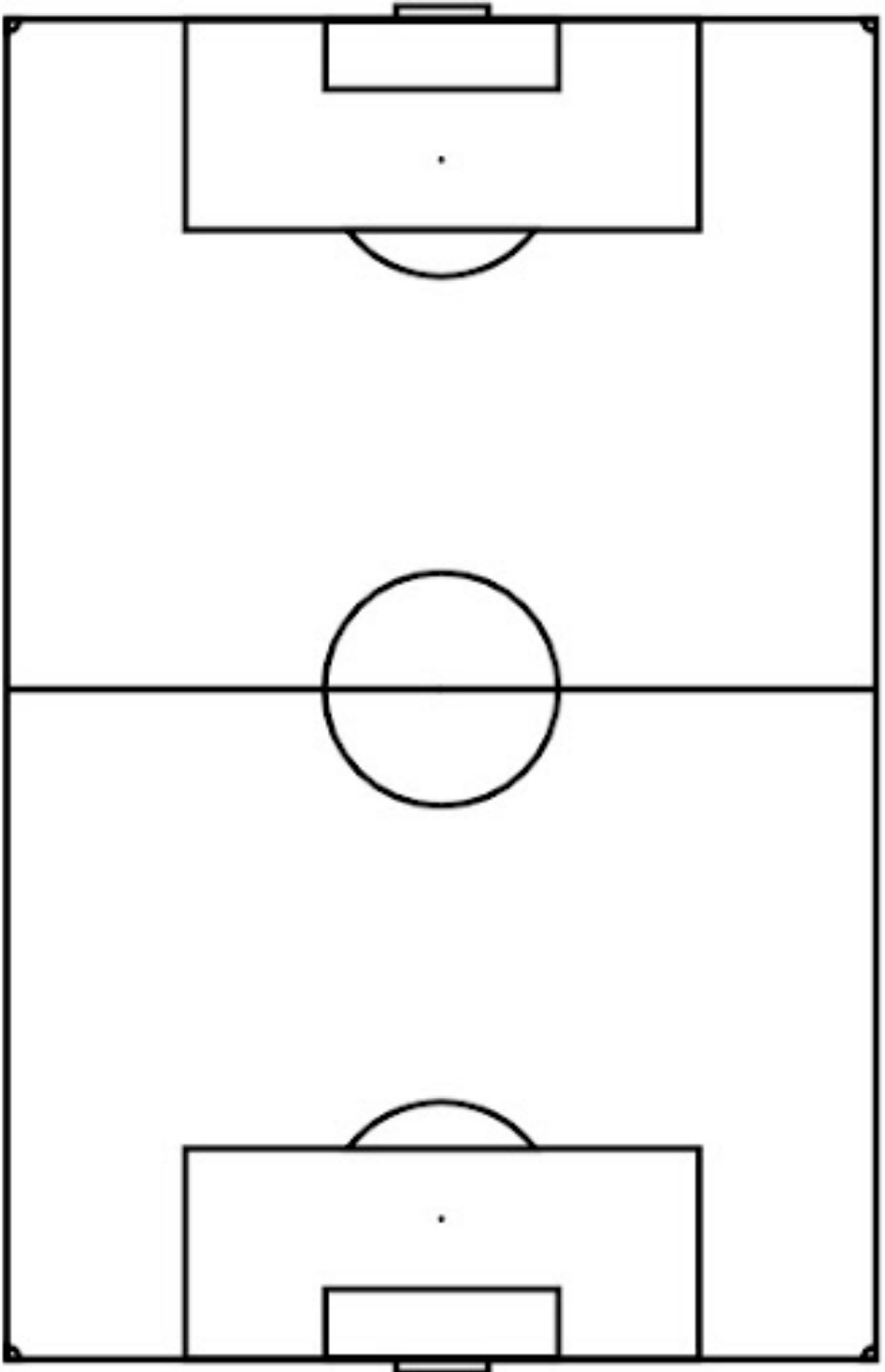
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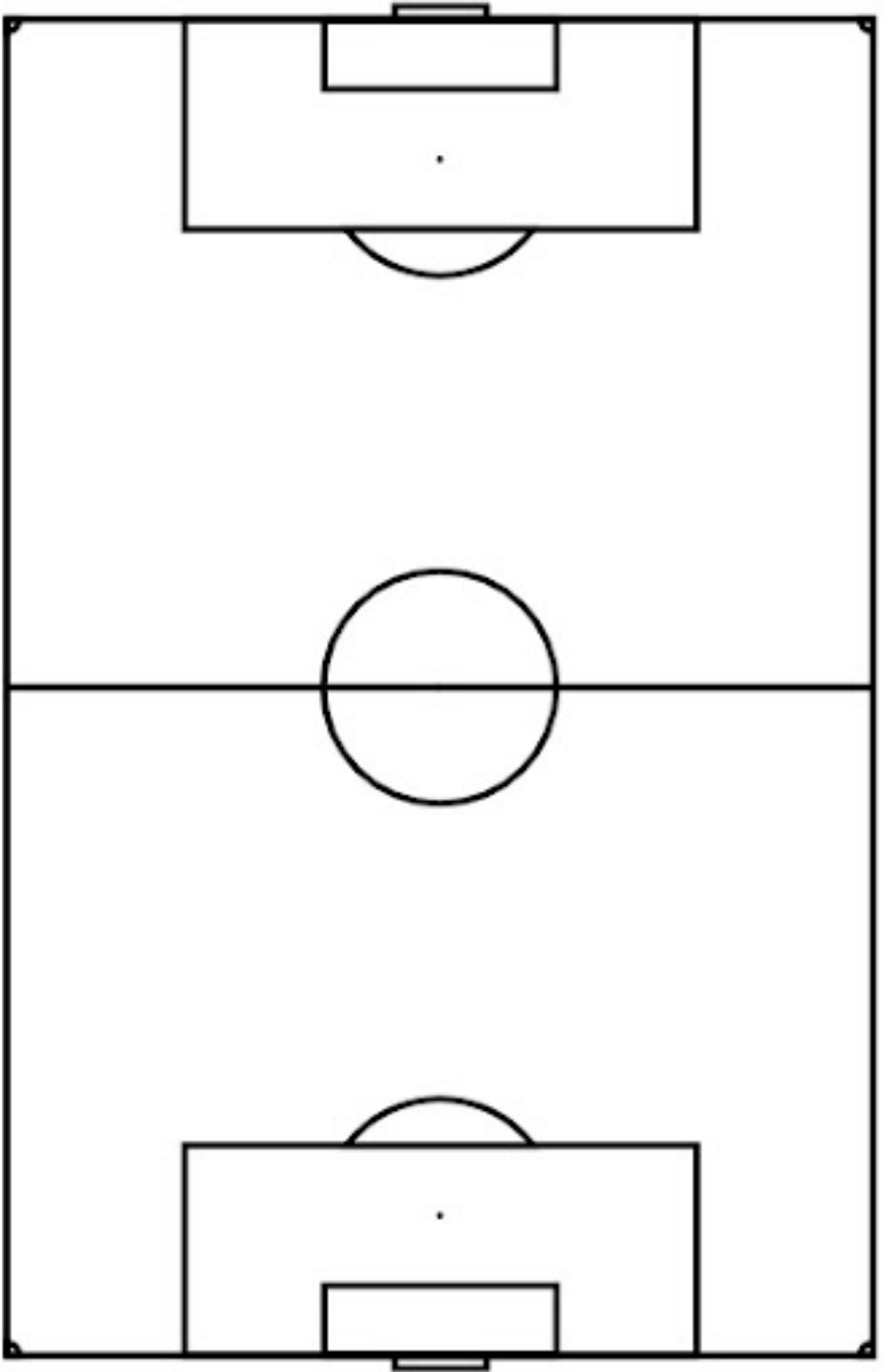
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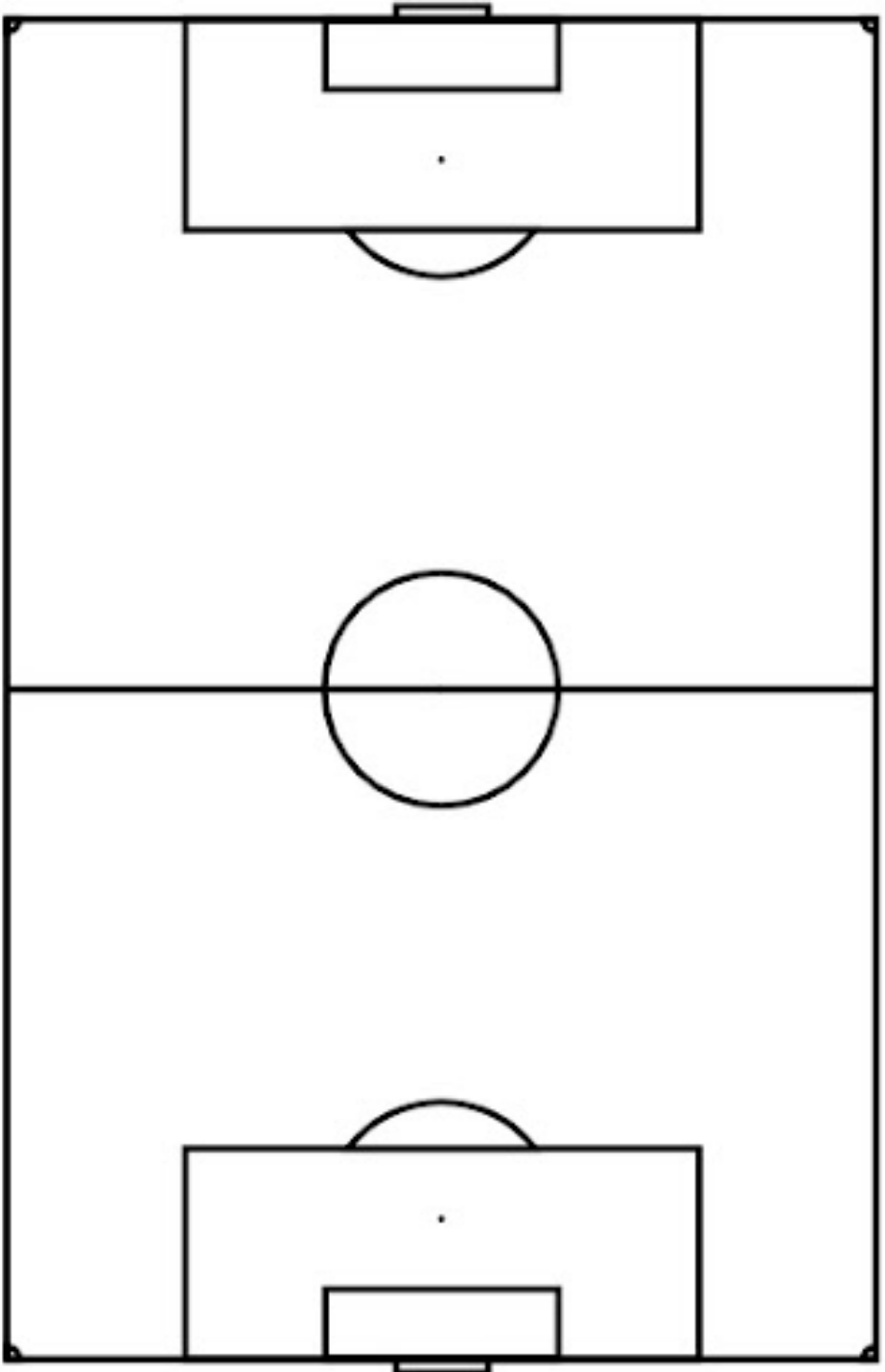
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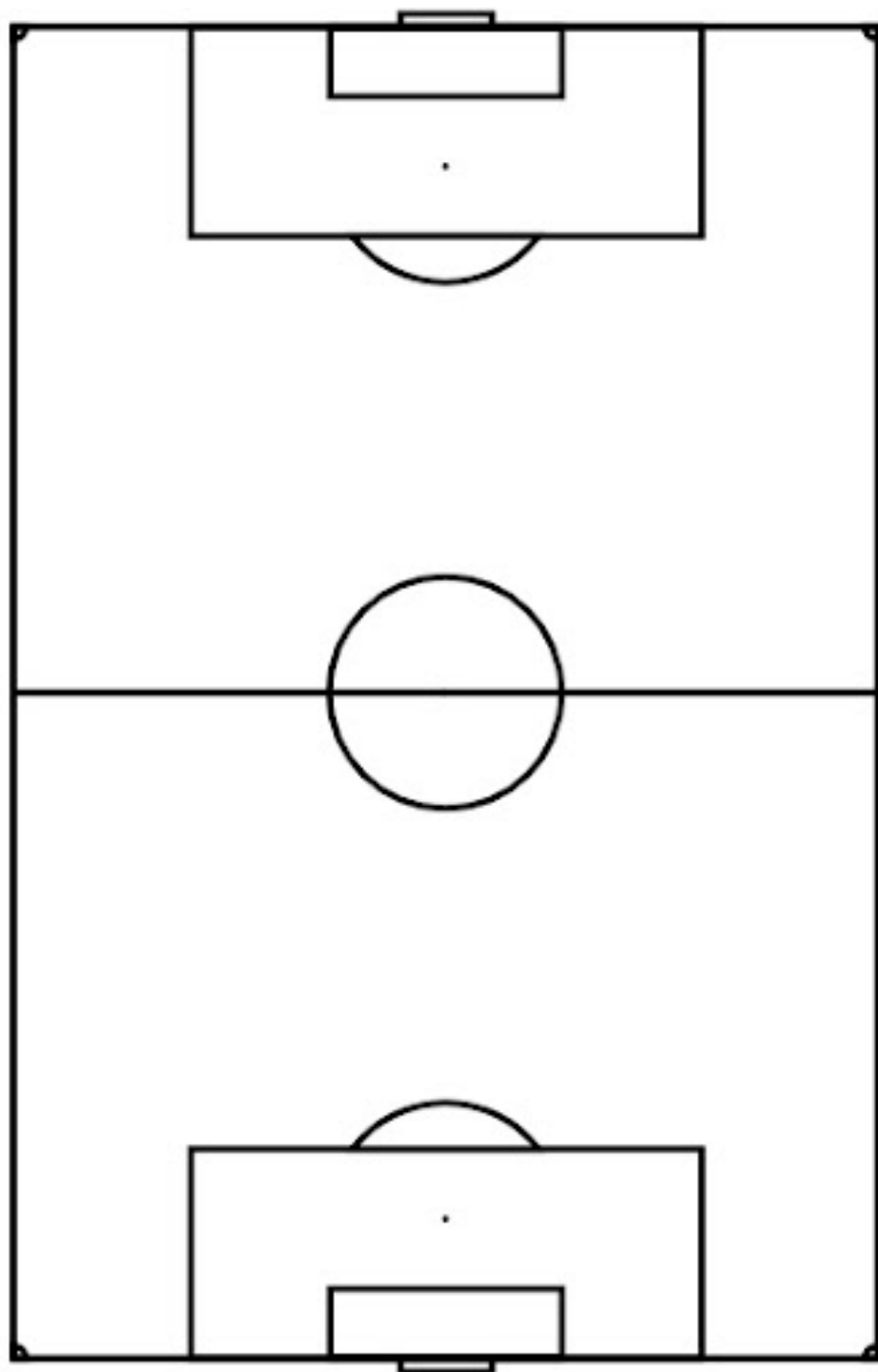
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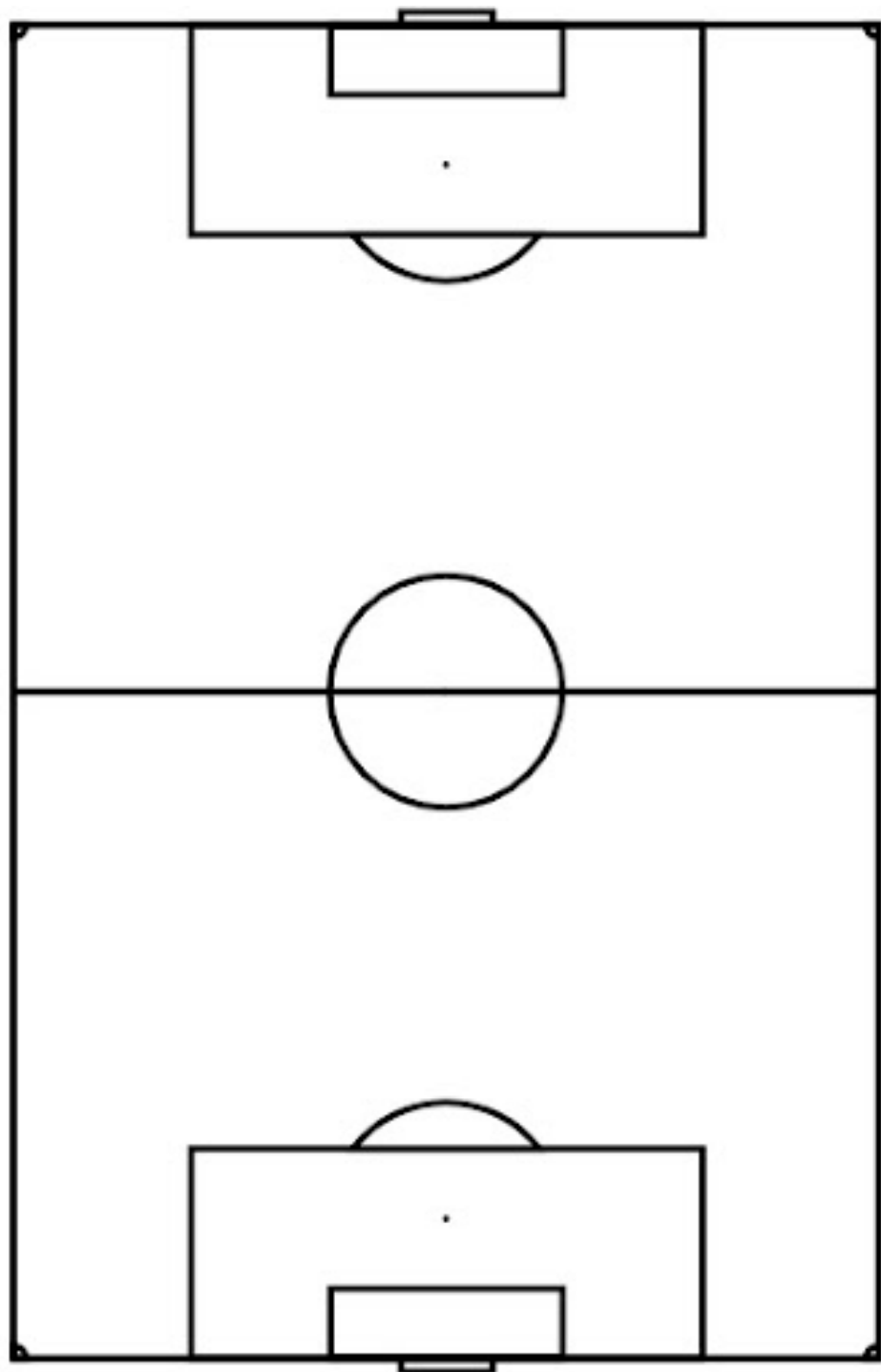
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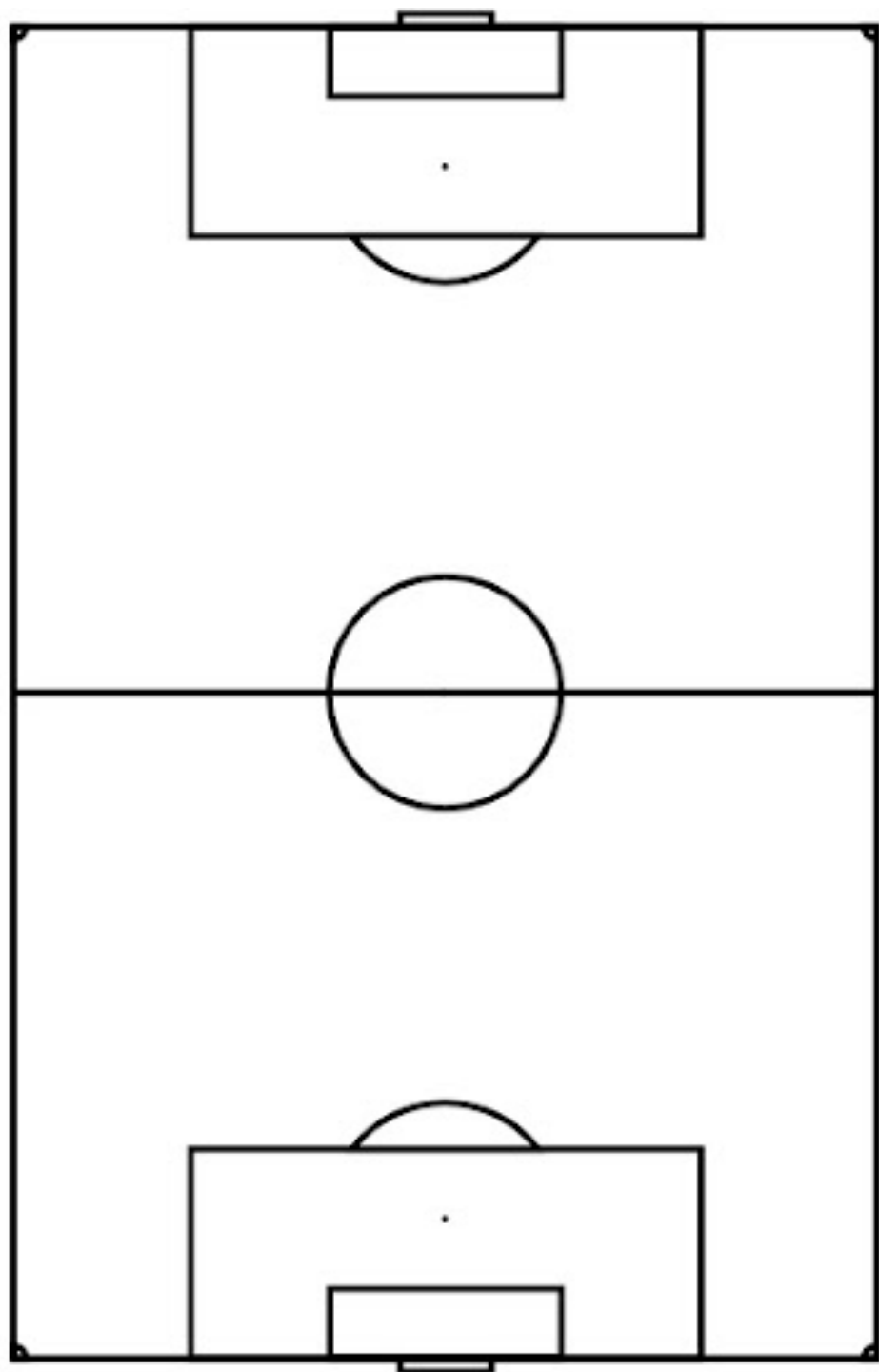
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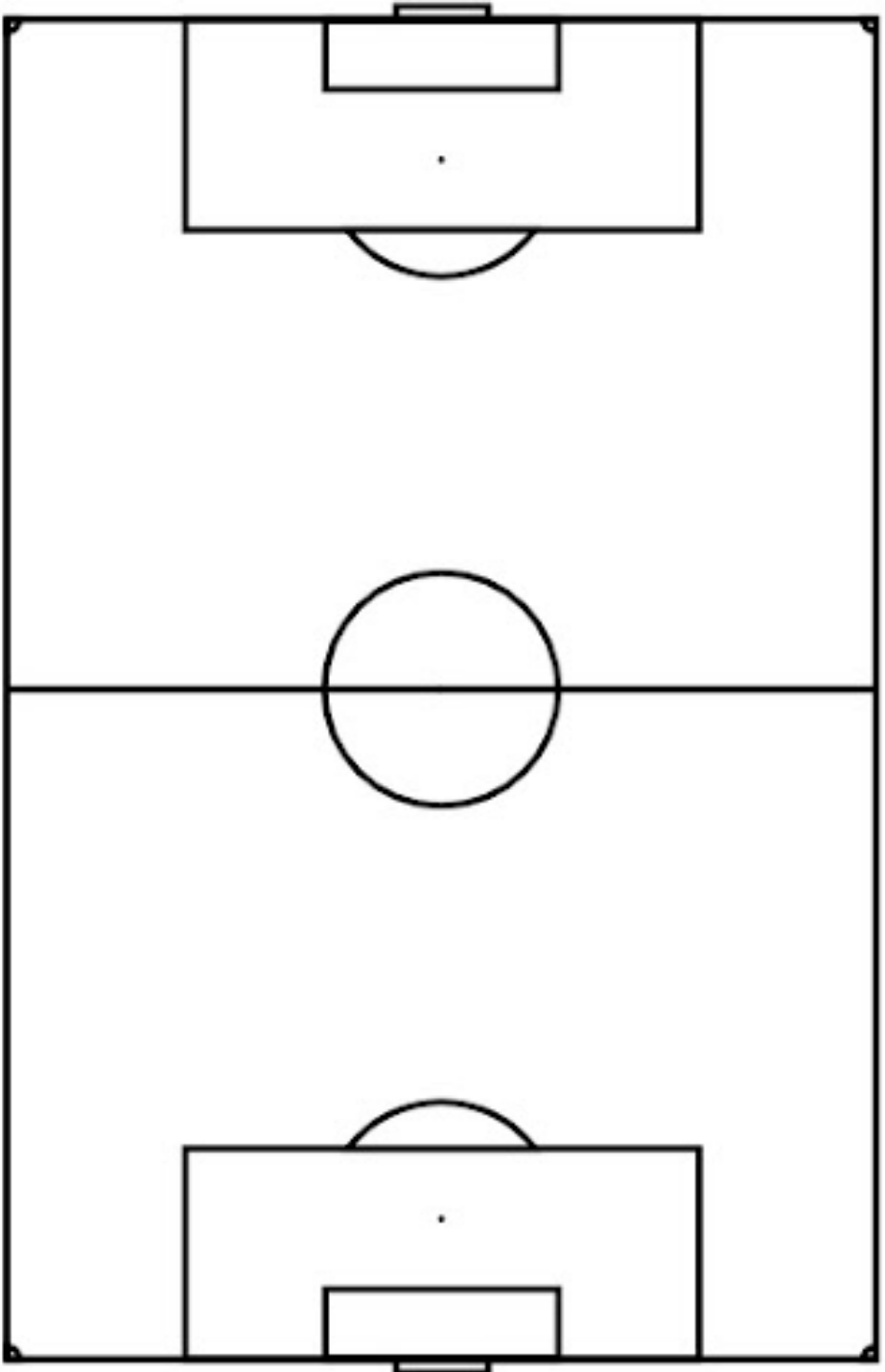
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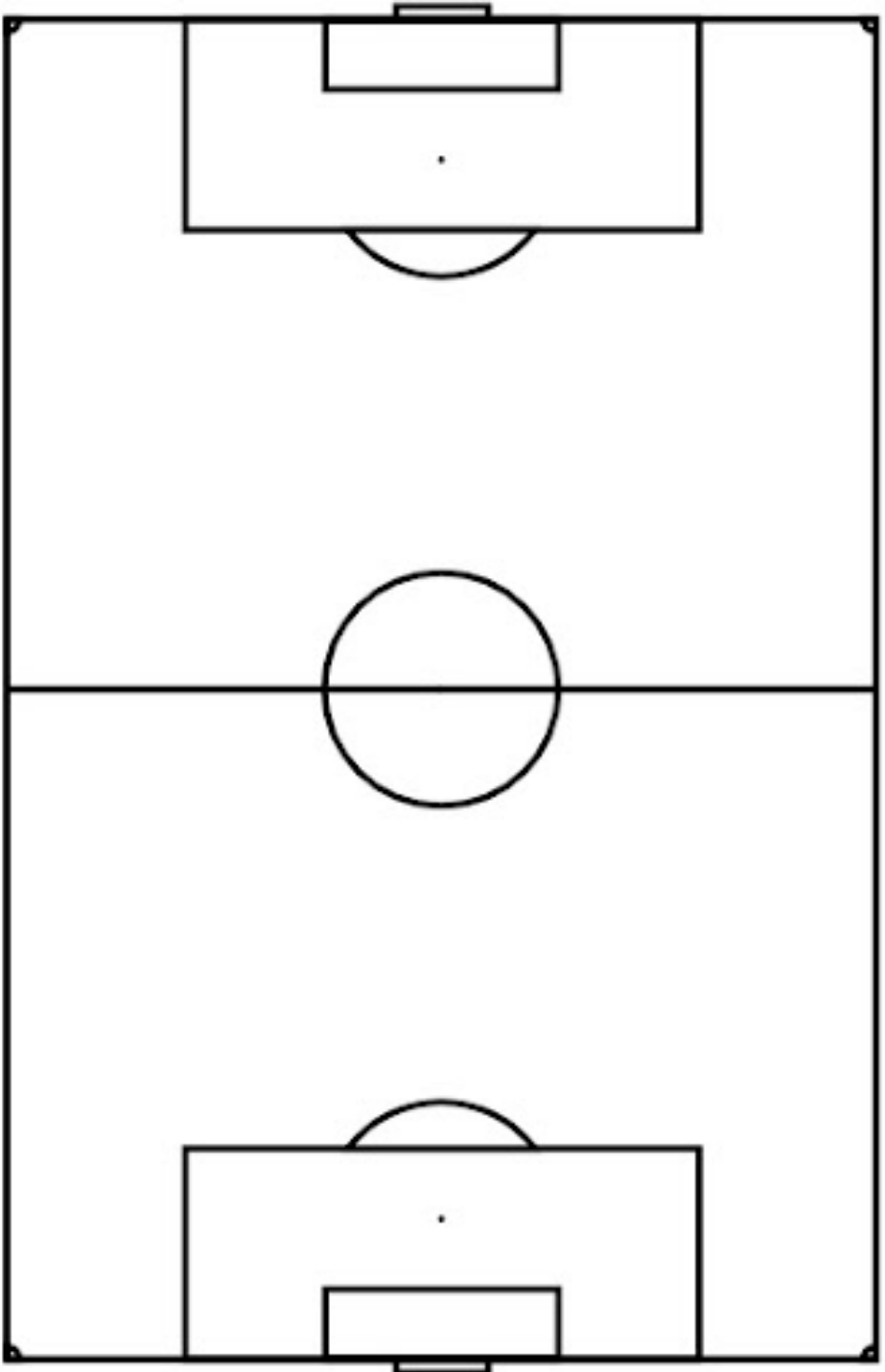
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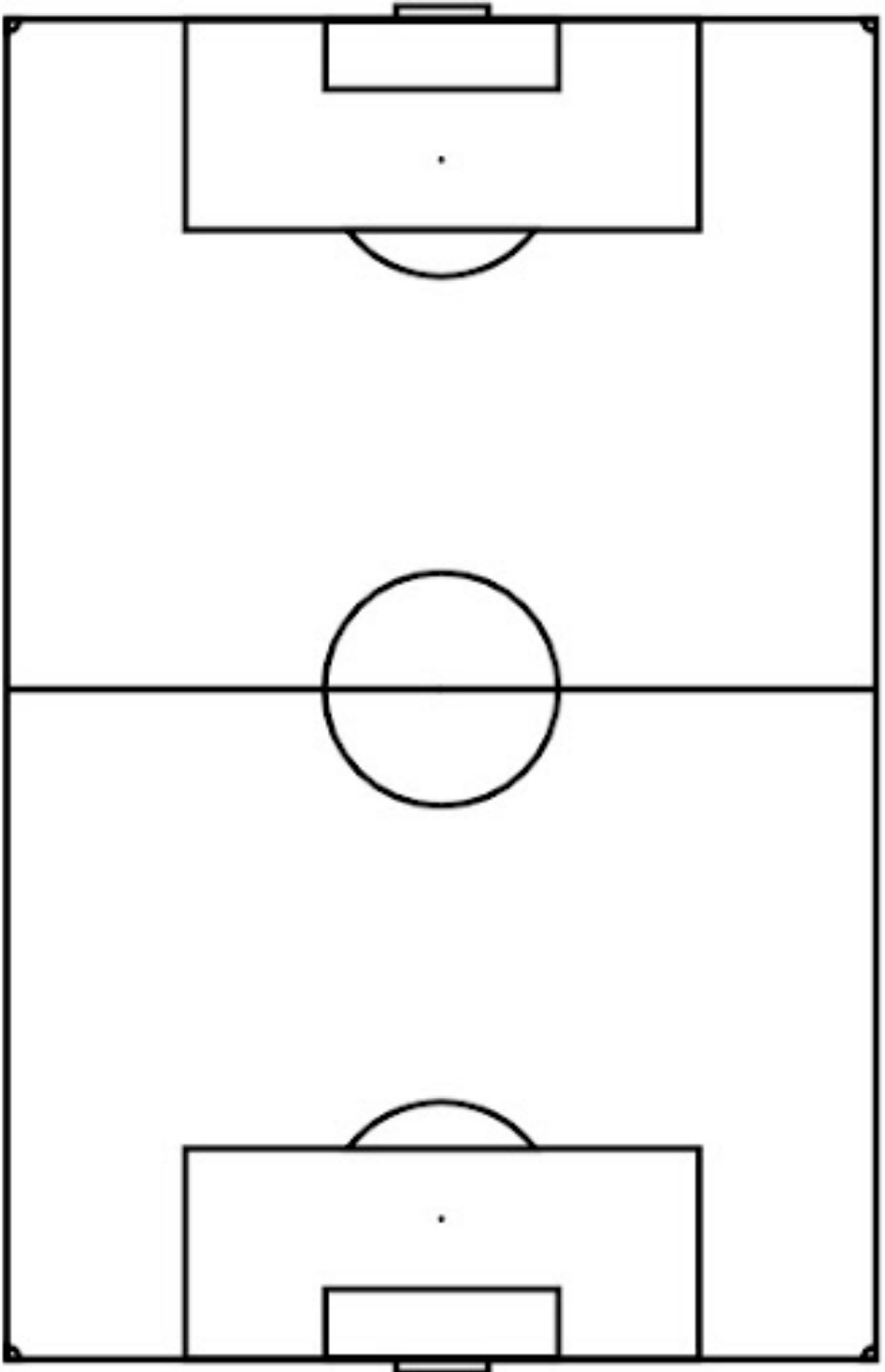
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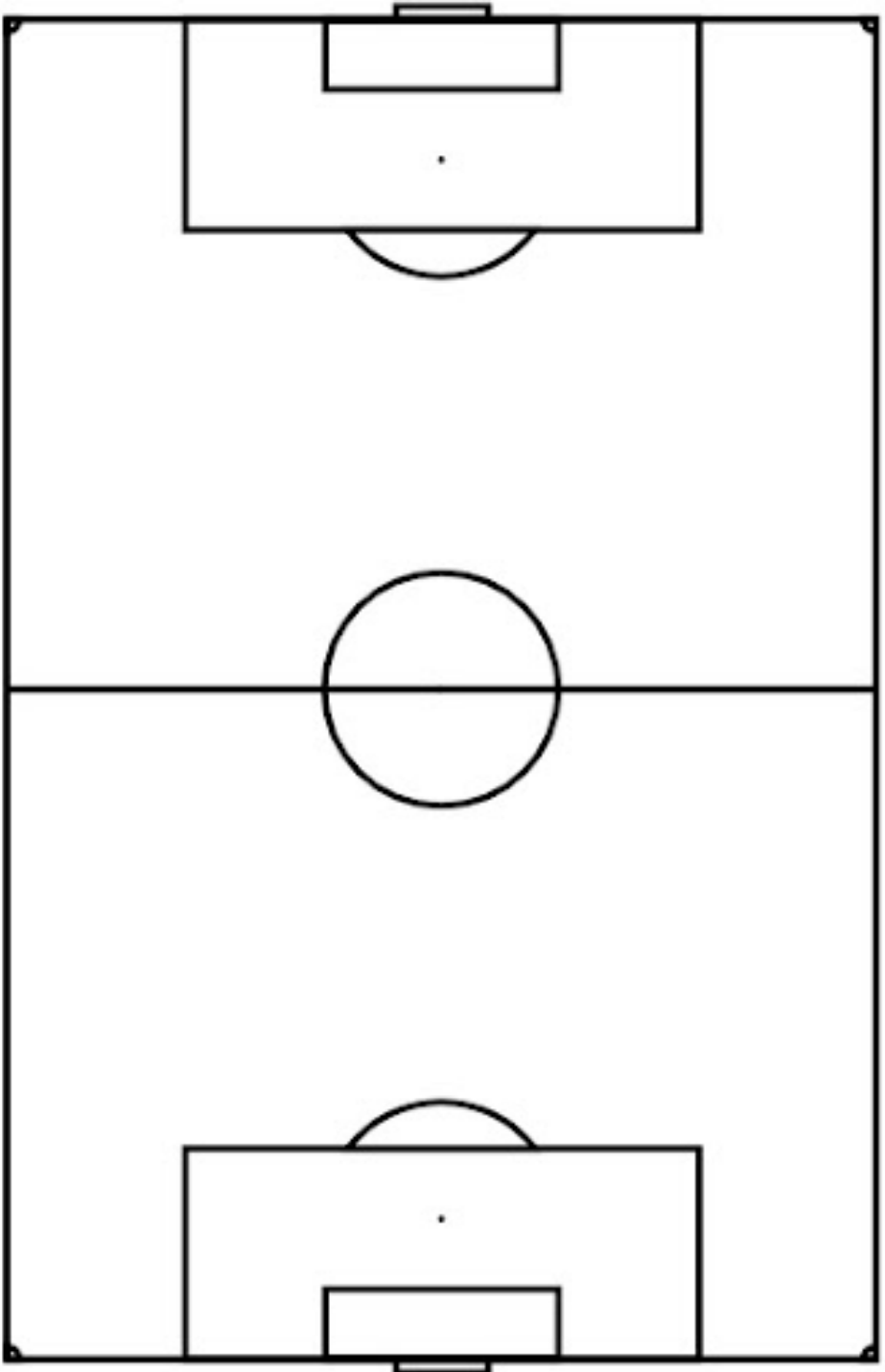
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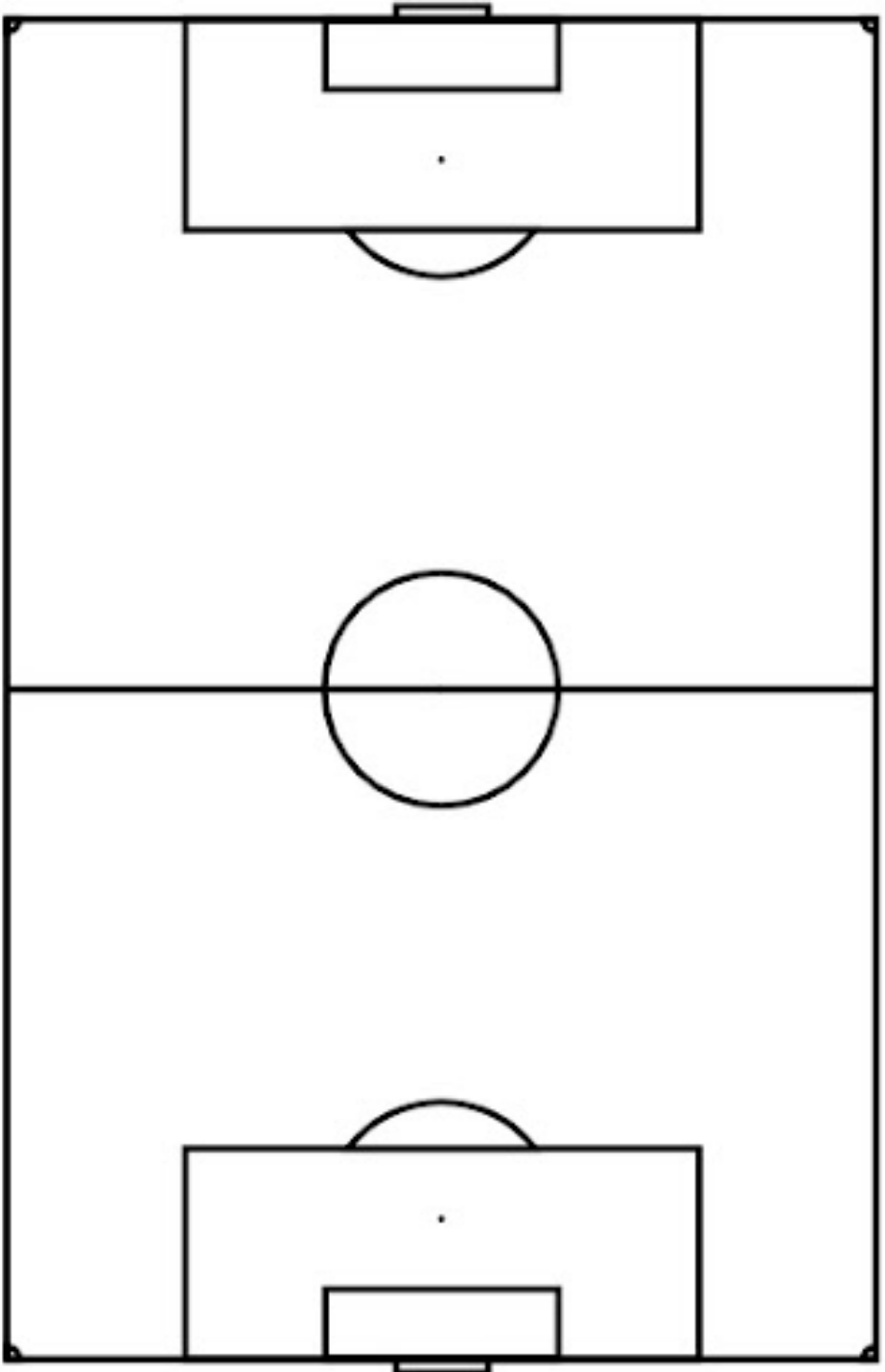
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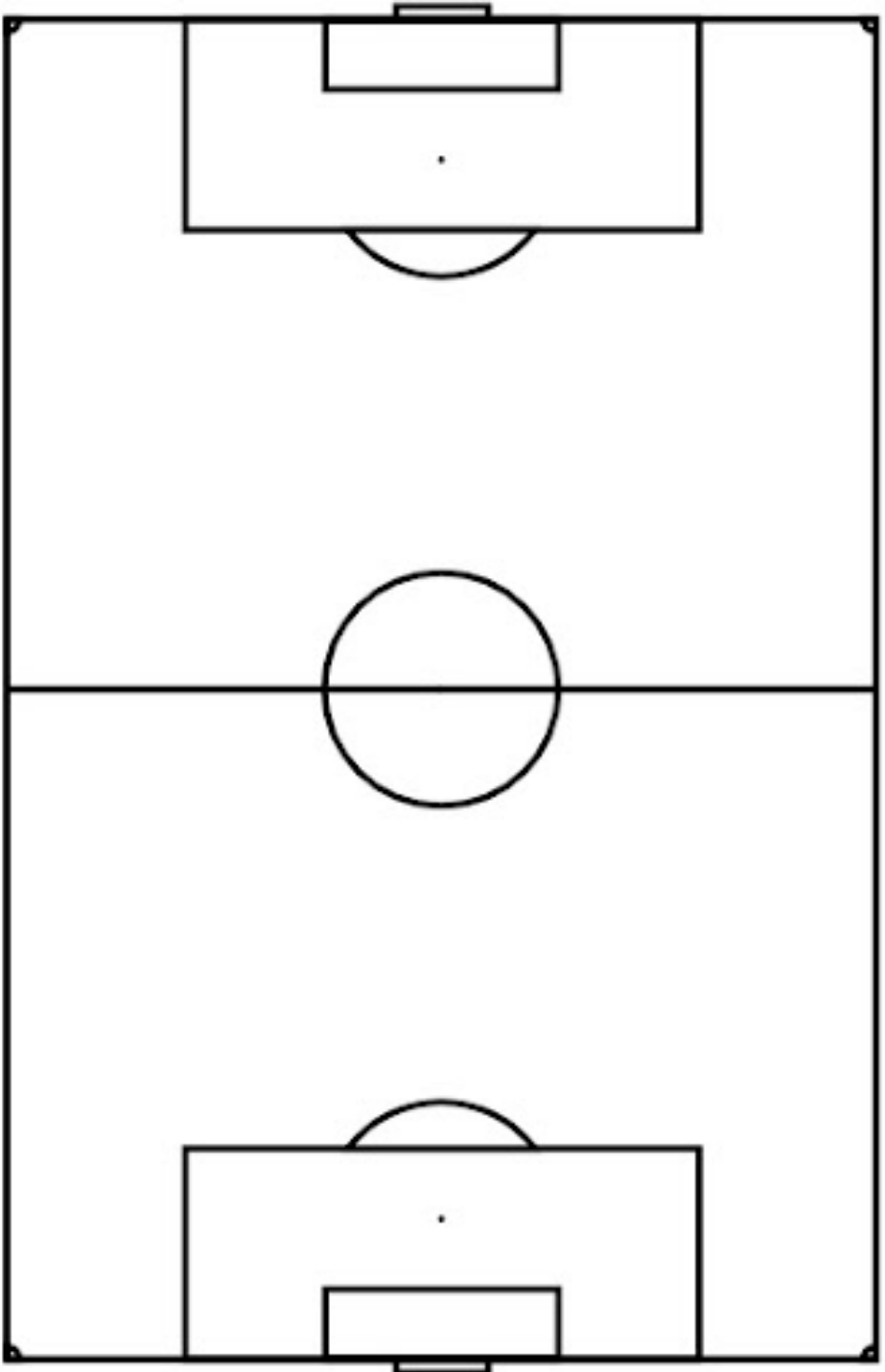
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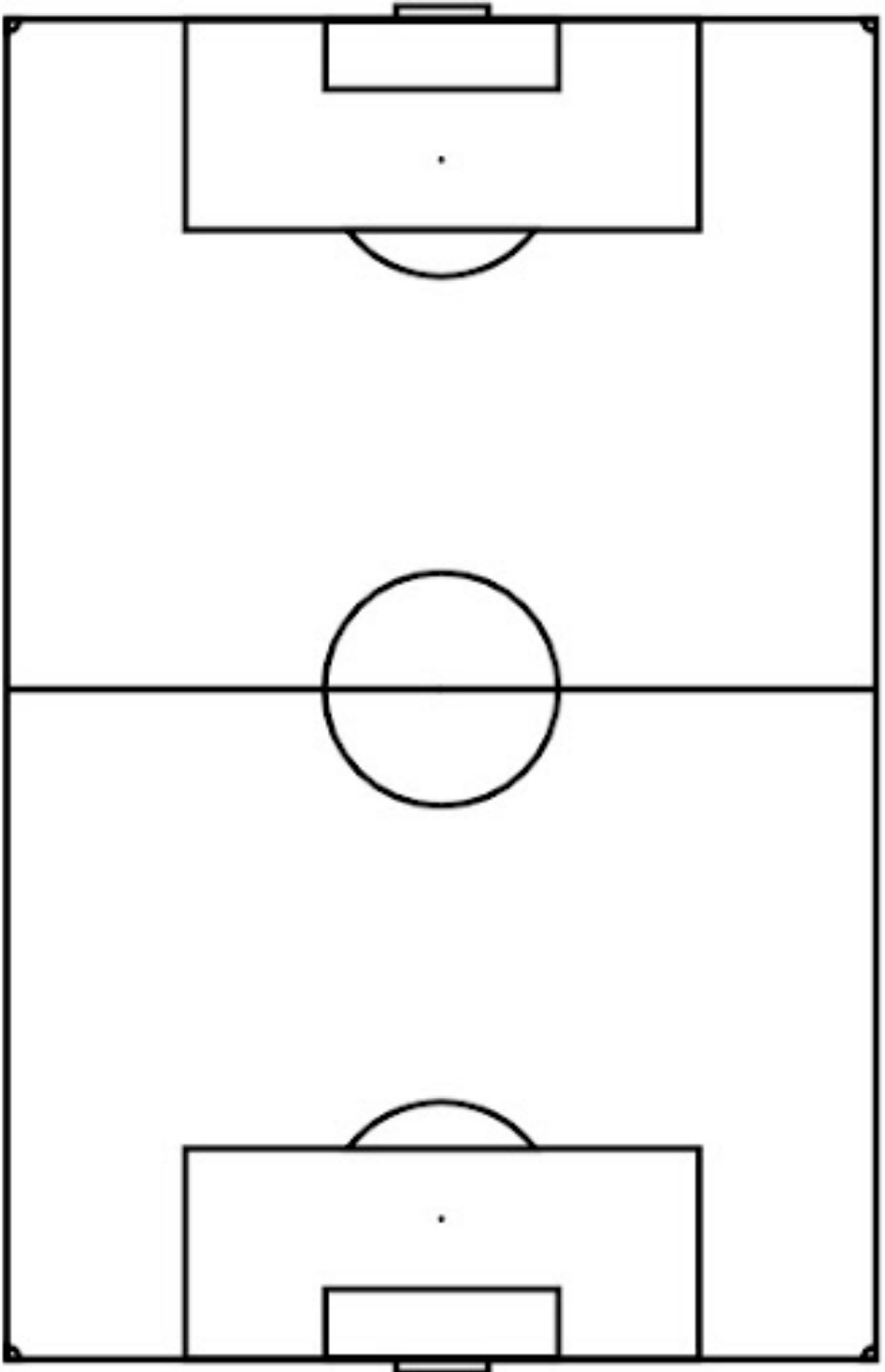
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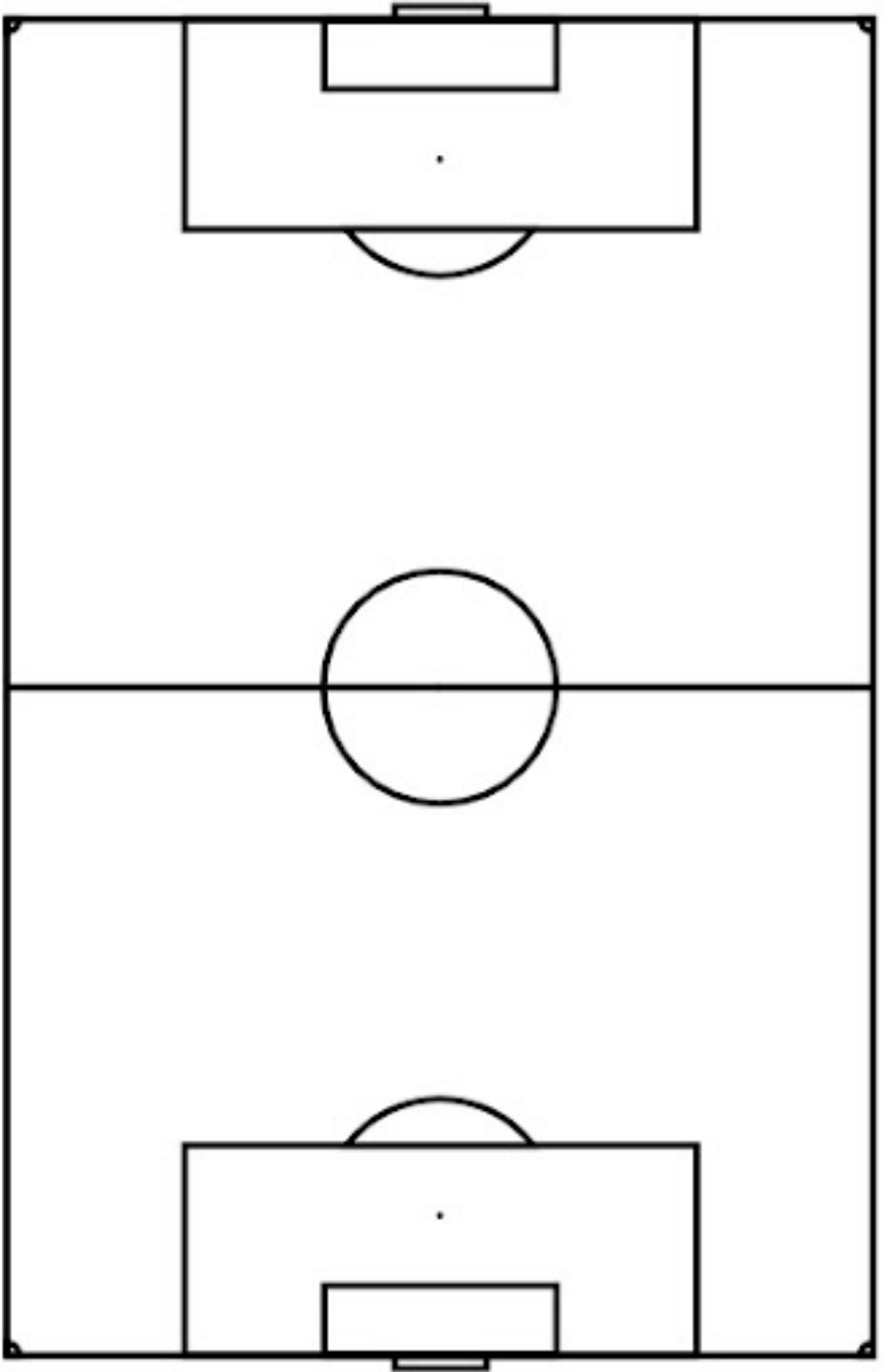
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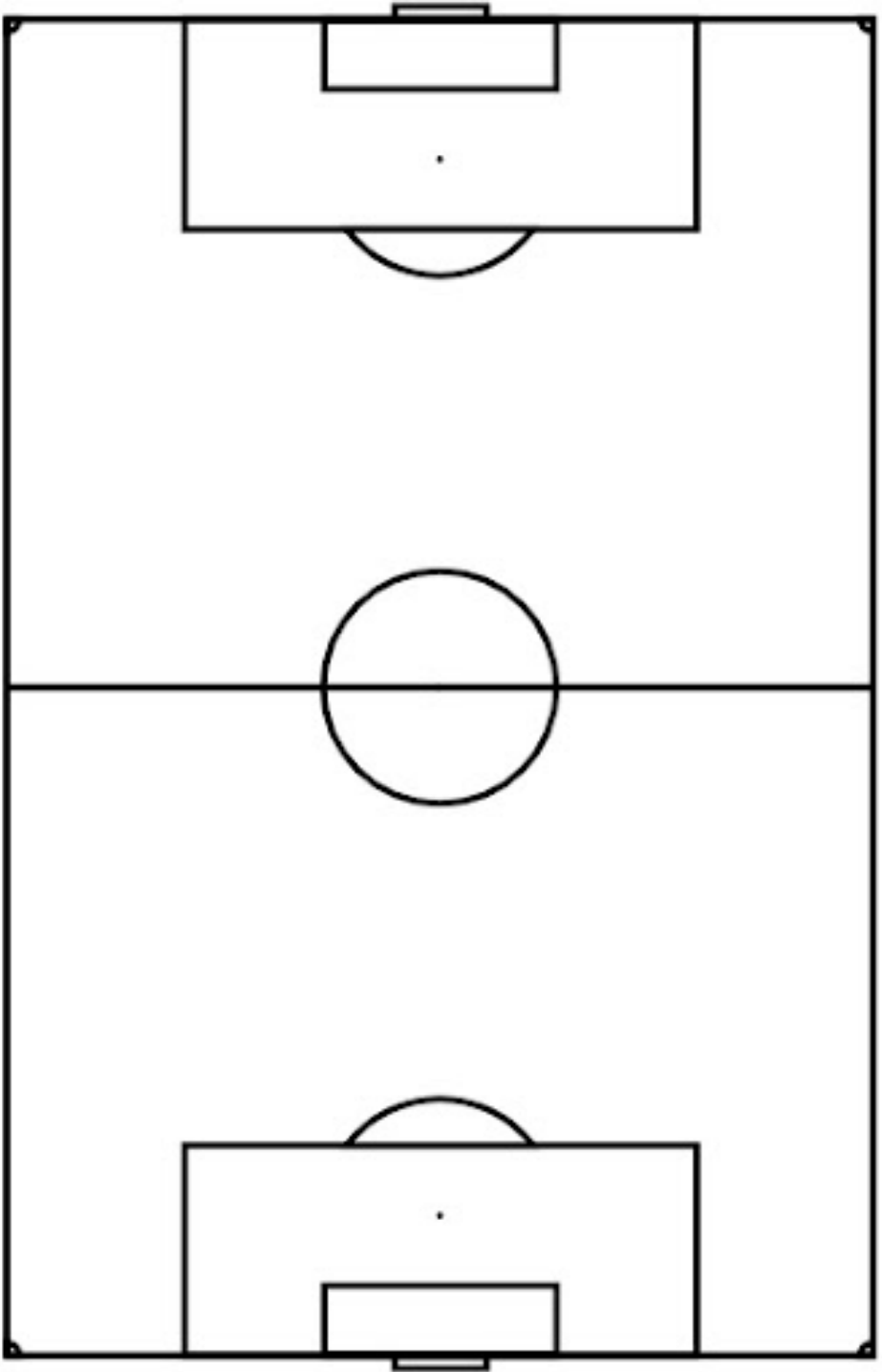
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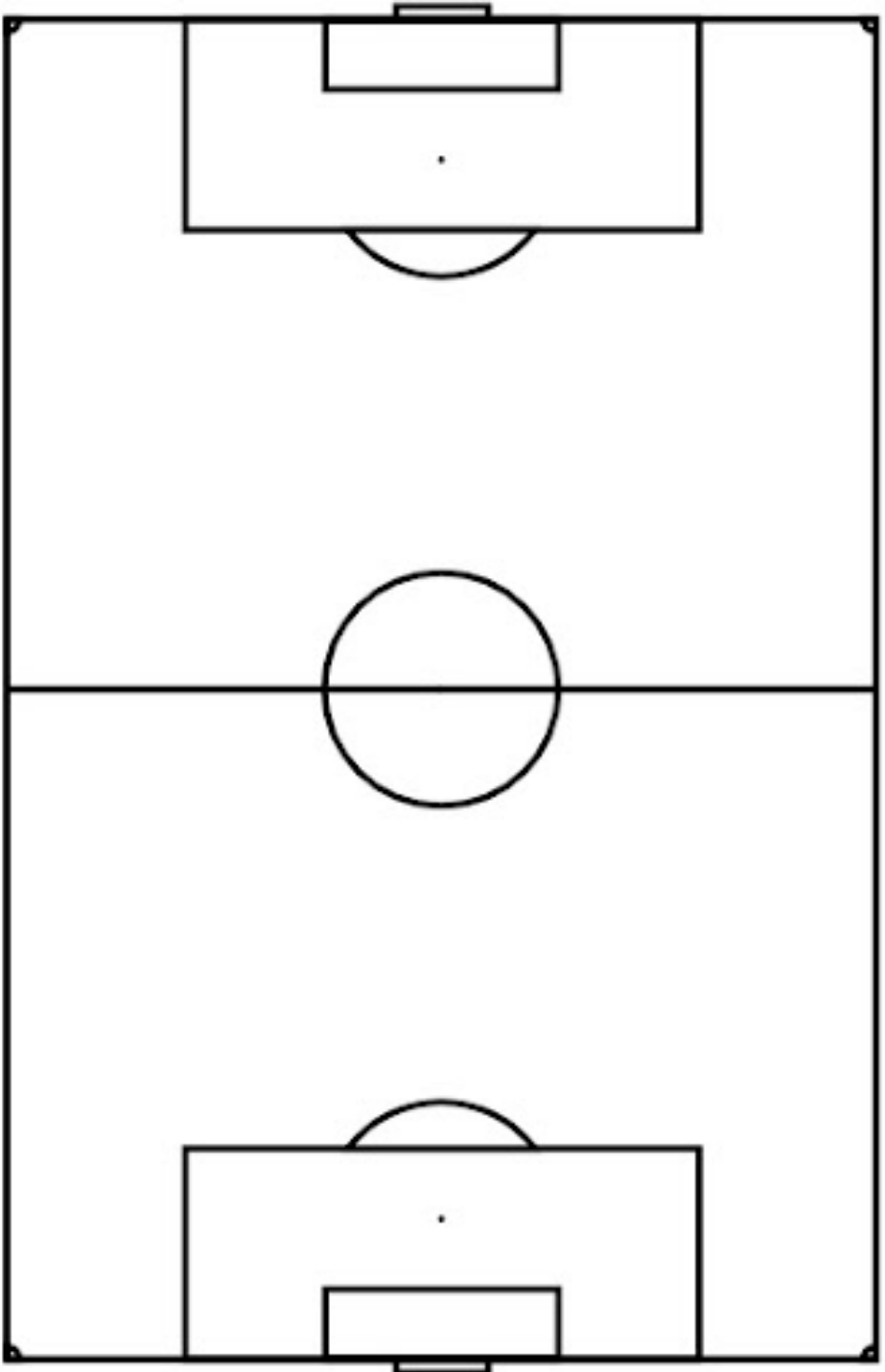
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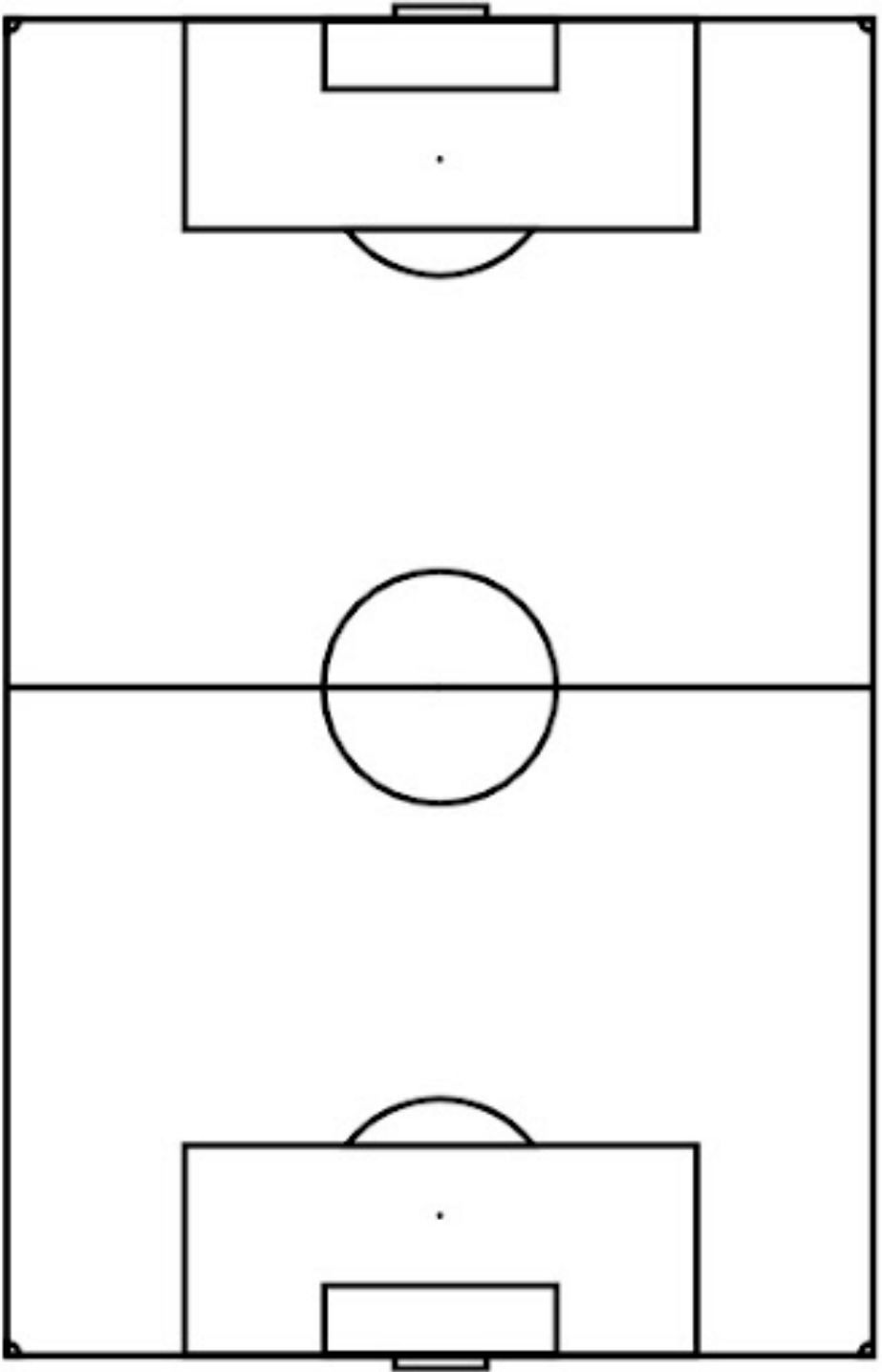
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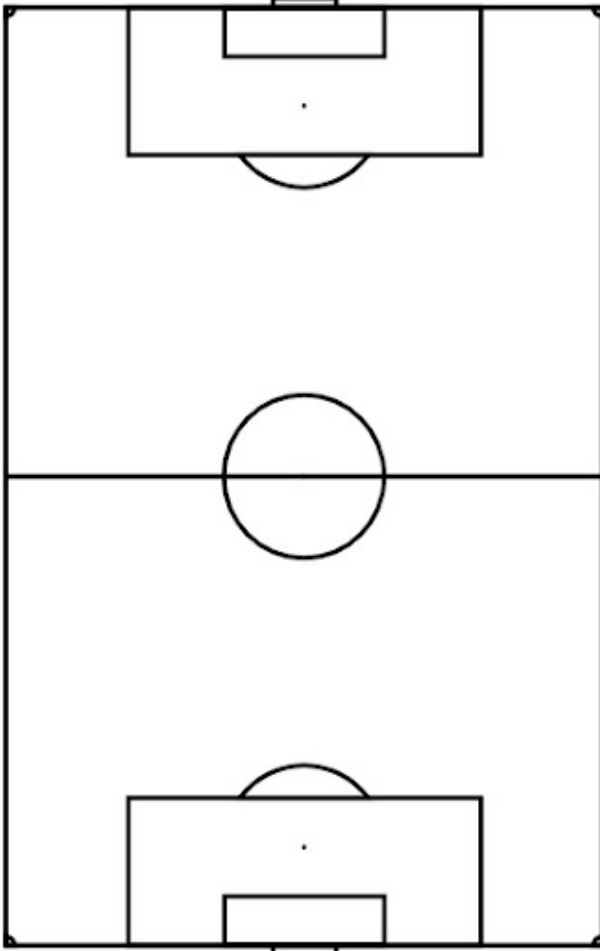
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Match Planner

Date: _____ Home Away Opponent: _____



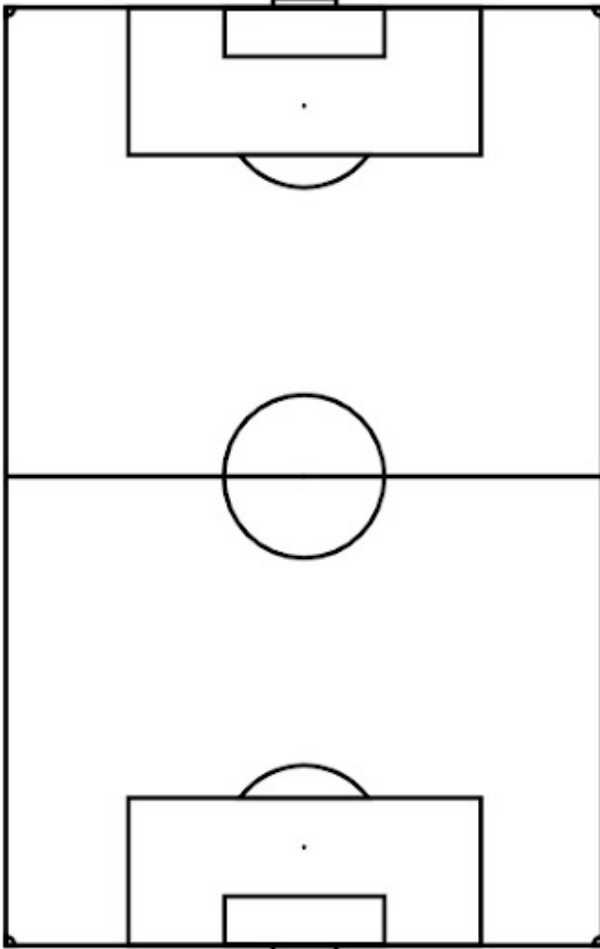
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Notes:

Team Changes:

Match Planner

Date: _____	Home <input type="radio"/> Away <input type="radio"/>	Opponent: _____
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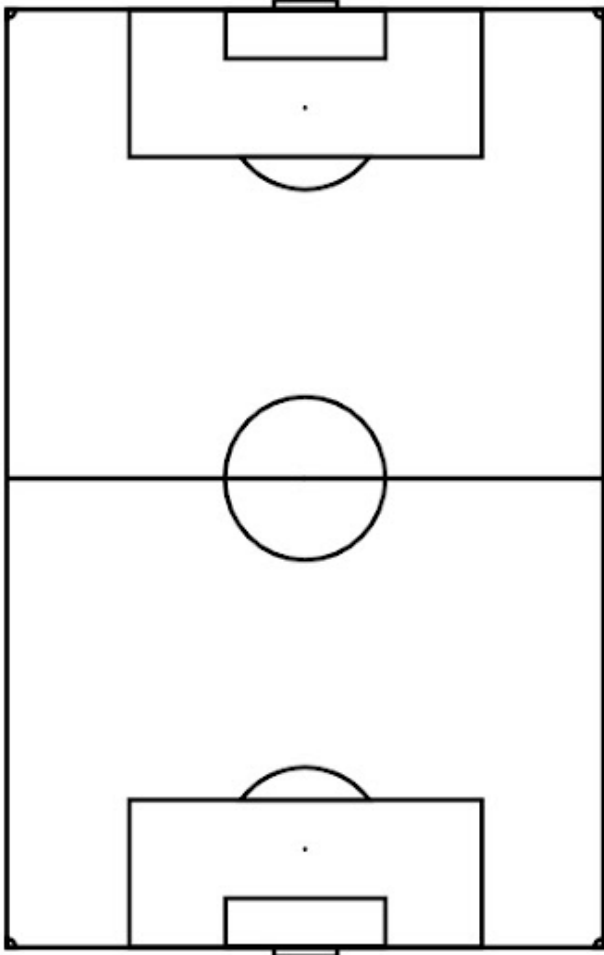
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Notes:

Team Changes:

Match Planner

Date: _____	Home <input type="radio"/> Away <input type="radio"/>	Opponent: _____
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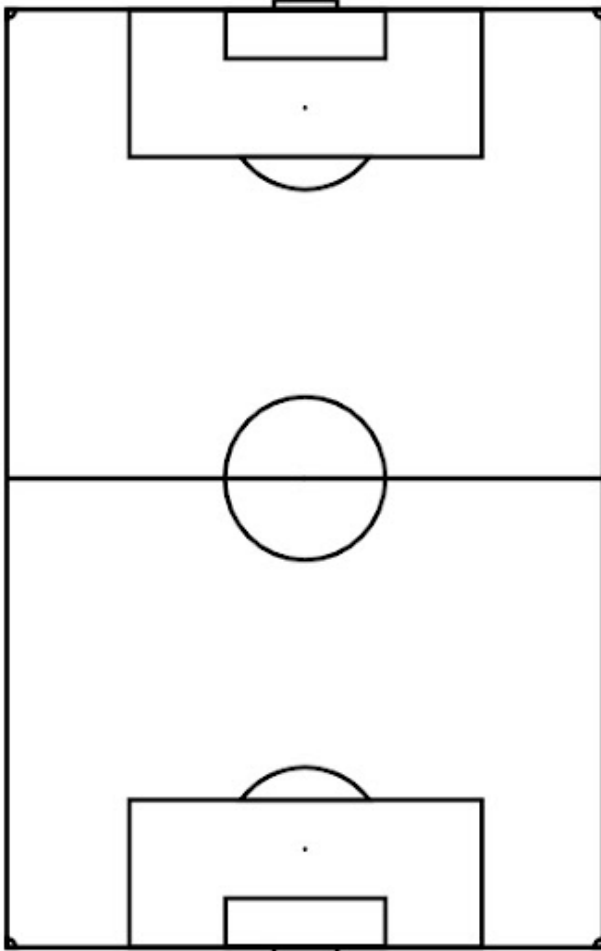
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Notes:

Team Changes:

Match Planner

Date: _____ Home Away Opponent: _____



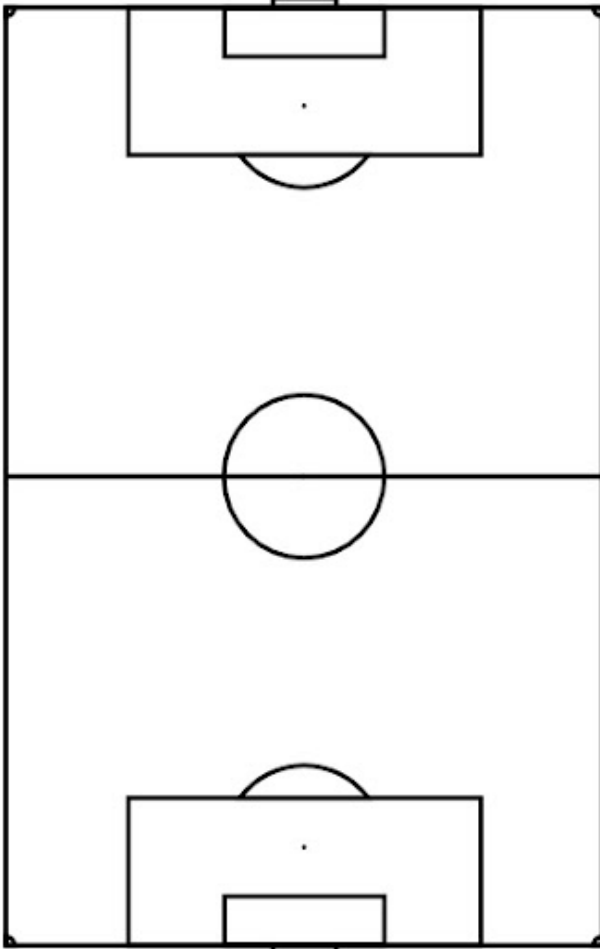
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Notes:

Team Changes:

Match Planner

Date: _____ Home Away Opponent: _____



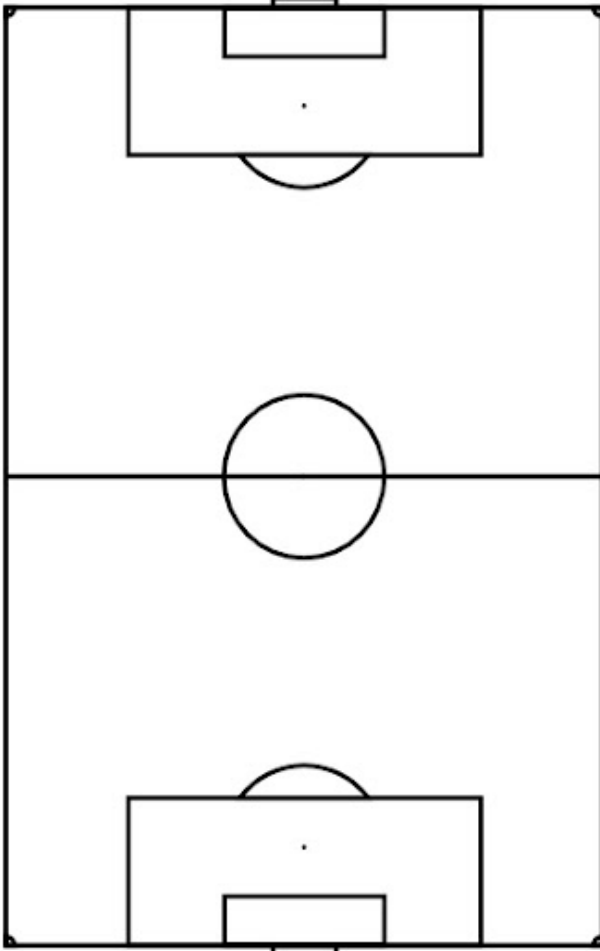
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Team Changes:

Match Planner

Date: _____	Home <input type="radio"/> Away <input type="radio"/>	Opponent: _____
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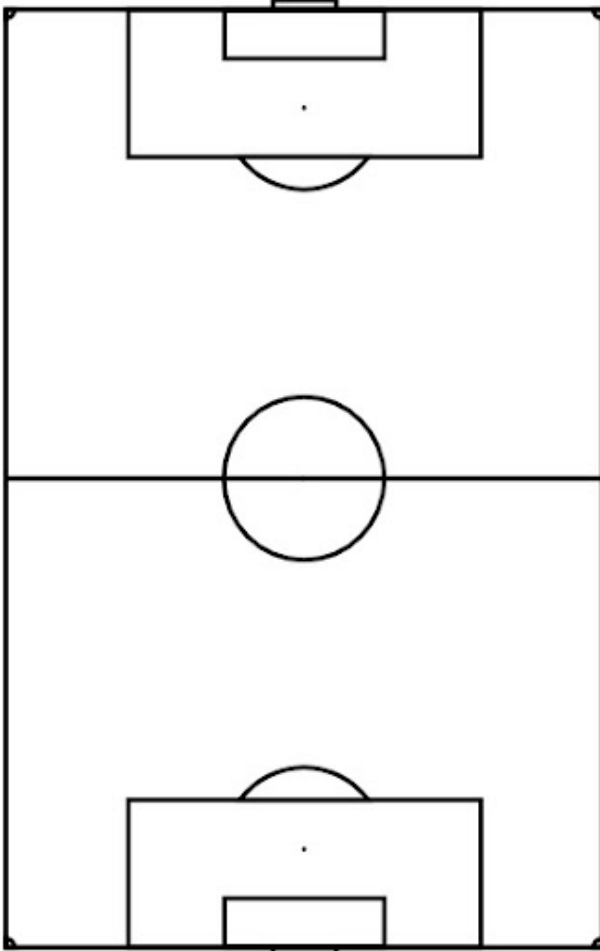
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Notes:

Team Changes:

Match Planner

Date: _____ Home Away Opponent: _____



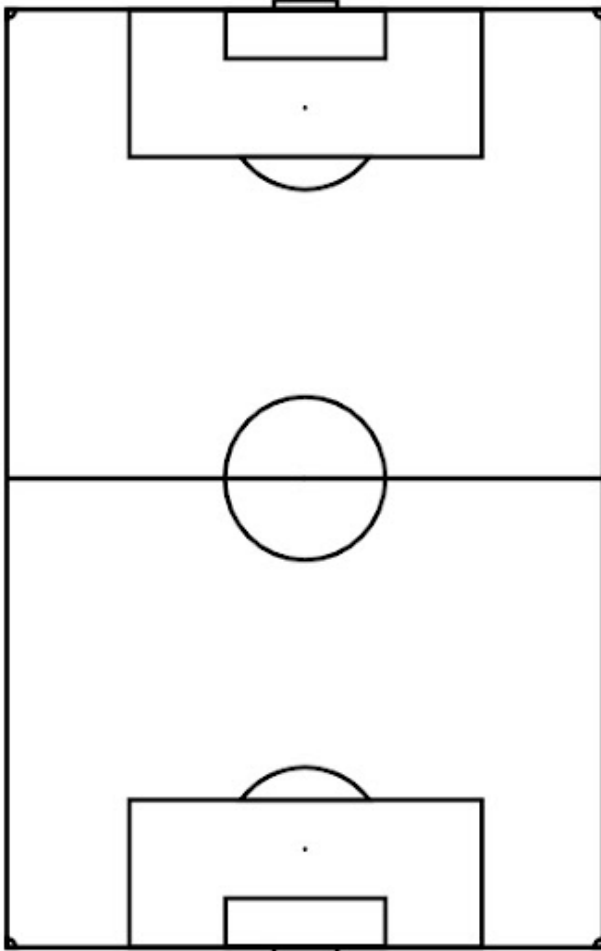
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Team Changes:

Match Planner

Date: _____ Home Away Opponent: _____



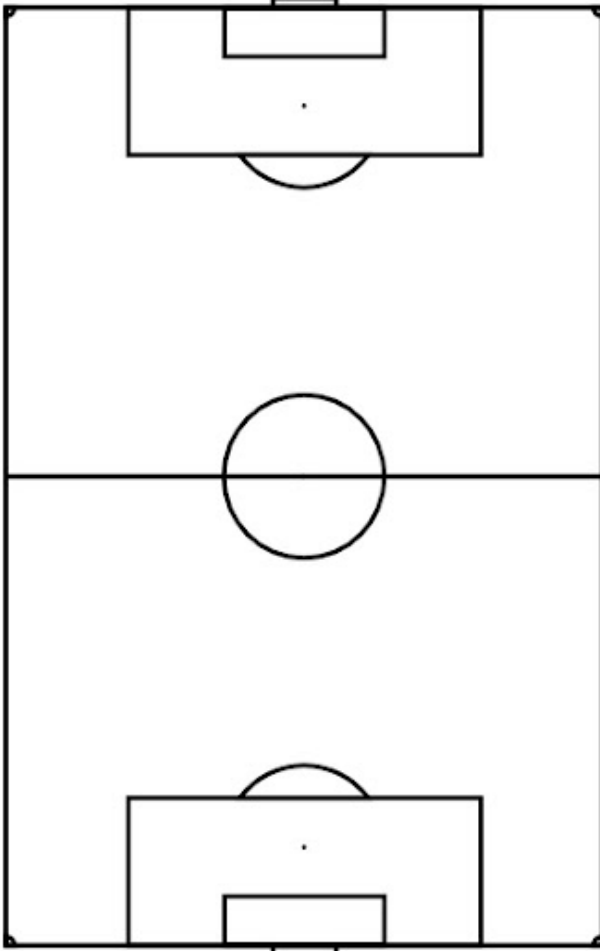
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Match Planner

Date: _____ Home Away Opponent: _____



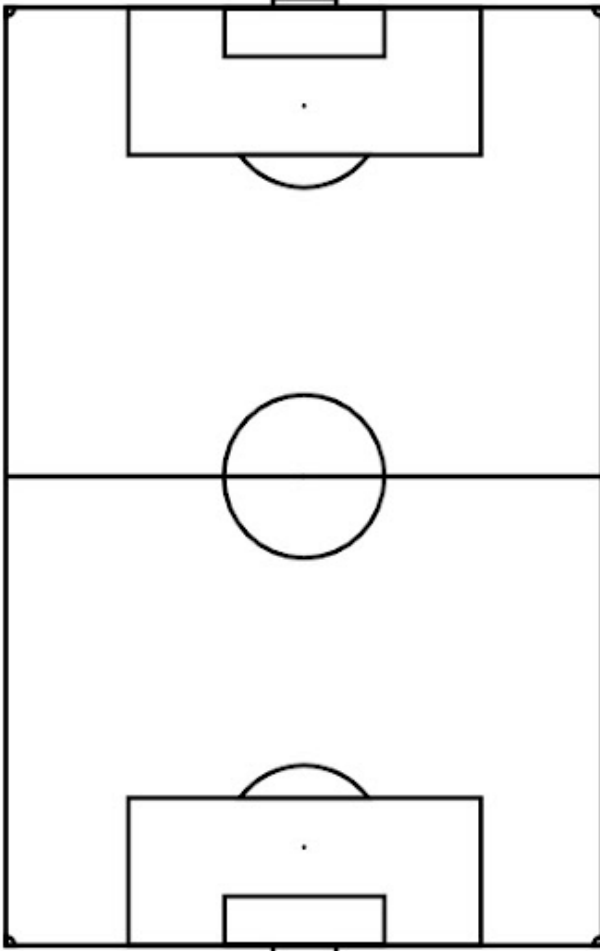
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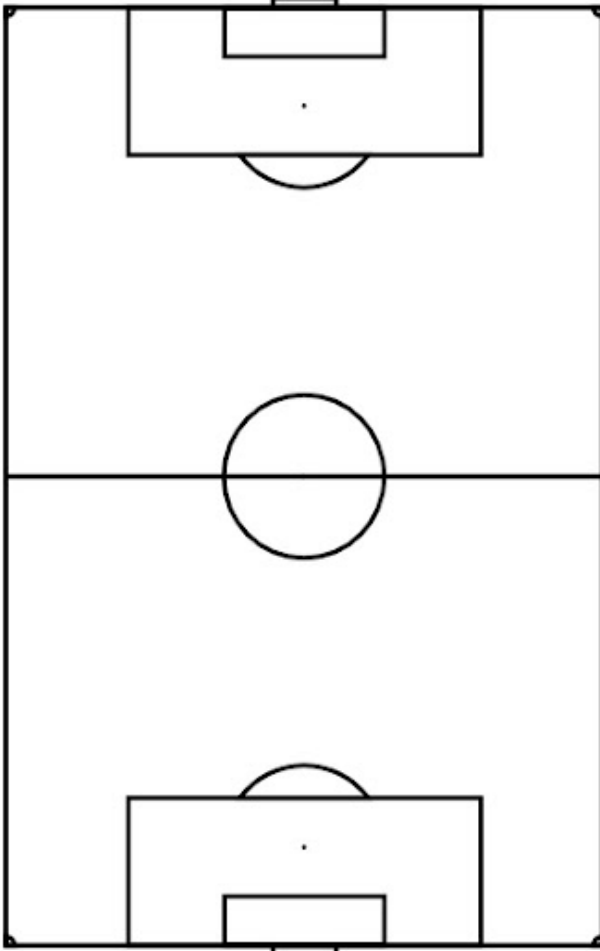
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Match Planner

Date: _____	Home <input type="radio"/> Away <input type="radio"/>	Opponent: _____
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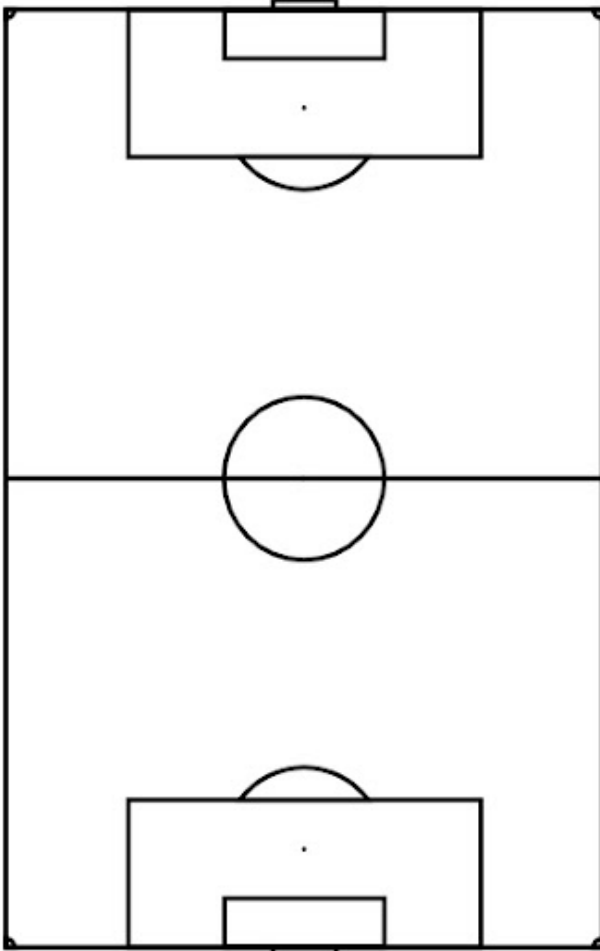
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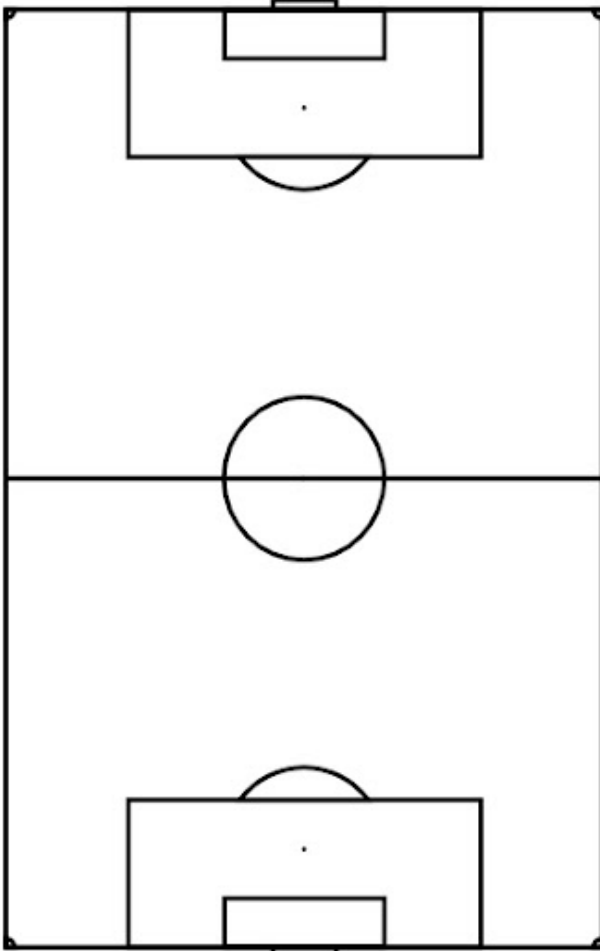
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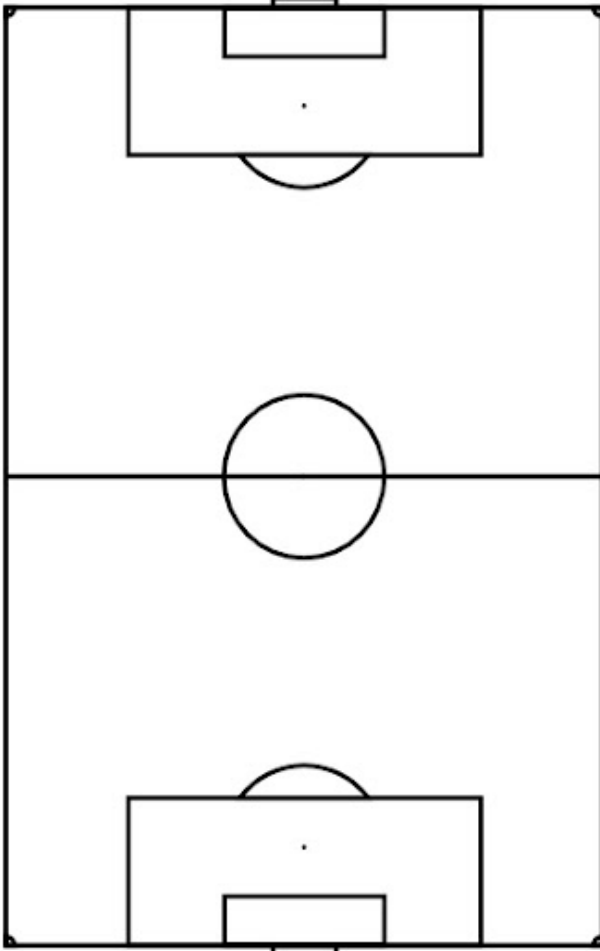
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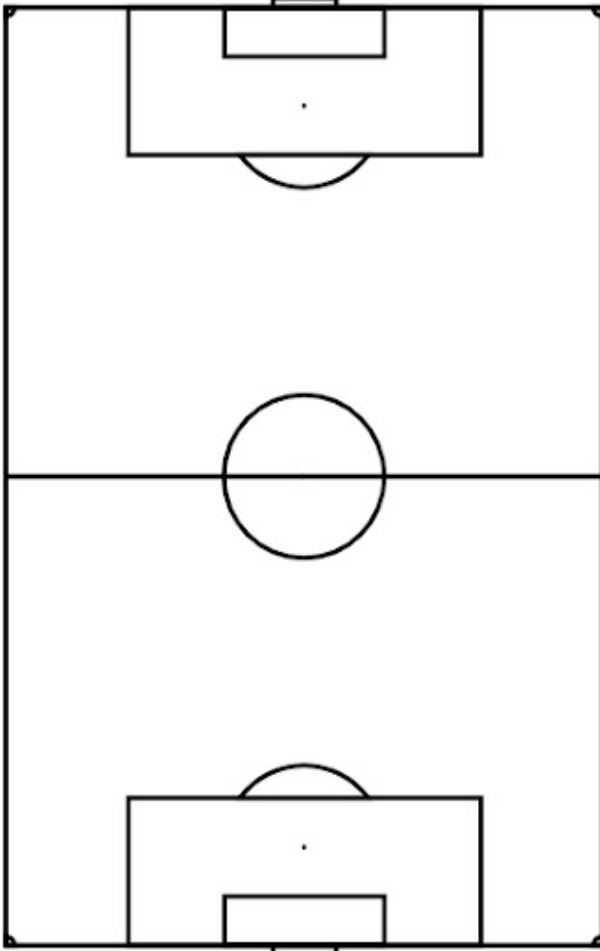
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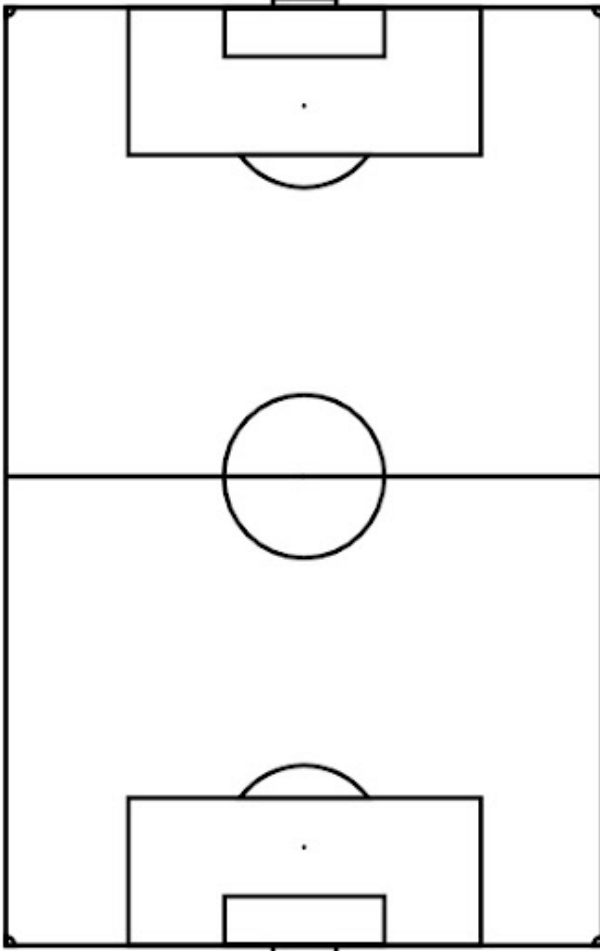
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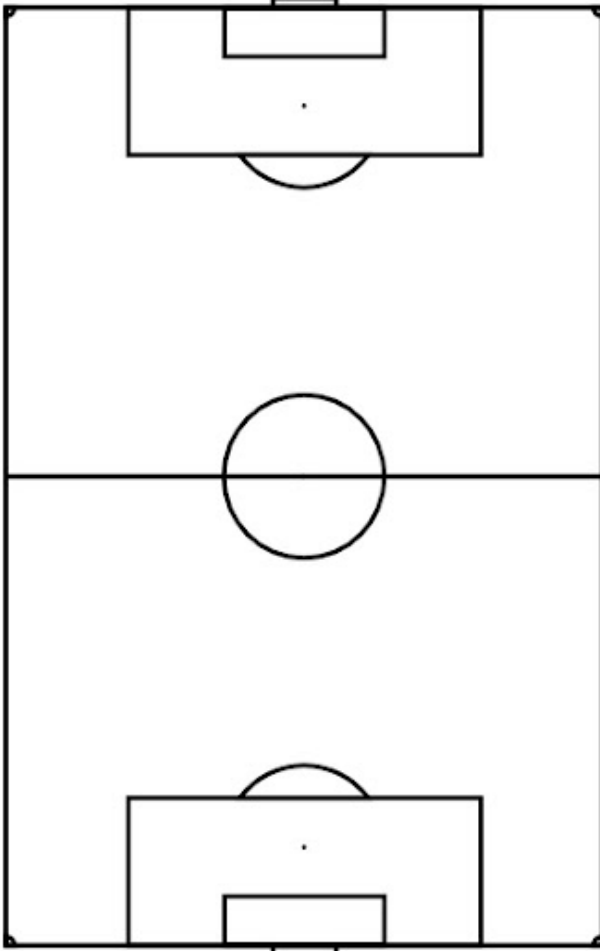
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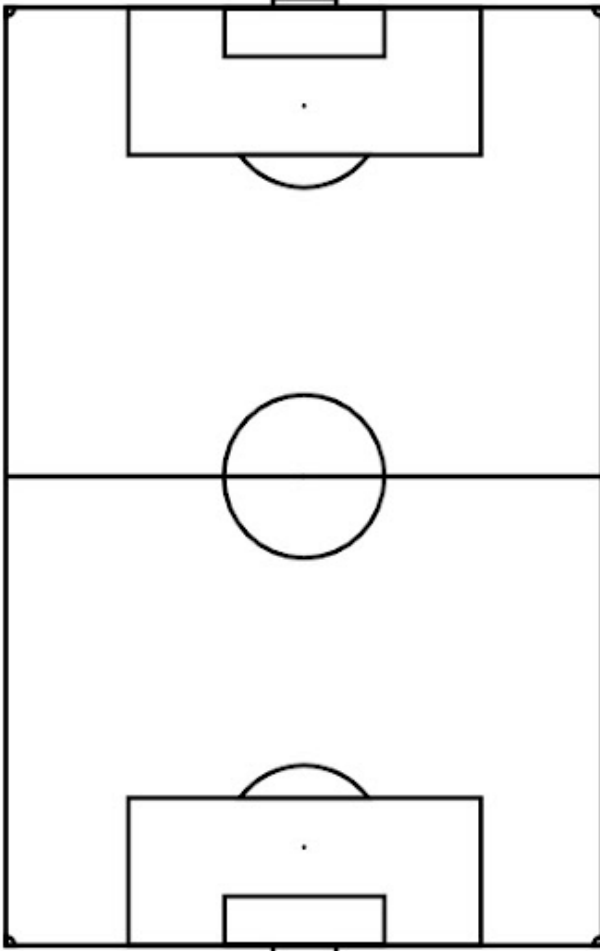
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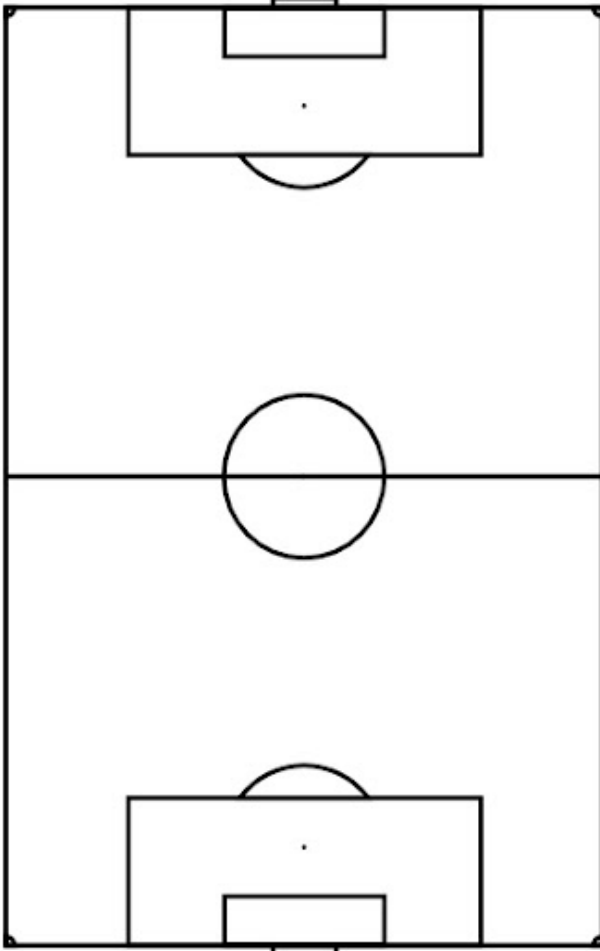
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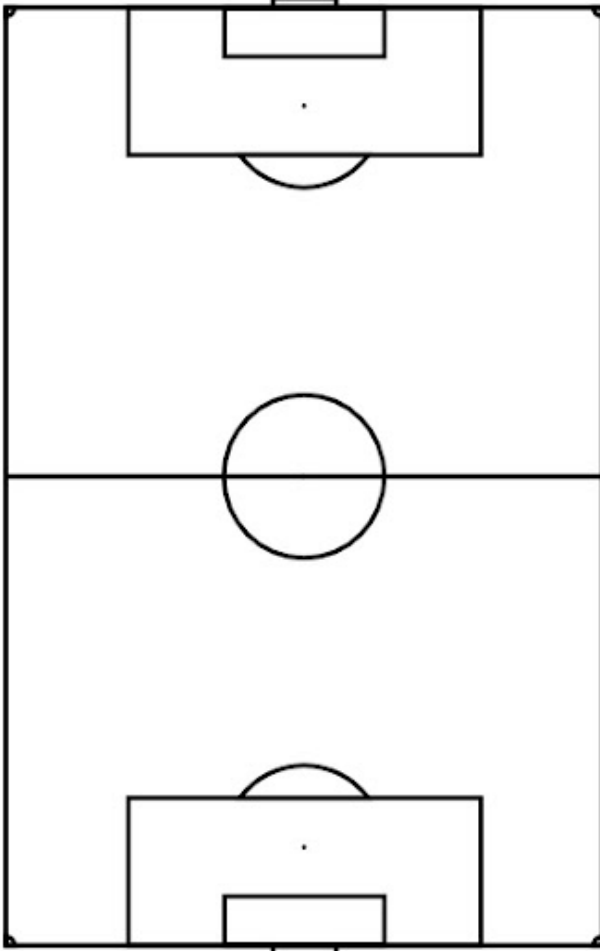
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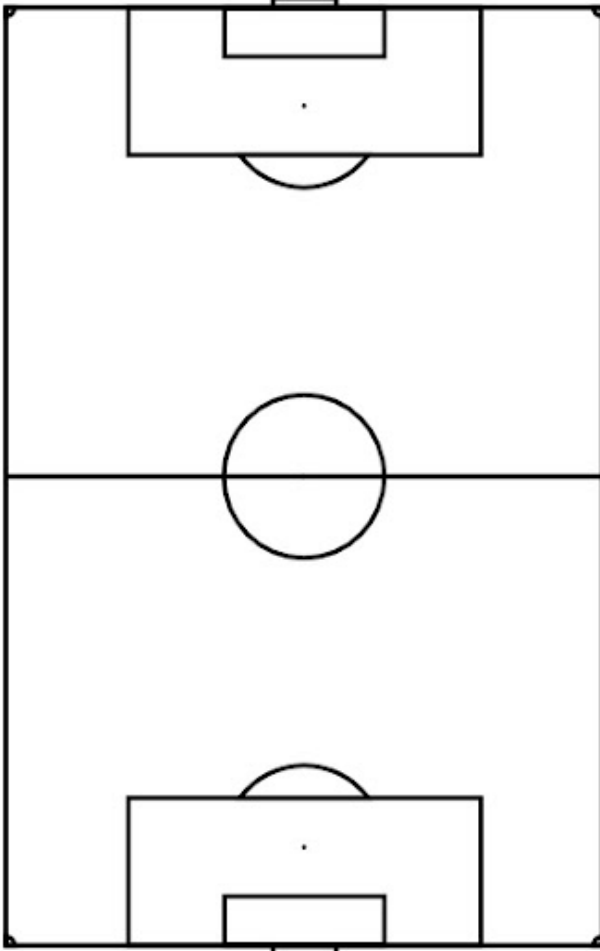
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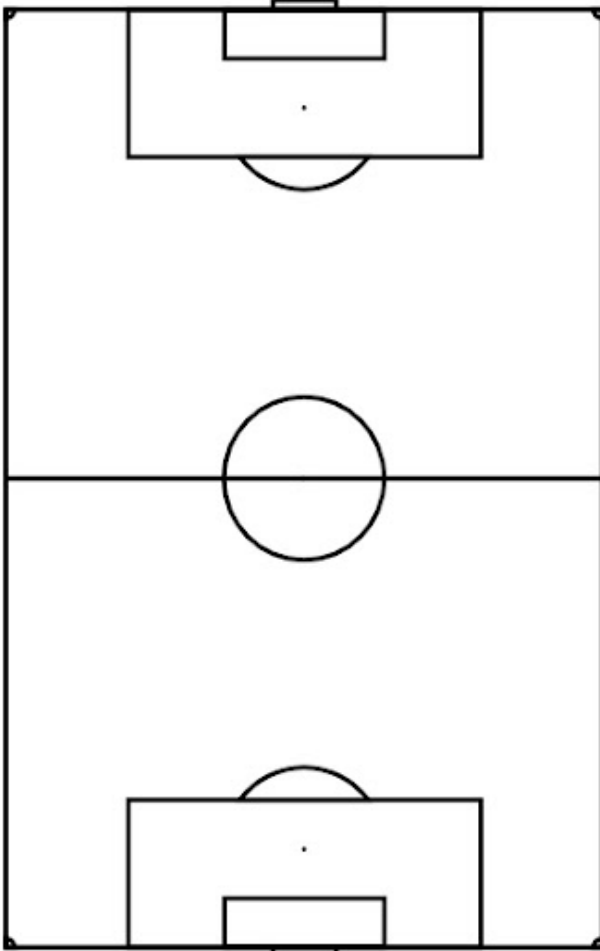
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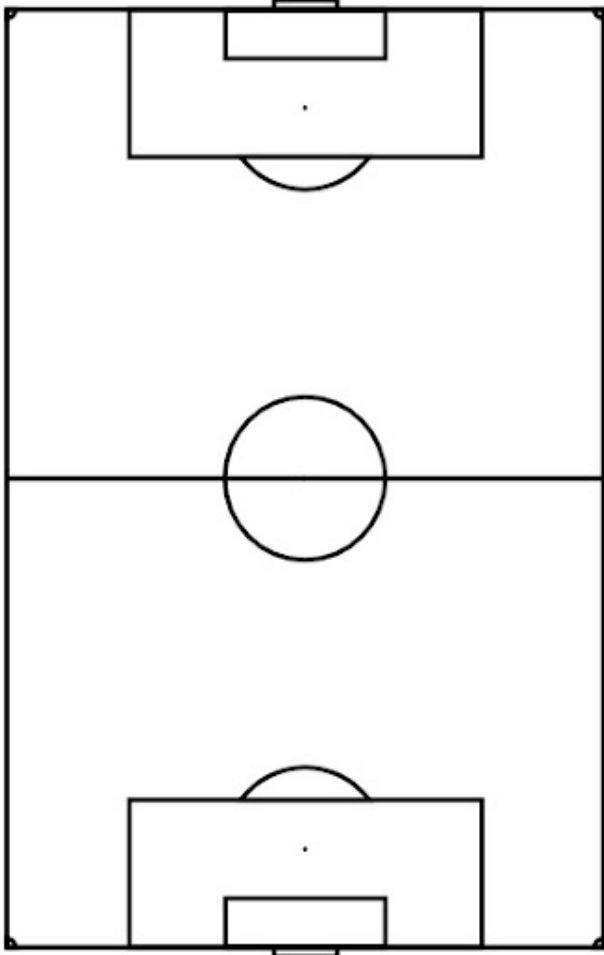
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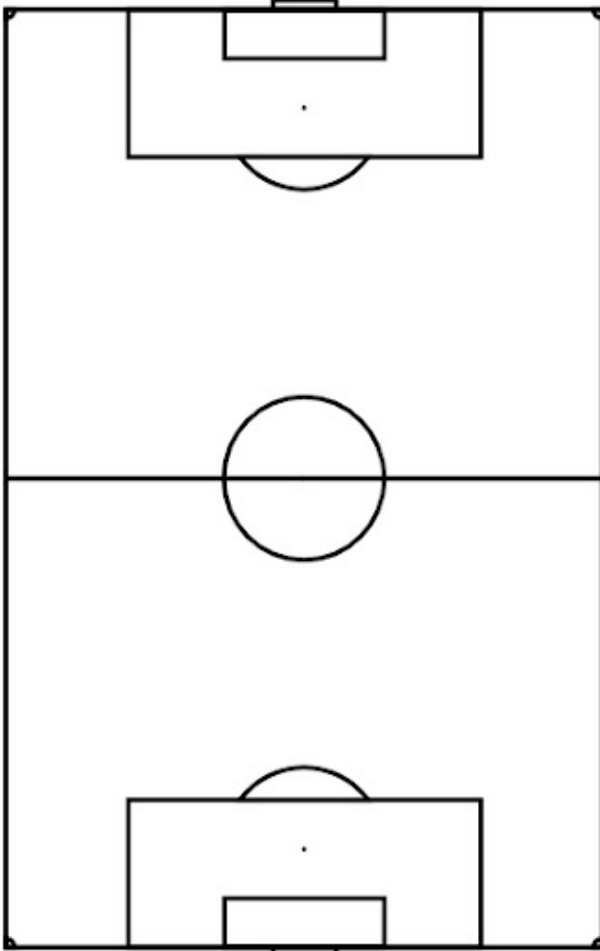
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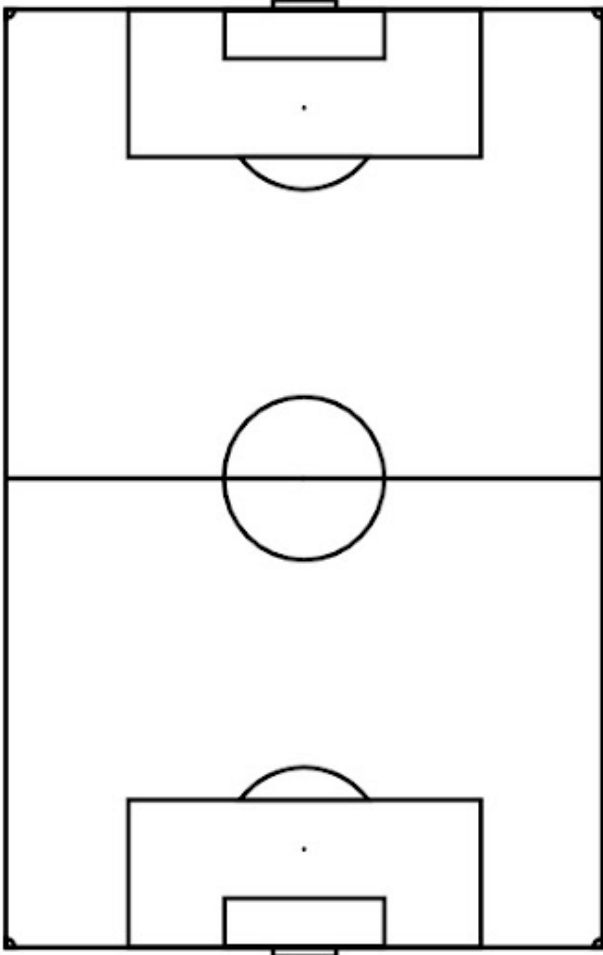
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