



**Elite Football**  
Professional Development  
Course 2022 /2023



**ELITE FOOTBALL  
PROFESSIONAL DEVELOPMENT**

# New Full Time Coaching & Training Programme

Galway United Football club are delighted to announce a new structure to their Academy. The Elite Football Professional Development Programme is designed to progress players in the 17+ age category. This dual career pathway programme will enable talented players to combine morning coaching sessions with afternoon theory in the classroom. It will commence in September 2022.

Galway United coaches will deliver coaching sessions and provide sports science support for all successful candidates. Video & Performance analysis tools will be utilised to maximise feedback and raise self-awareness to further develop game knowledge.

This will be delivered in a challenging environment where intrapersonal factors such as, Resilience, Confidence & Competitiveness will be the central themes of the performance model. There will be 8-10 coaching hours per week combining pitch based technical and tactical sessions with gym-based injury prevention and Strength & Conditioning.



Emmett Hartigan [Galway United], Emer Flatley [FAI Development Officer], John Caulfield [Galway United], Geraldine Gibbons [GTi Principal], Sean McGlynn [Galway FA], Gary Traynor [Galway United], Johnny Glynn [GTi, Galway United]



Wilson Waweru, Patrick Hoban, Kevin Horgan, Chris Horgan

Galway Technical Institute (GTI) has delivered QQI Level 5 & 6 Sports courses for more than 10 years. Some of the players to come through GTI in the past include the players above. GTI has always had a strong association with Galway United and understands the changes to the Football pathway and the need to deliver a dual pathway programme.

GTI will deliver the full time QQI level 5 sports course which is directly linked to Higher education and the CAO points system. Some of the Academic modules on the course include, Soccer Coaching, Injury Prevention, Nutrition & Sports Anatomy & Physiology.

This new course is designed for talented players in the age category 17+ who are seeking to advance their game and study full time in Galway.

The qualifications you receive from the GTI course will come through the CAO process. A full award from GTI will allow you to accumulate 390 points for the CAO system.

Successful applicants can apply for SUSI grants and are also eligible for Erasmus+ European work experience which will be linked to Professional development in Football.

Galway United coaches will deliver the additional coaching hours and FAI staff will deliver additional coaching qualifications during the Academic year.

To gain entry you will need to complete, an interview, a Football CV, Fitness & Skills Assessment, and Leaving Certificate.

This new course will be limited to 25 places.

You can apply for the course here – [GTI-GUFC Elite Football Professional Development](#)

## The Professional Development Phase of Football

The Professional Development Phase is classified as the final phase of development before senior football. It is a vital stage to further develop skills and resilience to cope and progress at senior football. This development phase provides an opportunity to progress players through a full-time training model fine-tuning the football philosophy within a competitive environment. Players are taught the key elements both on and off the pitch to assist their preparation and progression to senior football. The development of their game is undertaken within a competitive environment.

## A Dual Career

A dual career is the combination of a sports career with education. It should be viewed as a pathway where sport and education are valued equally. It provides an opportunity for an individual to reach their sporting potential whilst continuing with full time education simultaneously.

## Coaching philosophy

The Galway United Academy is underpinned by a number of key areas:

- Creating a positive & challenging learning environment
- Playing a possession-based game with all players comfortable on the ball
- Developing decision making skills to react instinctively to the 4 moments of the game

## Progression in Football

- Pathway to Galway United senior squad and other national league clubs
- Compete in the National Colleges league
- International Football tournaments & challenge games
- Links to other clubs and Academies in the UK and Europe
- Erasmus+ Football specific work experience abroad







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