



## Taekwondo Ireland /ITU

### National Team Strategy 2016

Author	Date	Consulted
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<b>Amendments</b>		
Niamh Buffini	01/02/16	Martin Fleming Robert Taaffe Stuart Russell

### High Performance and National Team personnel

#### High performance Director

Robert Taaffe

#### HP /National Team Liaison officer

Niamh Buffini

#### National Team Director

Stuart Russell

#### International Coaches/coaching panel

Robert Taaffe

Stuart Russell

Bobby Enright

Brian McKenna

#### Sports Psychologist

Gerry Fleming



## Taekwondo Ireland Strategy Plan 2016-2020 (Kyorougi)

- **National Team development strategy:**  
Taekwondo Ireland National Coaching structure  
High performance executive  
National Team Director  
High performance/National liaison officer  
National Coaching Panel

### The function of the National team Director:

- The national team Director will be responsible for  
  
Co-ordination of monthly training sessions for athletes  
Development of training programs for Cadets, Juniors and seniors.  
Communication with instructors and coaches re monthly sessions and national and international courses and events.  
Attendance and performance logging.

### ITU National Coaching Panel

- The National coaching panel will be responsible for  
Development of training programs for athletes  
Monthly training session content  
Coaching at National and International events  
Performance logging



## **National Coaching panel**

Coaches must apply to be a member of the panel and must fulfil the criteria below.

### **National Coaching panel criteria:**

- Taekwondoireland member
- ETU Coaching licence holder (ITU approved updated and current)  
National referee certificate (centre or corner judge, current and updated)
- International coaching experience at G1 level  
Taekwondo Ireland/ITU member.  
Coaching experience at National & International level.

### **National training session structure**

- Training sessions will be lead by National Coaching panel, invited international coaches and athletes.  
Content will include,  
Kyrougi specific training  
Kicking Drills  
PSS Training  
WTF rules interpretation  
Sports Psychology  
Nutrition  
Strength and conditioning.
- Content will be led by the National coaches panel through a regular feedback mechanism.



## National Team selection Process for WTF/ETU Championships 2016

To include the following and all events where a National team presence is required

ETU European Championships, Cadet Junior and Senior

WTF World Championships, Cadet, Junior and Senior

Olympic qualifiers, Military and University Games

- Athlete selection for these events will be based on a performance and results plan put forward by the athletes coach.  
A list of events will be sent to all coaches and coaches must submit performance plan based on the following,  
Training plan  
Competition plan  
Progress reports must be submitted along with KPI reports.  
National Training sessions (see above) are compulsory for all wishing to attend the above events, attendance will be noted and a calendar will be sent out to each coach with dates of monthly training.
- Coaches must notify National Team Director of intention to travel to G class events.
- In the event of recent injury, study leave or any other reason of non attendance at National training sessions or planned national/international events the Team director must be notified.

### Selection

#### Seniors:

- Selection will be based on the above criteria and the following,  
WTF Ranking points acquired at G rated events  
World points for world weight category events  
Olympic points for Olympic weight category events.  
Attendance and performance at National Training sessions  
Participation at national events



- **Cadets and Juniors:**
- Participation in national and international events.  
Attendance and performance at national team training session
- Juniors crossing over to senior with no ranking points or senior record may be considered based on junior performances that may be deemed commensurate of that noted in above criteria.
  
- Applications for ETU/WTF championships will be accepted by The National team director from ITU registered instructors and coaches only. Applications from individuals will not be accepted.
- Event application forms will be distributed to coaches at the National training sessions.

