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The National Coaching and Training Centre has been established to assist in raising the standards of coaching and performance in Irish sport. The Centre's mission is to provide a world class range of services to players, athletes, coaches and NGBs. The Centre was established in 1992 and is responsible for coordinating the non-financial aspects of the Player Athlete Card for Excellence (PACE). This scheme provides support to 200 of Ireland's players and athletes. NCTC is located on the campus of the University of Limerick and hosts squad and training camps for over 30 different national squads.

The Centre also works closely with NGBs in a partnership arrangement which has seen the establishment of the National Coaching Development Programme. This Programme has provided training and certification for 11,575 coaches; 250 tutors across 40 sports. A National Sports Information Service is also provided in conjunction with the University of Limerick. The Director has responsibility for the day-to-day running of the Centre. The Board of the Centre sets the policy and direction. NCTC operates within the programmes of the newly established statutory Irish Sports Council.