

Preparation For Performance

13 - 02 - 2013

When you aim for perfection,
you discover it's a moving target.

Always

Praise loudly, Blame softly

Leadership:

the art of getting someone else
to do something you want done
because he wants to do it

Experience

is the name everyone gives to his
mistakes

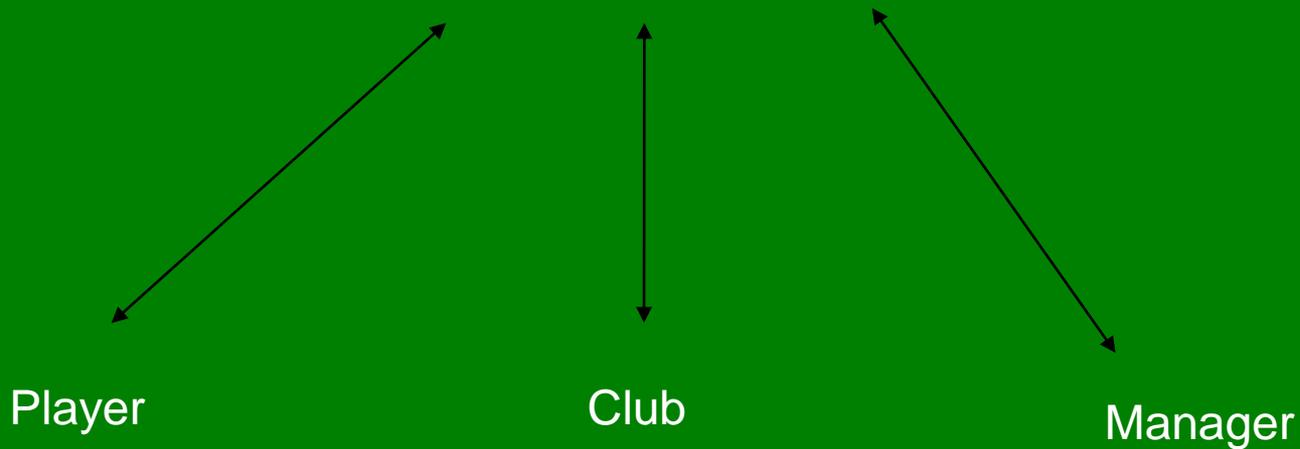
Responsibility for Performance

Question: Collective or Individual ?

Collective if you win

Individual if you lose

For the purpose of tonight lets break it into 3



Attendance

Discipline

Core

Gumshield

Ambition

Equipment

Flexibility

Diet

Player Responsibilities

Communication

Hydration

Mental Preparation

Education / Work

Social Media

Rest

Lifestyle Choices

Time Management

Effort

Discipline (follow through)

Ethos

Gumshield

Training of coaches

Excepting Change

Facilities

Sponsorship

Vetting

Kit

Club Responsibilities

Social Media

Structures

Code of Conduct

Providing Opportunities

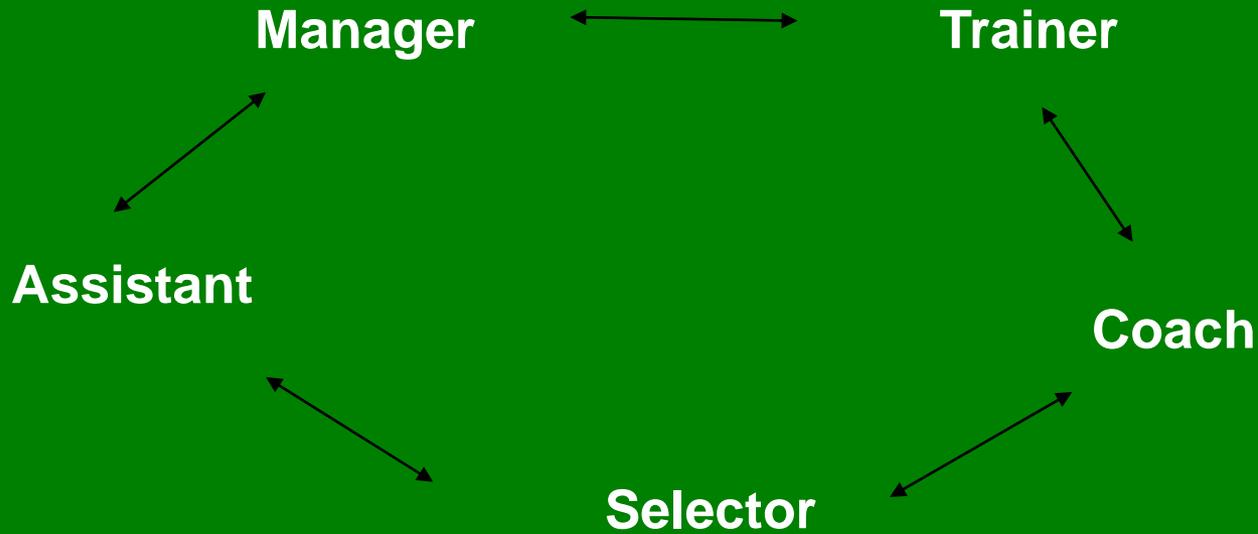
Equipment

Communication

Ambition

Finance

What is the difference between



Do the players know ?

Do they need to know?

Need to define the role for everyone concerned

Manager Responsibilities

Training **Selection** **Endless List** **Tactics** **Kit**

Match Day Organisation **Setting Goals** **Gumshield**

Equipment **Medical Issues** **Transport** **Social Media**

Player Management **Communication** **Backroom Team**

Code of Conduct **Dealing with family** **Planning**

Discipline **Evaluating** **Conflict Management** **Media**

Oversee correct training for age group **Protect Players**

Educate Players **Respect** **Understanding Training Techniques**

Understand the 5 components of fitness **Develop talent for future**

Enjoyment

What does it mean

Best work done on the training pitch

Pre season & During the season

if

The foundations are well laid and strong
enough to withstand
the adversity of a long season

Advice ?

Set SMART targets at start of season.

Specific: A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six “W” questions:

- *Who: Who is involved?
- *What: What do I want to accomplish?
- *Where: Identify a location.
- *When: Establish a time frame.
- *Which: Identify requirements and constraints.
- *Why: Specific reasons, purpose or benefits of accomplishing the goal.

Measurable - Establish concrete criteria for measuring progress toward the attainment of each goal you set.

Attainable – When you identify goals that are most important to you, you begin to figure out ways you can make them come true.

Realistic- To be realistic, a goal must represent an objective toward which you are both *willing* and *able* to work.

Timely – A goal should be grounded within a time frame. With no time frame tied to it there’s no sense of urgency.

Don't be afraid to change these targets as season develops.

Try not to have pre conceptions about players.

Know yourself. Strengths and Weaknesses. Get help where needed

Accept you don't know everything. You have to Evolve to stay ahead

See every player as an individual

Physically

Mentally

Emotionally

**Your there for the player's benefit
they are not there for yours**

Self Evaluate at every opportunity. How could I improve what just happened

Experiment with new ideas. Embrace new developments.

Acknowledge your mistakes and learn from them

Set high standards in all areas

See what your doing as more than taking football / hurling

Your shaping and influencing young peoples lives.