

Lifestyle Management

- Helping the Young Player



Outcomes

- Identify the differences between individuals
- Explore the pressure on young talented players
- Identify Strategies to Cope with the Pressures
- Action Points for Coaching and Games Promotion Officers - Making and Impact



Unique

What makes each person unique

Groups of 5

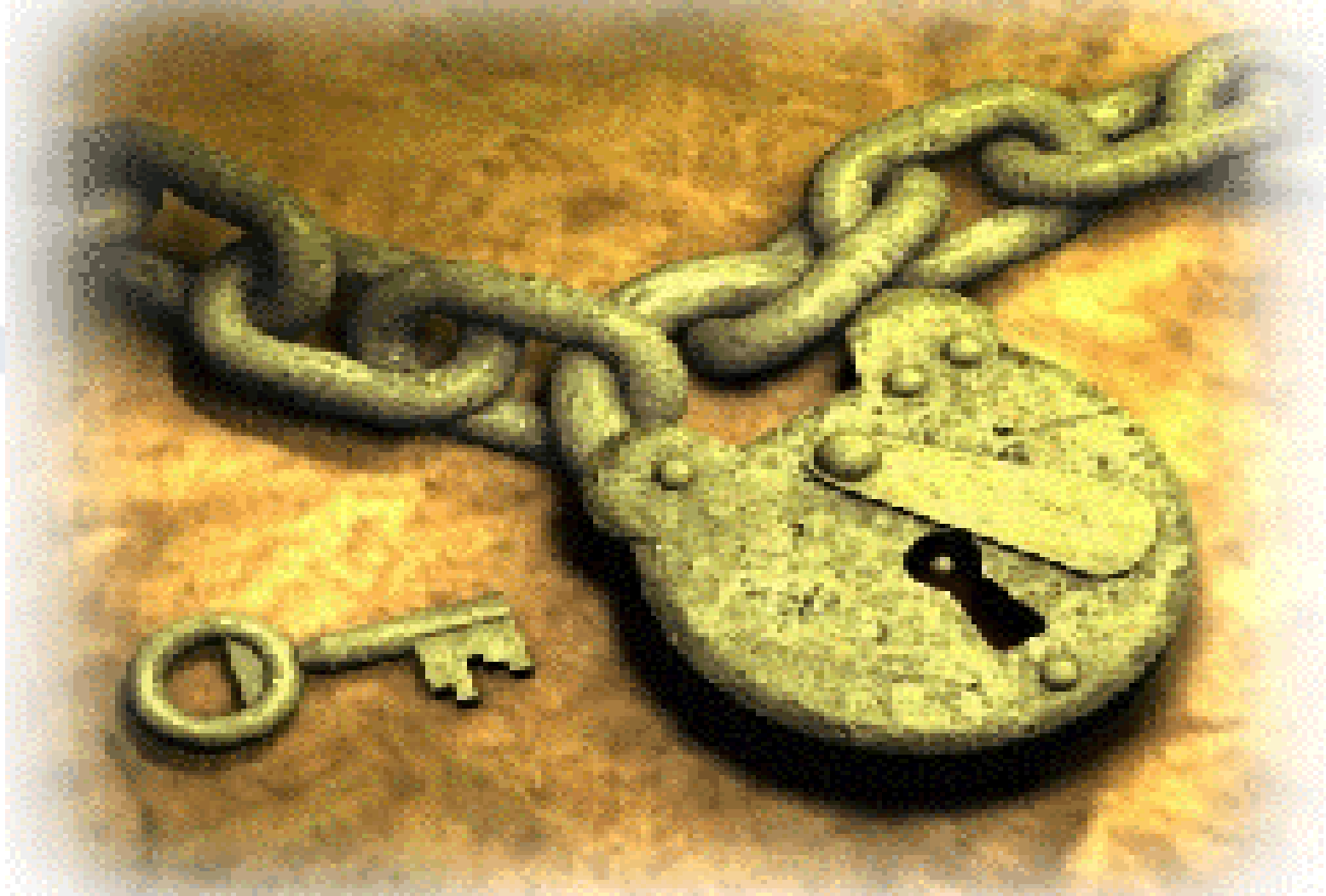
- Outline key aspects that potentially makes each of you young players unique within the team.
- Feedback



CREATING A CHAMPION
Development takes
10 years - 10,000 hours

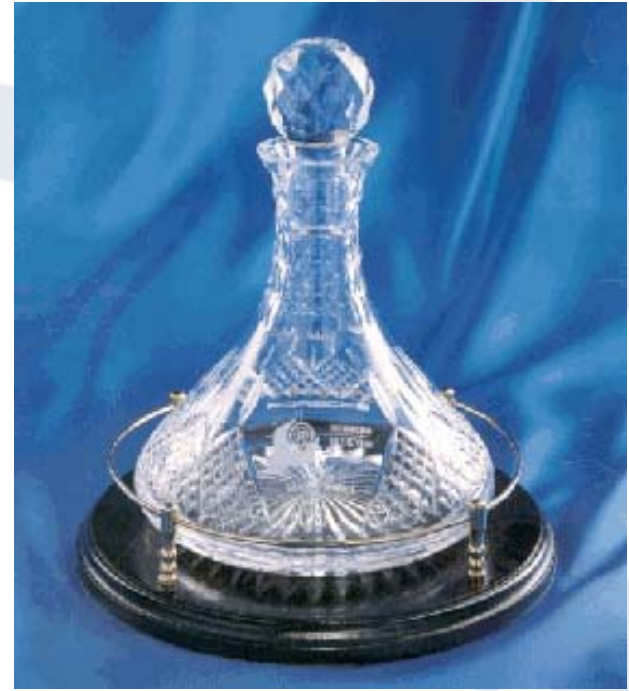


Does the County GAA value young talent



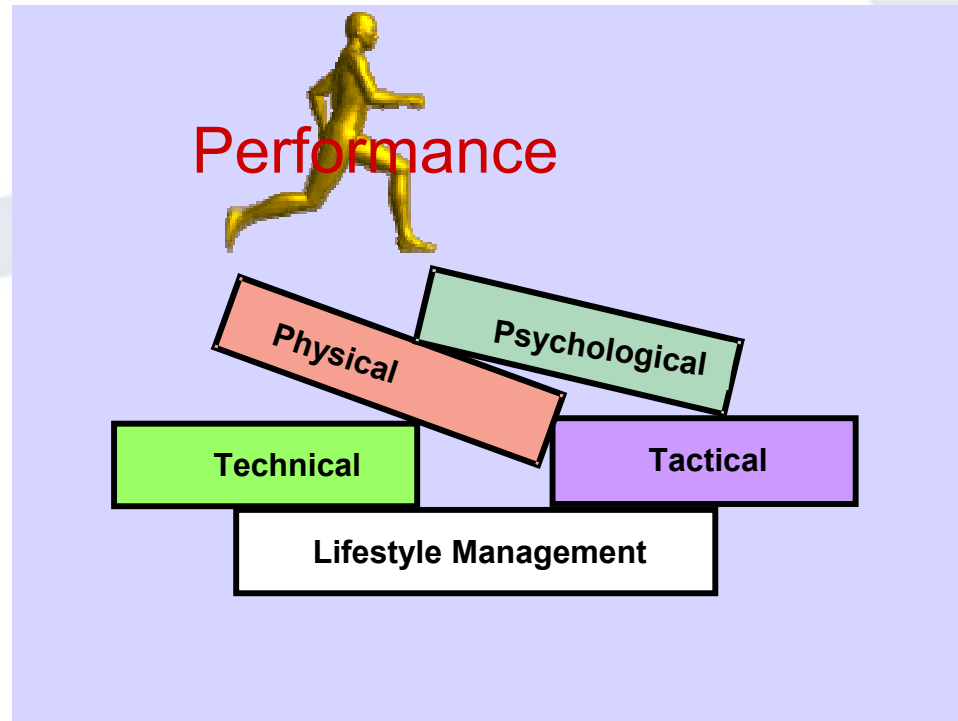
How do we best unlock your talent?

Managing Talent



- Making or breaking talent? In the coaches hands and you the players hands.

Why Lifestyle underpins performance



- Top Four built at training
- What is Lifestyle Management?
- What are the implications of not having it right?

Individuals within a team



Challenge for the Coach!
Do we treat everyone in the team the
same way?

Information on

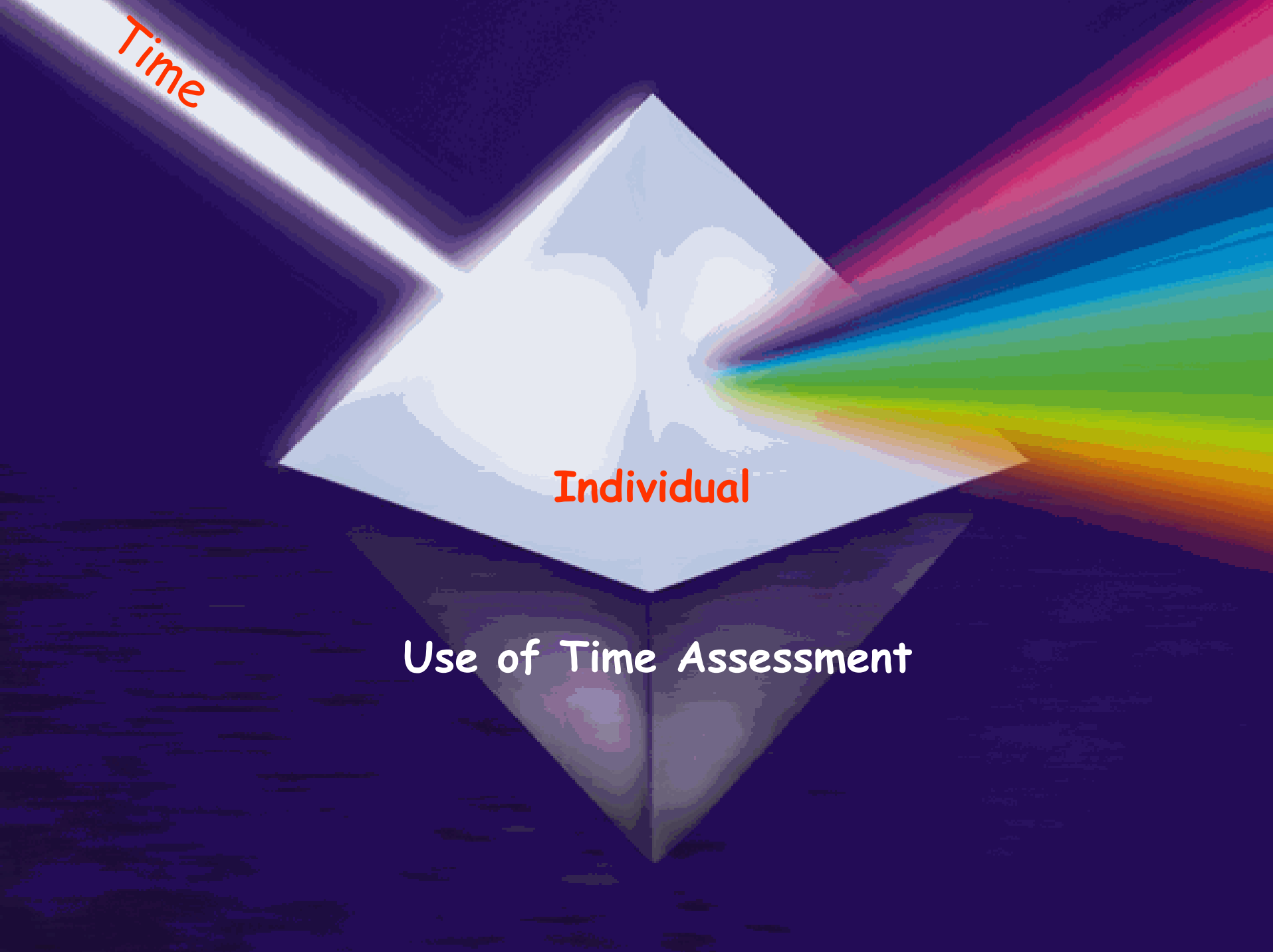


- Personal Details
- Sport Details
- Education
- Employment
- Network
- Transport
- Medical
- Personal Interest

Time

Individual

Use of Time Assessment



Variation within a Group!

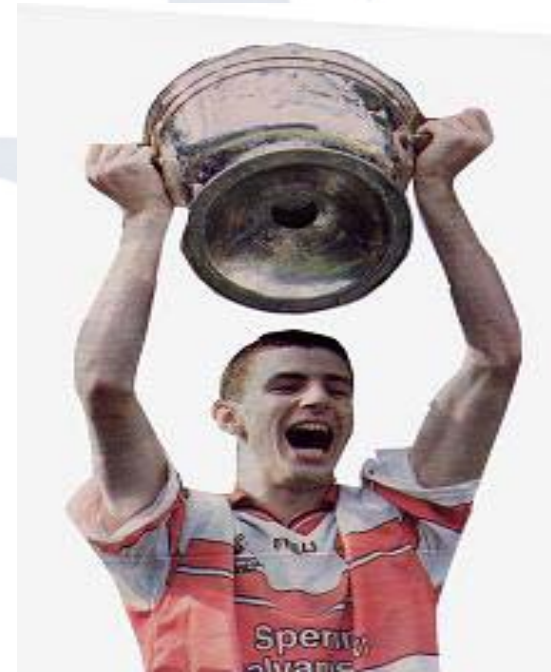


Monitoring Playing Demands

Prioritisation

Peaking

Progression

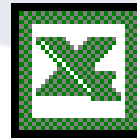


Example Scenario

- Talented young player
- Also good academically
- Sixth Year
- Commitments between Dec. 02 and March 03.
- How do you cope??

Academic Commitment Intensity

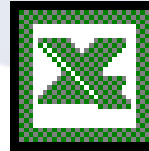
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Microsoft Excel Worksheet

Sporting Commitment Intensity

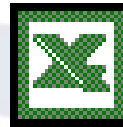
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Microsoft Excel Worksheet

Identification of Crisis Points

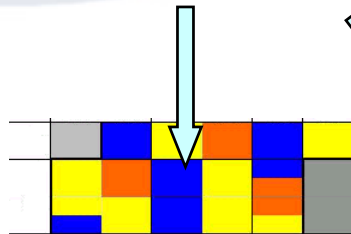
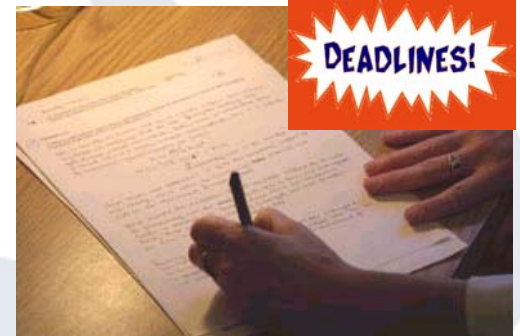
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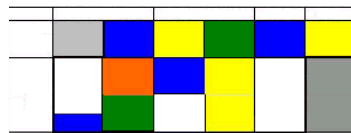
Microsoft Excel Worksheet

Integration Planning Tool

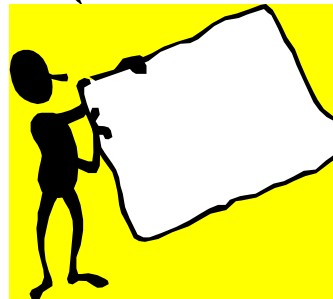
Preparation



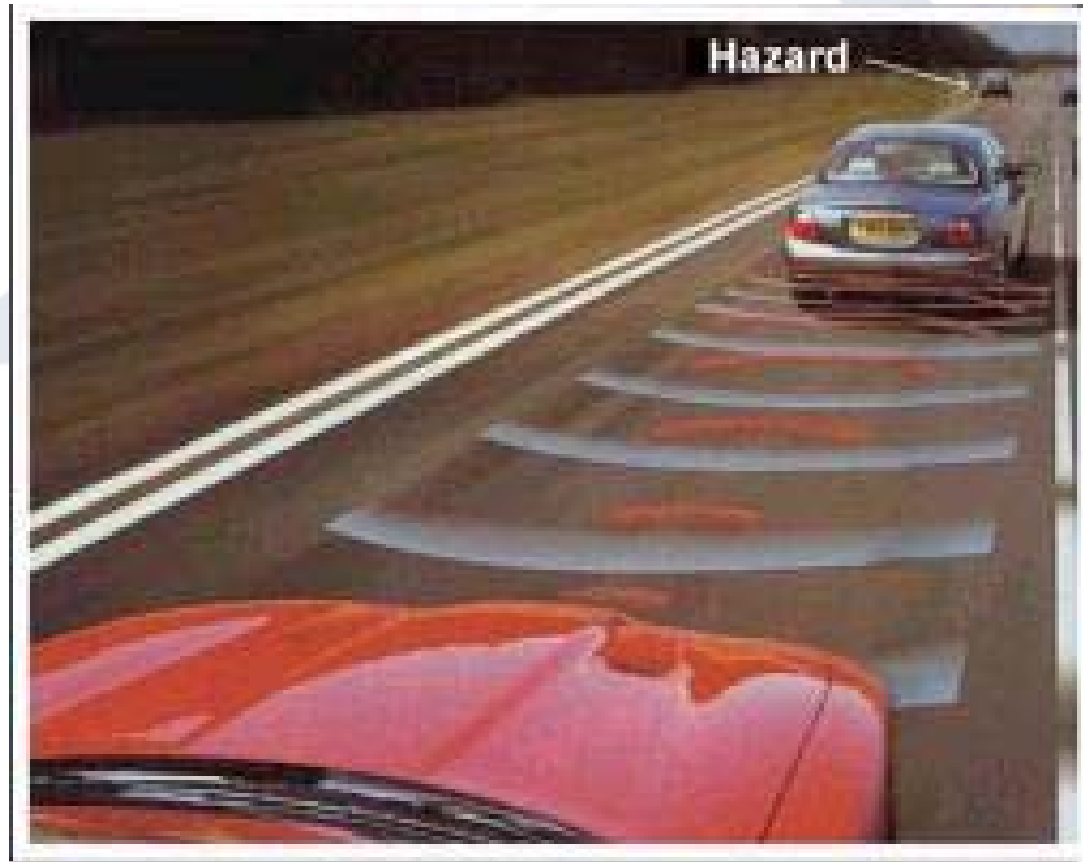
Training Schedule



Competition Schedule



Identify Potential Pressure Points Ahead



STRATEGY

Complete research re. dates of key events and complete integration plan early

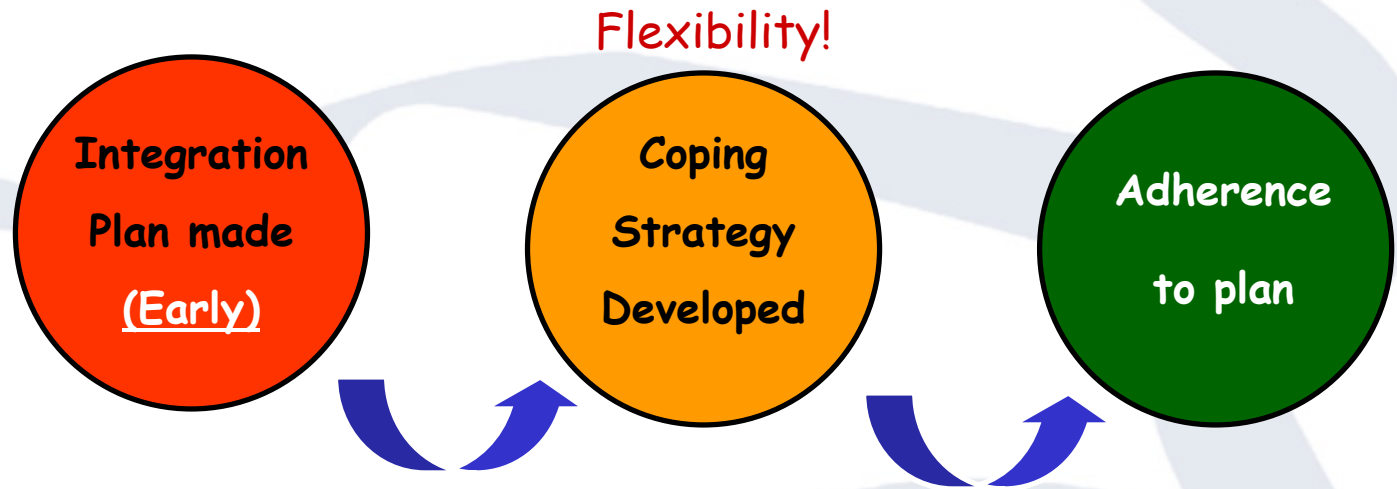
Identify 'opportunity weeks'

Player must demonstrate high levels of self motivation during these in order to 'raise his productivity'

Set goals for these weeks in even more detail than usual. Quantify time to be spent on each of the goals



Developing a Coping Strategy



Action Points - for players?

- Managing Time?
- Committing to Development?
- Attitude outside contact time?
- Adherence to programmes?
- Desire to improve and be the best?
- Support from the home environment?
- Managing the training and competition load?
- Sensible coaches who communicate?
- Focus as you move up the performance ladder?
- Work/ academic progress?