

TRUE BLUE: Com Moran (right) has juggled his football commitments many times in the past



IN DEMAND: Tyrone's Cormac McAnallen

# ULSTER TACKLING PLAYER BURNOUT

Concern for younger players



# Making or Breaking Talent? The Chosen Few!



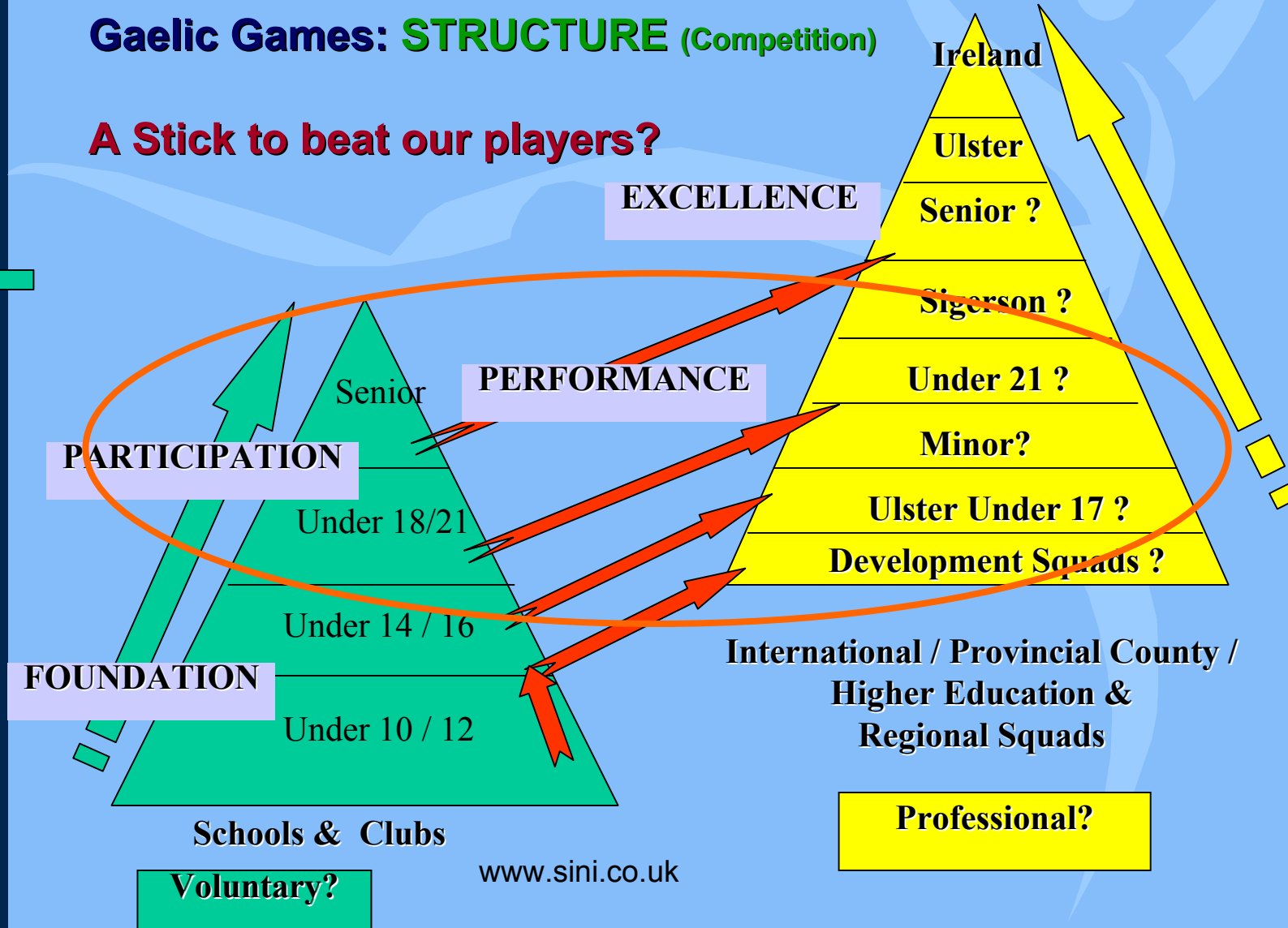


# Situational Analysis - Strategic Planning Process

## Gaelic Games: **STRUCTURE** (Competition)

### A Stick to beat our players?

- Hard S's**
- Strategy
- System
- Structure
- Soft S's**
- Style
- Staff
- Shared Values
- Skills



## Gaelic Games: **SHARED VALUES** at **THE ELITE END**

- **All Agencies**
  - SCHOOL
  - THIRD LEVEL
  - CLUBS
  - COUNTIES
- **THE TASK FOR MGT**
  - Win
  - Pressure
- **FOCUS ON**
  - The TEAM
- **RE – FOCUS ON**
  - The PLAYER
- **THE TASK**
  - Nurture the Potential

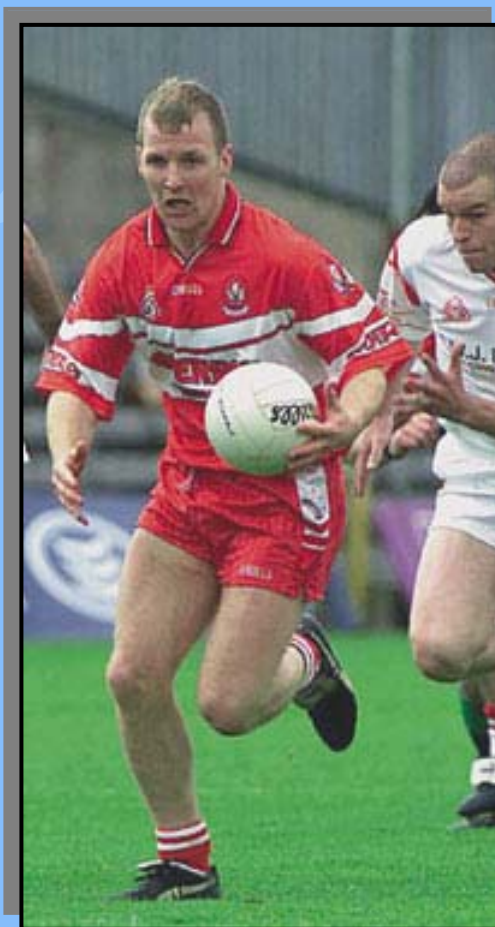
*“ANOTHER MONTH ENDS”*  
*All Targets Met,*  
*All Systems Working,*  
*All Customers Satisfied,*  
*All Staff Eager and Enthusiastic,*  
*All Pigs Fed and Ready to Fly.*



- Hard S's
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# Had Enough!



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**"He needs time away from competitive sport to avoid burn-out after nearly quitting Gaelic football last summer"**

# Devenney not ready for action

By Eamonn O'Hara

**B**RENDAN Devenney has turned down an approach to make himself available for Sunday's Division 1A clash with Dublin, saying he needs time away from competitive sport to avoid burn-out after nearly quitting Gaelic football last summer.

The St Eunan's star yesterday spiked this week's rumour mill, ruling out a return for Donegal until after a planned two-week holiday on February 22 to the Canaries.

It is unlikely that he will be ready, his batteries re-charged, for NFL action until his county's sixth round game away to Cork on the weekend of March 22/23.

Devenney admitted that in the aftermath of Donegal's replay defeat in last season's All-Ireland play-offs to Dublin that he thought of calling it a day.

"To be honest, after the Dublin game last year I was ready to give it all up. That is how bad I felt about it."

A combination of events, pressures and injury in a car crash left him feeling very low.

"The first thing I want to make sure is that I really get back to enjoying my football. I didn't enjoy the football at the end of last summer. Everything caught up with me between one thing and another. The enjoyment of football went a bit."

Last weekend he completed his circum-League soccer commitments with Finn Harps, a 1-0 promotion play-off second leg win over Galway. Harps lost 2-1 on aggregate to remain in the first division for another season.

He was approached about playing in the Dublin game but he said he declined

stating that he felt it was important to get in a good rest period away from sport before resuming his county career.

"Mr McEniff has put me under some pressure but I think for all parties, including my wife, I think I should take these next few weeks to rest. I am going to the Canaries on the 22nd and I'd rather just leave it until I come back."

His decision rules him out of the Ballyshannon game, provincial derbies against All-Ireland champions

Armagh (Feb 16) and Division One title holders Tyrone (March 2) and probably the fifth round tie against Kerry on March 9, the day after he arrives back from holiday.

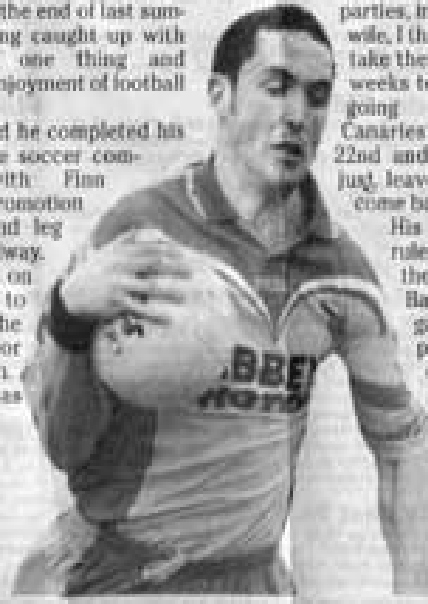
He appreciates the situation an under-strength Donegal squad finds itself in after defeat at Galway last week, but he feels he cannot risk a return while "jaded and tired" as he aims to relish this season once the spring in his step is back.

"I'm not quite rested at all yet. After the holiday I will definitely be available then. With Brian involved, I would have close ties with him for various reasons.

"I know we are under a wee bit of pressure at the minute, but I think it would be better for everyone involved for me to come back full throttle rather than jaded and tired, the way I feel at the moment. I want to feel fresh, to enjoy my football again, so I just need a good rest for this of this month."

## ■ TIR CHONAILL BREAK:

Brendan Devenney has decided that he needs a break from competitive action



27 and Gone! -  
"Football was taking over just about every day of the week"

## BRENNAN: WHY I QUIT

**RORY BRENNAN** has lifted the lid on why he quit the Mayo football team – after just **ONE** competitive game.

The 27-year-old midfielder (*below*), a recent signing from Connacht rivals Sligo, said: "I had so much on my plate, I was struggling to cope. I was fooling myself by trying to do so much."

Brennan divided his time between football, his work as a Garda – and running a bed and breakfast business at Westport, Co Mayo, with wife Amanda.

Something had to give, and he chose football because it didn't pay him a wage.

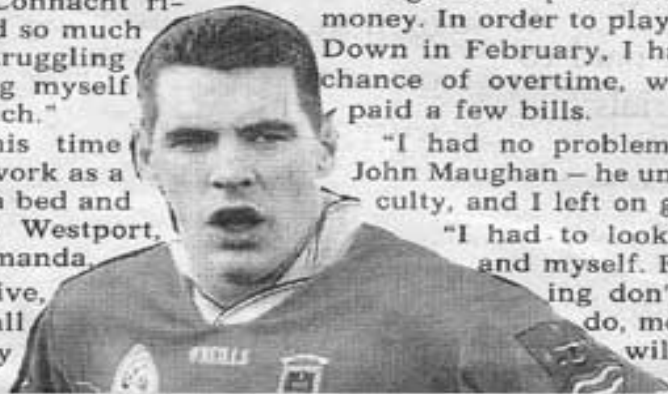
He said: "My situation illustrates how much is expected of footballers and hurlers now. Football was taking over just about every day of the week.

"It got to a point where I was losing money. In order to play for Mayo against Down in February, I had to pass up the chance of overtime, which would have paid a few bills.

"I had no problem with Mayo boss John Maughan – he understood my difficulty, and I left on good terms.

"I had to look after my family and myself. Football and hurling don't pay. Until they do, more and more lads will drift away."

**PAUL O'NEILL**





## CASE STUDY 1 H.E.Player



“..... here Eugene **should have contacted you** long time before this, sorry about not getting in contact.

It's wild **hard to get time** for this (SINI) even when its only once a month.

Since I started in (the college) I have Freshers, Sigerson, County u21 and when I come home I've got club training.

and I've tried explaining what I'm up to in Belfast but he (club manager) doesn't really get the meaning of what is happening!

### Hard S's

- Strategy \*
- System \*
- Structure \*

### Soft S's

- Style\*
- Staff
- Shared Values
- Skills

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I would love to continue as this is a good opportunity to develop my overall strength and work with the other players.

**But with U21 county now at full pace I can't see how I'm gonna squeeze it in.**

This weekend alone I played a Sigerson game on Friday and then two County U21 games one on Saturday and then another on Sunday,

**I was pretty f\*\*\*\*\* after it!**

I would appreciate any advice on what to do.

## Players Schedule Jan - March

Day	AM	PM	PPM
Monday			Sigerson
Tuesday	WEIGHTS		Sigerson
Wednesday		Freshers	Club
Thursday	WEIGHTS		Sigerson
Friday		Freshers	Club
Saturday	Under 21 (T)	Under 21 (M)	
Sunday		Under 21 (M)	
Monday			Sigerson
Tuesday	WEIGHTS		Sigerson
Wednesday		Freshers	Club (M)
Thursday	WEIGHTS		Sigerson
Friday		Freshers	
Saturday		Under 21 (T)	
Sunday		Club (M)	

### Hard S's

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## CASE STUDY 2

### Secondary School Player Jan - March

#### Age 16

#### 9 Coaches

#### Academic - 7 GCSE

- U16 School
- U16 Club
- U18 Club
- U21 Club
- Senior Reserve Club
- Sub Senior Team
- County U16 Devn't
- Newry Town U18
- Barclough U16

<b>M</b>	Club 18
<b>T</b>	Newry or Club Senior
<b>W</b>	Game for Club
<b>T</b>	PE + Club 16
<b>F</b>	Armagh U16
<b>S</b>	Soccer +Armagh U16
<b>A</b>	Club Senior

#### Hard S's

- Strategy
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# Impact on Health and Injuries

**How is your health?**

**“Tired after Games. Sore after some games and training”**

**Are you carrying any injuries?**

**“Sore Knee for about six months. I have a lump at the front”**

**What is it?**

**“Osgood’s slatter. I don’t want to take time off as I might loose my place”**

## Hard S's

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## Soft S's

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Training to  
Win

Training to  
Compete

Training to  
Train

Fundamentals

# Final Thoughts

## Coaches:

- Plan an Off Season and Active Rest
- Adopt player focused approach
- Monitor intensity of training - rest / rotate
- Appreciate physical, mental and social impact of increased training
- Prepare young players physically for training loads
- Communicate with other coaches

## Ulster Council:

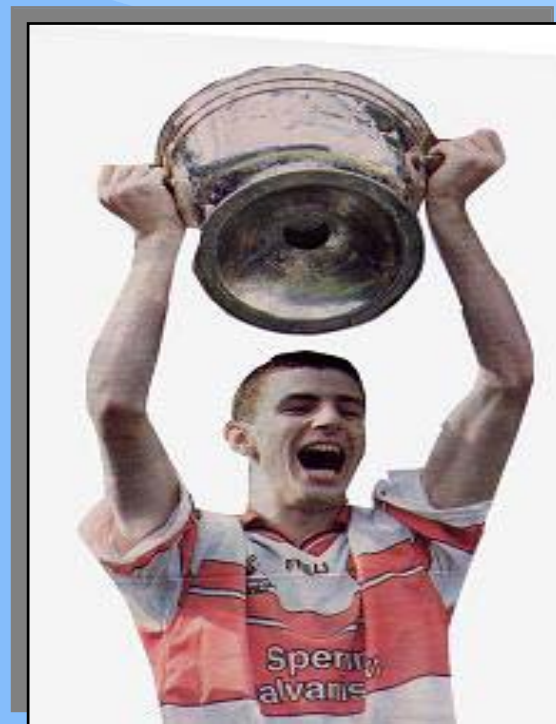
- Control number of games in a season.
- Control number of training contacts
- NGB Directive re training and competition

## County Boards

- Talent Manager
- Protect Young Players

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# “Lets Start Managing Our Talent ”



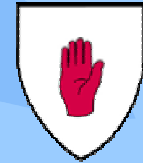
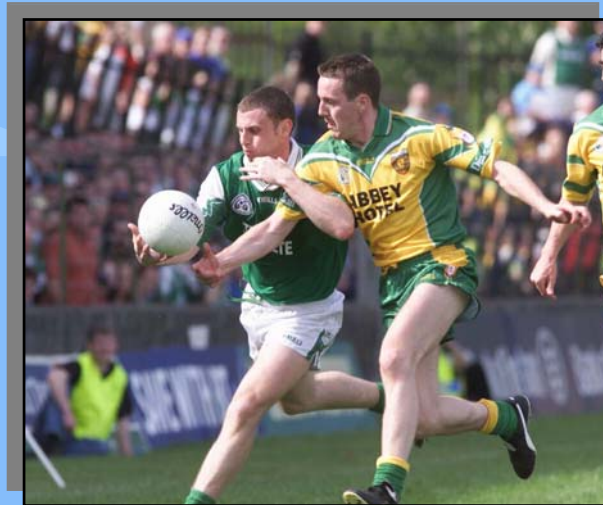


Armagh's Ronan Clarke and Kerry's Colm Cooper (below) have yet to light up games like they did last year

# Too much too young

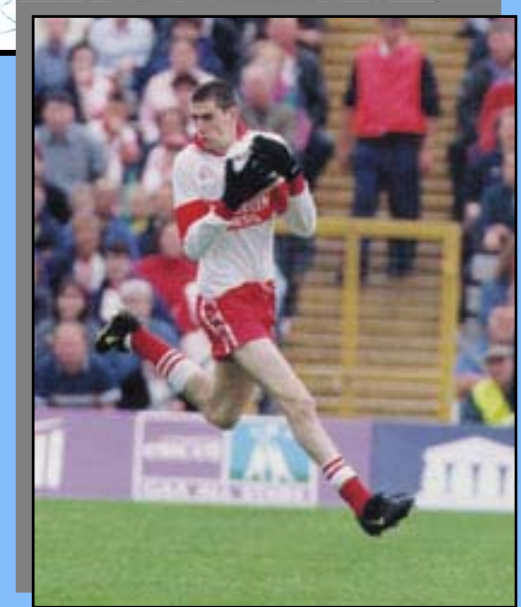
**Rising stars feel harsh realities of life at the top level of football**





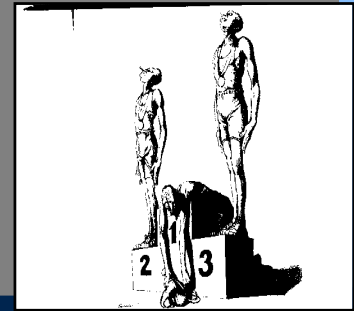
# Role of The Medical Officer

- **Welfare of Player**
  - Physical
  - Mental
  - Social
- **Advice to Coaches**
  - Injuries
  - Training Routines
- **Team Issues**
  - Injury Prevention
  - Drug Awareness
  - Travel Arrangements
- **Peace Maker**
  - Loyalty to Player as Patient



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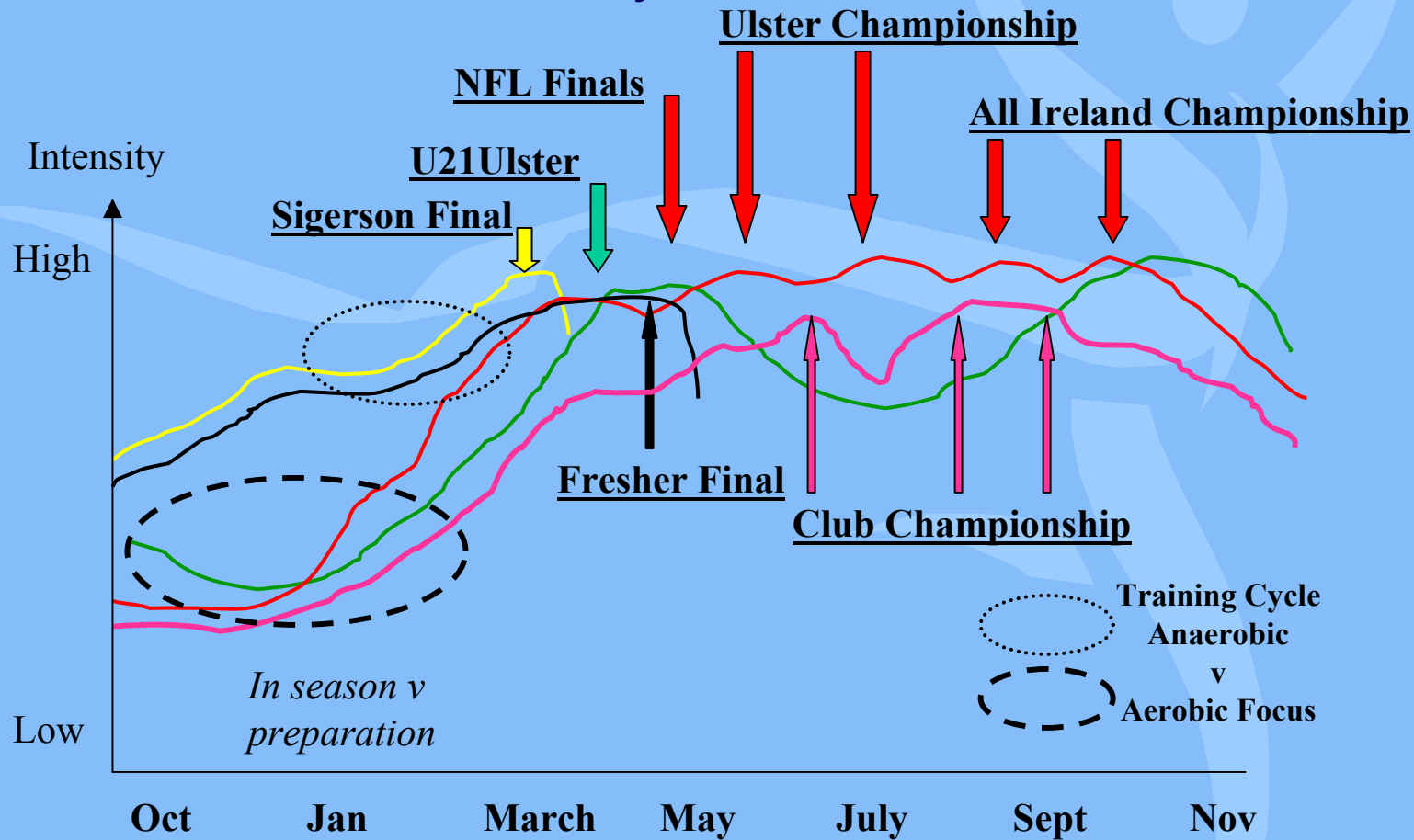
# Over training and Mixed Training



- **Performance decreases**
  - **Training Pace Decreases 11% - 15%**
  - **Competitive Pace Decreases 6% - 17%**
- **Increased Fatigue**
- **Decreased Maximum Heart Rate**
- **Hormonal Changes**
- **Lactate Changes – Ability to Train decreases**
- **Stress Levels Increase**
- **Sleep duration Decreases**
- **Apathy increases**
- **Lack of Motivation**
- **Loss of Confidence**
- **Immunity decreases & Infections increase**

# Peaking for performance

- Cause for Concern? – 18 / 19 year old



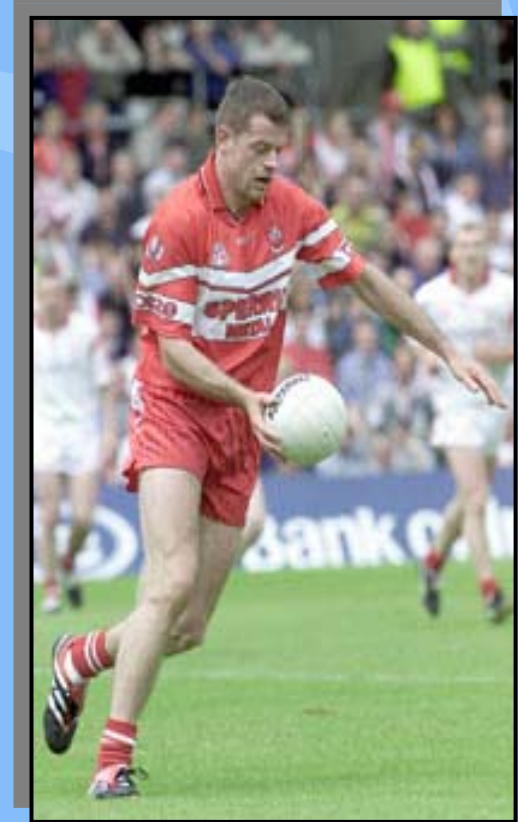
Oct      Jan      March      May      July      Sept      Nov

—→ Fresher      —→ Sigerson      —→ Club  
 —→ County Senior      —→ County U21

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# What are the Problems?

- **Over-use**
  - Too many matches
  - Too much training
- **Variation in training routines**
- **High demands**
  - Physical
  - Mental
  - Social
- **Under performance**
- **Managers/coaches**
  - Poor communication
  - No co-operation



# What are the Solutions?

## Player Responsibilities

- **Fitness**
  - General
  - Specific
- **Discipline**
  - On and off the field
- **Mental preparation**
- **Diet and hydration**



# What are the solutions?



## Coaches Responsibilities

- Co-operate with others
- Communicate
  - With players
  - With other Managers
- Fitness Focus on
  - Individuals as well as team
- Tactics
  - Individuals and team
- Ethics
  - Coach and players
- Discipline
  - Coach and players

# Conclusion

## “Managing Talented Young Players”

- **Coaches**
  - **Player Focused**
  - **Individualise Programme**
  - **Let them play at their age group**
- **Administration**
  - **Control Competition**
  - **Control Training Loads**
- **Listen to the Signals**

