



# Finding a Performance Lifestyle (PL) for GAA players

Des Jennings





# Pressures

- How do pressures develop on/off the pitch?
  - What are the signs?
  - What are the causes?
  - How would you manage these?



# Performance Lifestyle

- **“providing support to ensure players are combining the demands of GAA with all other commitments i.e. education, rest, work, etc. and to ultimately succeed in each one.**
- **– 1.) identify**
- **– 2.) reduce / minimise any stresses, pressures & potential distractions”**

**Minimise distractions → Maximise Performance**



June 2008

## Sources of Strain Among Elite UK Track Athletes

Jane McKay, Ailsa G. Niven, David Lavallee, Alison White



Feeling the  
pressure?

**Competition  
sources of strain**

**Organisational  
sources of strain**

**Personal  
Sources of strain**

**Self doubts**  
**Perception of competitors**  
**Concerns about preparation**  
**Somatic e.g. can't relax**  
**Fear**  
**Injury concerns**

**Under-performing**  
**Lack of social support**  
**Pressure to perform**  
**Social evaluation**

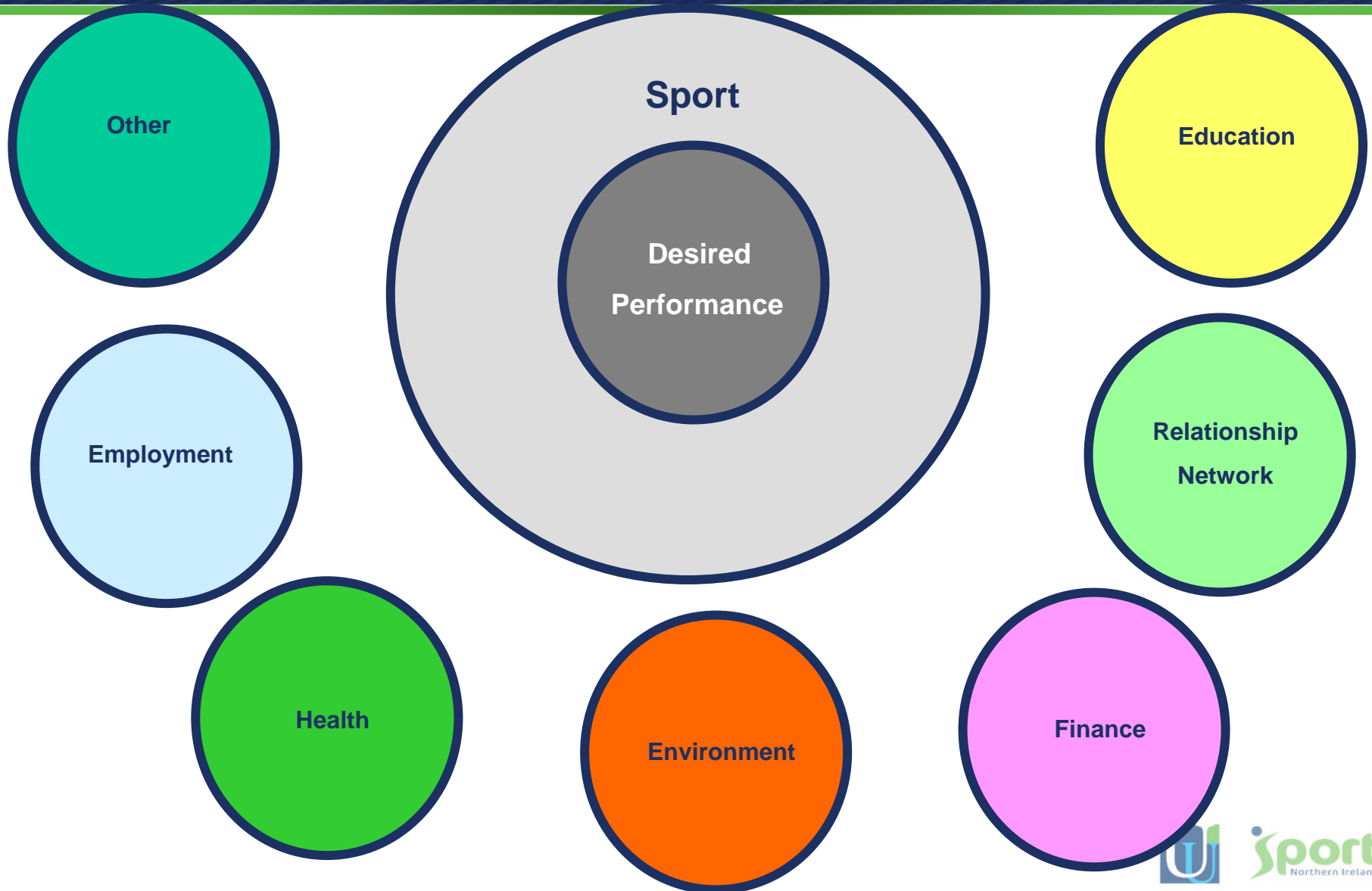
**Funding issues**  
**Personal issues related to demands of organisation**  
**Environmental conditions**  
**Scheduling issues**

**Changes in training set up**  
**Concerns re. training content**  
**Logistics re. training**  
**Negative behaviour of others**  
**Inter-personal conflict**

**Lifestyle changes**  
**Education commitments**  
**Life events**

# Lifestyle - Impact on Performance

What is going on for your player in each of these areas?



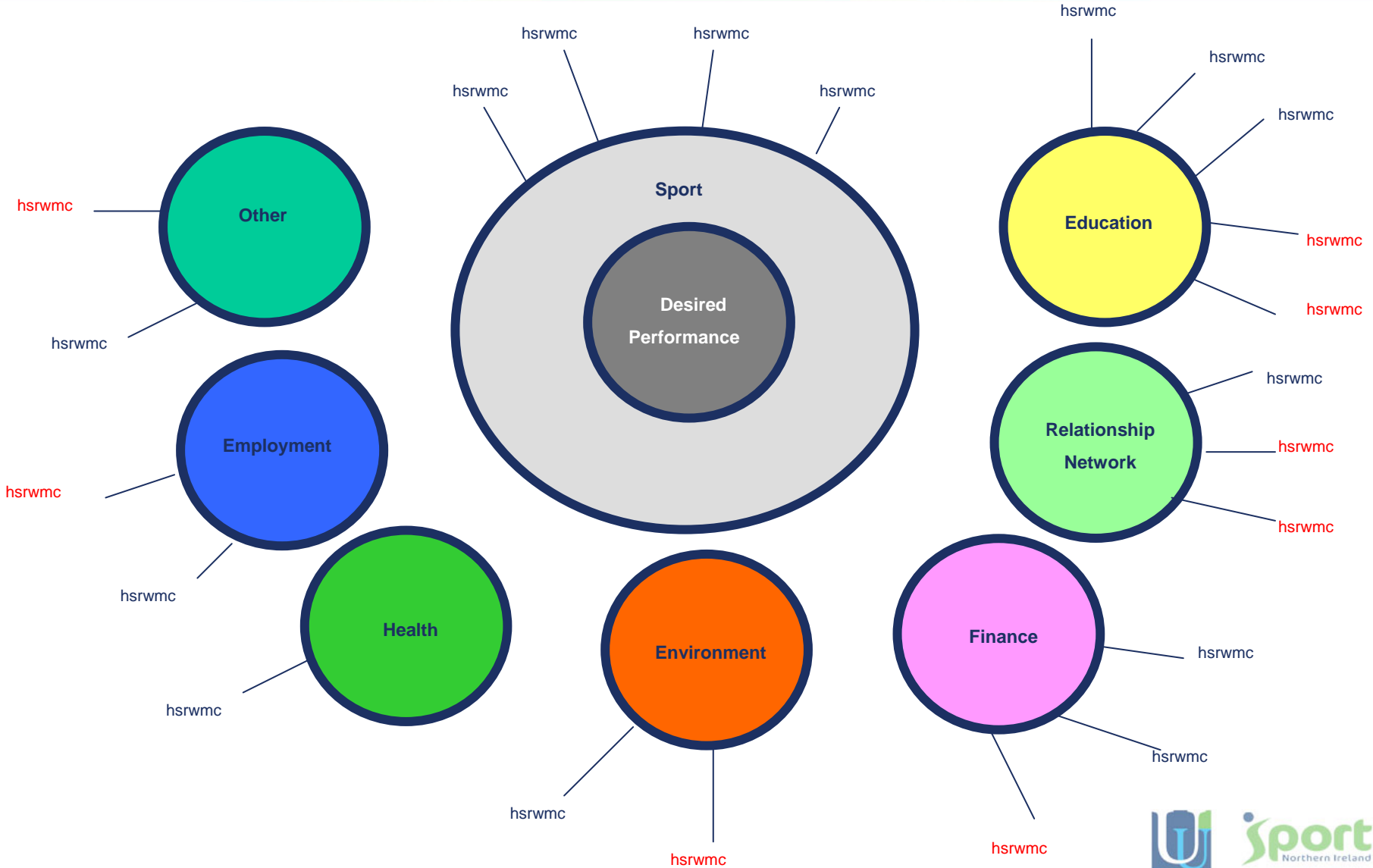


# – Know your athlete

- **Identify an athlete you work with regularly and know fairly well**
- **What do you recognise as the main distractions that can affect their game / performance?**



# Your athlete's lifestyle



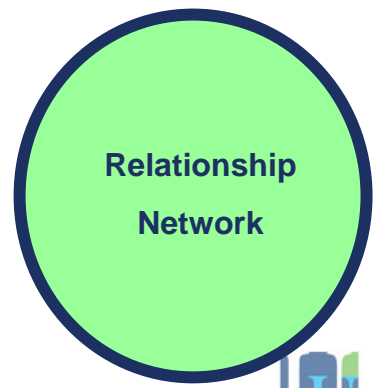
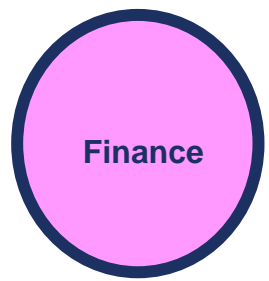
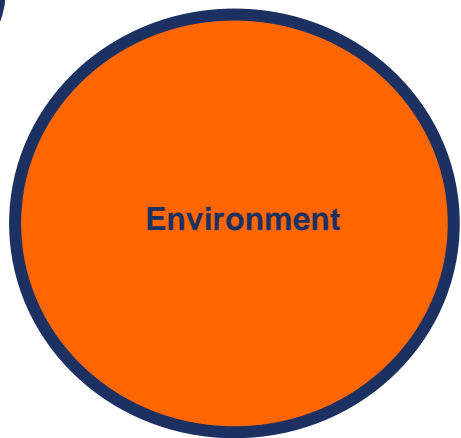
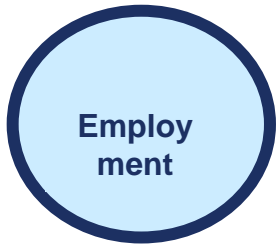
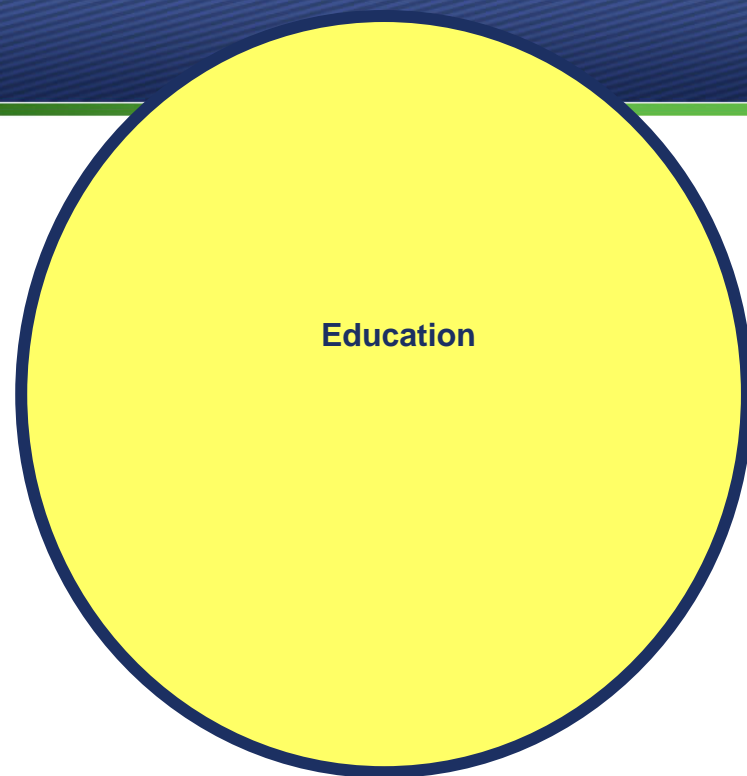
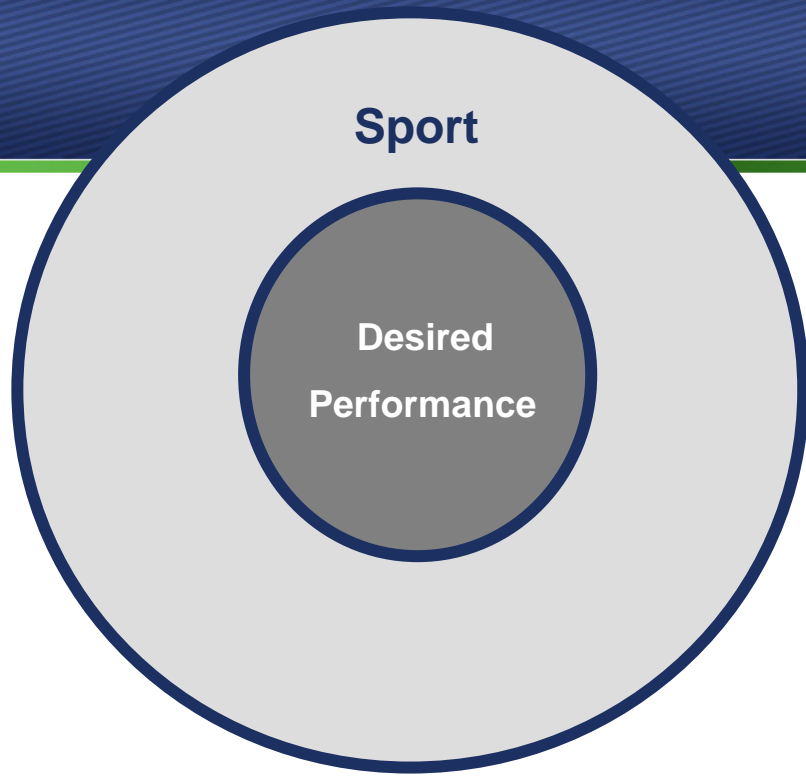


## Young athletes – exploring what's going on

The following notes indicate information to enhance your understanding of the athlete and their issues. It takes time to build up your relationship with the athlete in order to extract this type of information.

|  |  |
|--|--|
| <b>SPORT</b> <ul style="list-style-type: none"><li>• Current level</li><li>• Goals – Short term, longer term</li><li>• Club</li><li>• Training pattern</li><li>• Competition peaks</li></ul>                                   | <b>EDUCATION</b> <ul style="list-style-type: none"><li>• Where, what, stage</li><li>• Workload</li><li>• Capacity – strengths &amp; weaknesses</li><li>• Establishment view of their sport</li><li>• Future education &amp; career</li><li>• Impact of education on sport or vice versa</li><li>• Parental views</li></ul> |
| <b>RELATIONSHIPS</b> <ul style="list-style-type: none"><li>• Family</li><li>• Key education personnel</li><li>• Key sport personnel</li><li>• Social – male &amp; female</li><li>• Positive / Negative relationships</li></ul> | <b>EMPLOYMENT</b> <ul style="list-style-type: none"><li>• Current</li><li>• Past experience</li><li>• Vacation related</li><li>• Future – longer term</li><li>• Impact of employment on sport or vice versa</li></ul>  |
| <b>FINANCE</b> <ul style="list-style-type: none"><li>• Current sources</li><li>• Cost of sport – equipment, international travel</li><li>• Transport</li><li>• Grants / Awards</li><li>• Sponsorship</li></ul>                 | <b>HEALTH</b> <ul style="list-style-type: none"><li>• Current &amp; past status</li><li>• Injury record</li><li>• Injury support available</li><li>• Coping under pressure</li><li>• Anxiety status</li></ul>  |
| <b>ENVIRONMENT</b> <ul style="list-style-type: none"><li>• Living</li><li>• Pressures associated</li><li>• Logistics to get to training</li></ul>  | <b>OTHER</b>   |







# Inter County Player

| Mon                             | Tues 5 <sup>th</sup>                       | Wed 6 <sup>th</sup>           | Thurs 7                               | Fri 8 <sup>th</sup>               | Sat 9 <sup>th</sup>              | Sun 10 <sup>th</sup>              |
|---------------------------------|--|-------------------------------|---------------------------------------|-----------------------------------|----------------------------------|-----------------------------------|
| SINI<br>UUJ                     | County                                     | UUJ                           | County                                | UUJ                               | County                           |                                   |
| 11 <sup>th</sup><br>SINI<br>UUJ | 12 <sup>th</sup><br>UUJ Travel             | 13 <sup>th</sup><br>UUJ/Sligo | 14 <sup>th</sup>                      | 15 <sup>th</sup><br>County/travel | 16 <sup>th</sup><br>County       | 17 <sup>th</sup><br>County/travel |
| 18 <sup>th</sup><br>SINI<br>UUJ | 19 <sup>th</sup><br>County Fitness<br>Test | 20 <sup>th</sup><br>UUJ/QUB   | 21 <sup>st</sup>                      | 22 <sup>nd</sup><br>UUJ           | 23 <sup>rd</sup><br>County       | 24 <sup>th</sup>                  |
| 25 <sup>th</sup><br>SINI<br>UUJ | 26 <sup>th</sup><br>County                 | 27 <sup>th</sup><br>UUJ       | 28 <sup>th</sup><br>County            | 29 <sup>th</sup>                  | 1 <sup>st</sup><br>County/Travel | 2 <sup>nd</sup><br>County Game    |
| 3 <sup>rd</sup><br>SINI<br>UUJ  | 4 <sup>th</sup><br>County                  | 5 <sup>th</sup><br>UUJ        | 6 <sup>th</sup><br>SIGERSON<br>County | 7 <sup>th</sup><br>SIGERSON       | 8 <sup>th</sup><br>SIGERSON      | 9 <sup>th</sup><br>SIGERSON       |



- In this 35 day period Player is involved with;
- SINI on 5 occasions
- County on 14 occasions
- UUJ on 17 occasions
- On 5 days he has a double session.
- He has 5 “recovery days” in a 35 day period.(10th ;14th; 21st; 24th; 29th)
- Player had identified key focus in this period was Muscle Mass Bulk



# Weekly Planner

performance  
lifestyle

|      | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 6am  |        |         |           |          |        |          |        |
| 7am  |        |         |           |          |        |          |        |
| 8am  |        |         |           |          |        |          |        |
| 9am  |        |         |           |          |        |          |        |
| 10am |        |         |           |          |        |          |        |
| 11am |        |         |           |          |        |          |        |
| 12pm |        |         |           |          |        |          |        |
| 1pm  |        |         |           |          |        |          |        |
| 2pm  |        |         |           |          |        |          |        |
| 3pm  |        |         |           |          |        |          |        |
| 4pm  |        |         |           |          |        |          |        |
| 5pm  |        |         |           |          |        |          |        |
| 6pm  |        |         |           |          |        |          |        |
| 7pm  |        |         |           |          |        |          |        |
| 8pm  |        |         |           |          |        |          |        |
| 9pm  |        |         |           |          |        |          |        |
| 10pm |        |         |           |          |        |          |        |



### Elite Player - Training Load & Social Diary

Name

DOB

County



- SG** Sini Gym
- SW** Sini Workshops
- SP** Sini Physio
- SN** Sini Nutrition

- SPA** Sini Performance Analysis
- SL** Sini Life style
- SSC** Sini Sports Science

- CY21** County U21
- CYS** County Senior
- C** Class
- Ex** Exams

Position

**Enter Code for your activities  
in the appropriate time slot**

| Month |               |            |              |               |               |              |               |          |  |
|-------|---------------|------------|--------------|---------------|---------------|--------------|---------------|----------|--|
| Date  | Week          | 6.30 - 9.0 | 9.00 - 12.30 | 12.30 - 15.30 | 15.30 - 18.30 | 18.30 - 21.3 | 21.30 - 23.30 | Comments |  |
|       | <b>Monday</b> |            |              |               |               |              |               |          |  |
|       | Tuesday       |            |              |               |               |              |               |          |  |
|       | Wednesday     |            |              |               |               |              |               |          |  |
|       | Thursday      |            |              |               |               |              |               |          |  |
|       | Friday        |            |              |               |               |              |               |          |  |
|       | Saturday      |            |              |               |               |              |               |          |  |
|       | Sunday        |            |              |               |               |              |               |          |  |
|       | <b>Monday</b> |            |              |               |               |              |               |          |  |
|       | Tuesday       |            |              |               |               |              |               |          |  |
|       | Wednesday     |            |              |               |               |              |               |          |  |
|       | Thursday      |            |              |               |               |              |               |          |  |
|       | Friday        |            |              |               |               |              |               |          |  |
|       | Saturday      |            |              |               |               |              |               |          |  |
|       | Sunday        |            |              |               |               |              |               |          |  |
|       | <b>Monday</b> |            |              |               |               |              |               |          |  |
|       | Tuesday       |            |              |               |               |              |               |          |  |
|       | Wednesday     |            |              |               |               |              |               |          |  |
|       | Thursday      |            |              |               |               |              |               |          |  |
|       | Friday        |            |              |               |               |              |               |          |  |
|       | Saturday      |            |              |               |               |              |               |          |  |
|       | Sunday        |            |              |               |               |              |               |          |  |
|       | <b>Monday</b> |            |              |               |               |              |               |          |  |
|       | Tuesday       |            |              |               |               |              |               |          |  |
|       | Wednesday     |            |              |               |               |              |               |          |  |
|       | Thursday      |            |              |               |               |              |               |          |  |
|       | Friday        |            |              |               |               |              |               |          |  |
|       | Saturday      |            |              |               |               |              |               |          |  |
|       | Sunday        |            |              |               |               |              |               |          |  |

