

Power to the Player

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Presentation Overview

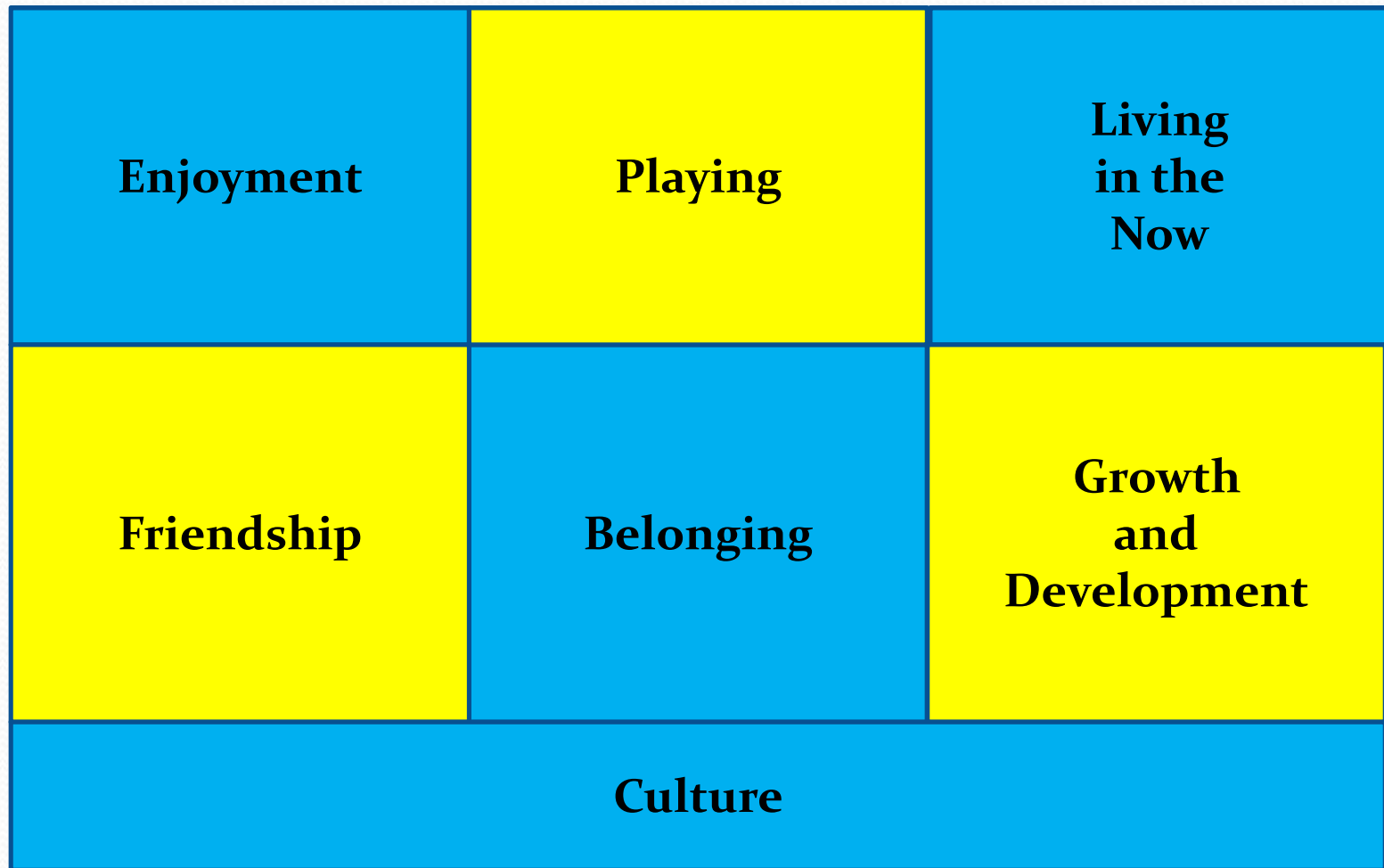
Play

Compete

Enjoy

Live

Key Ingredients



Uncontrollables

Controllables

Genetics

Leadership

Chance

Physical Development

Opportunity

Practice

Geography

Energy

Club

Commitment

Club Ethos

Club Ethos

GAA competition
structures

Reflection

Club Ethos



Organisation and Structure



Facilities



Culture



Inclusiveness



Mentality



Coaching



Strength and Conditioning



Club Values

Understanding the concept of a club

Creating Strong and Meaningful values

Winning matters, but not as much as adherence to values

The art of giving

Competitiveness

Developing leaders

Learning culture – what is working/not working – recalibration and resetting goals



Personal Success 1

- Goal-setting
- Belief system
- Discipline
- Work ethic
- Confidence



Personal Success 2

- Accepting responsibility
- Resilience
- Learning
- Humility
- Being a good person

Winning Cultures



Common Vision

- Your club story – it's a powerful story with many heroes
- Development of people and players
- Players are people first and foremost
- Values: Integrity; honesty; respect; humility
- Everyone matters - inclusiveness
- The needs of others, particularly the vulnerable, which is all of us
- Competition, fun and friendship



Team Ethic

- Common purpose
- One mind
- Giving mentality
- Spirit
- Respect
- Competitiveness
- Learning
- Enjoyment
- Celebration

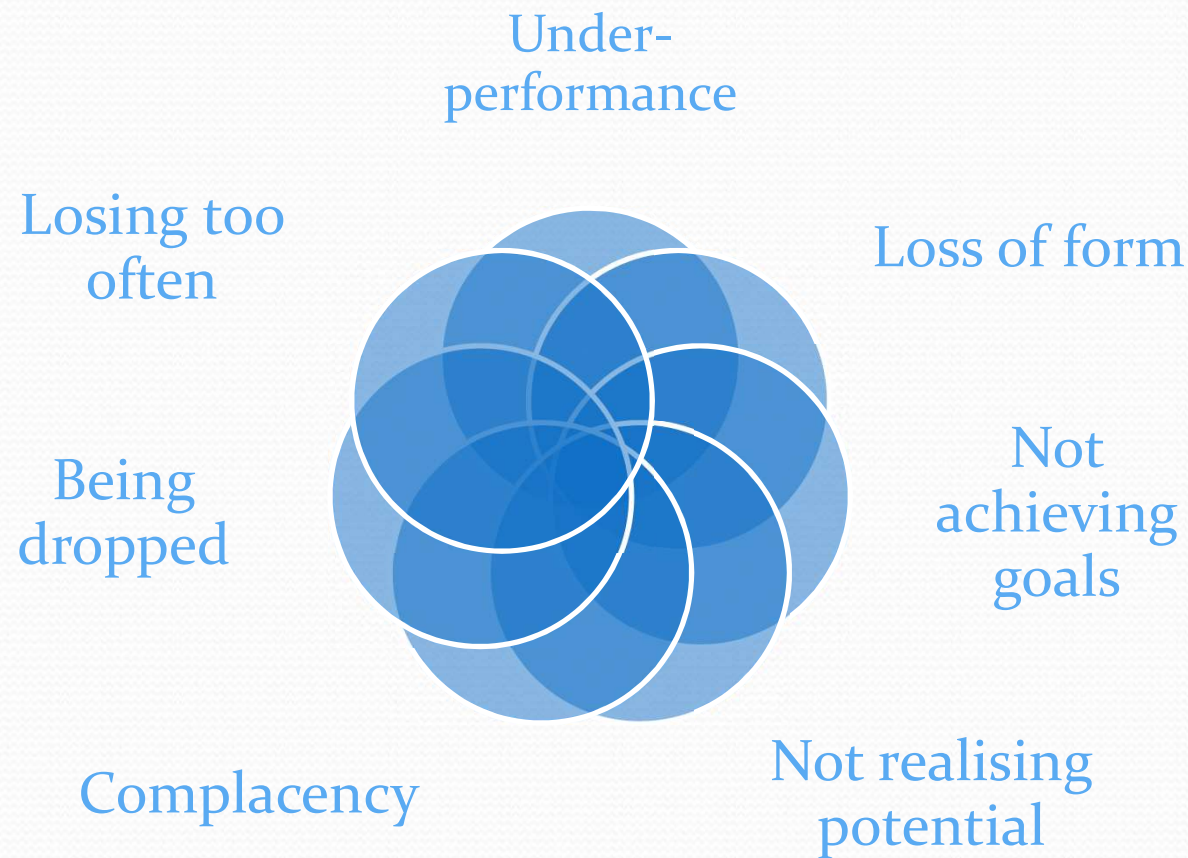
What is a good person?

- To thine own self be true
- Work ethic
- Doing the small things right - no corner cutting
- Turning up
- Setting the tone – be respectful – no bad language
- Accepting democratic decisions, reset and move on
- Loyalty - never run down fellow players, mentors or club
- Be leader for club and county

Resilience

- Success and failure are part of sport and life
- Things can and do go wrong - I know
- Stay in the Now – it's the only place to be
- Stay focused on the process
- Accept responsibility first and foremost
- Learn from poor performance
- Never give in or give up when things go wrong – be patient
- Calmness in face of adversity

Things Can and Do go Wrong in Sport!





What you need when things go wrong

To believe in the project

To trust yourself

To trust in the system

To take responsibility



What you need when things go wrong

To see failure as part of development

To see recovery as normal

To avoid the energy sappers

To live on a green platform



Conclusion

- Enjoy the experience of youth and playing – have fun
- Do not put your life on hold – remember this life is not an audition – it only comes around once
- Education and personal growth are important – do not be fooled into thinking otherwise
- Values matter, as does goal setting
- GAA is about belonging - contribute to it
- Lead rather than follow in your club
- You sometimes need looking after - so do others
- If things are not right, help to change them
- Shape the future and inspire the next generation