

Team Preparation:

A Comparison of a Manager's and a Player's Perspective

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Managers Perspective

- Overall Responsibility
- Initial Planning
- Relationship with Players
- Flexible Approach

Players Perspective

- Individual Responsibility
 - Mental preparation
 - Physical preparation
 - Skills preparation
- General Preparation
- Match day Preparation

Team Preparation Overview -



Players Perspective 3 key areas

1. Mental preparation
 - ✓ Goal Setting
 - ✓ Mental Toughness
 - ✓ Visualisation
 - ✓ Attention
 - ✓ Self - confidence



Players Perspective 3 key areas

2. Physical Preparation

- ✓ Physical Fitness
- ✓ Sports Nutrition
- ✓ Sleep
- ✓ Sports Massage / Injuries



Players Perspective

3 key areas

- ### 3. Game/Skills preparation
- ✓ Practise – Skills
 - ✓ Team play
 - ✓ Techniques



General Preparation

- ✓ Lifestyle Balance
(work v sport v social)
- ✓ Other Elite Sports players
- ✓ Clothing
- ✓ Equipment
- ✓ Footwear
- ✓ Time





Match Day Preparation

1. Begin preparations early
2. Prepare mentally
3. Develop pre-match routine
4. Fuel your body
5. Remember why you do it
– “Have Fun”



Overall Responsibility

“Focus on Entire Squad &
back room Team



Initial Planning

- Goal Setting
- How to Achieve Goals
- Preparation





Relationship with Players

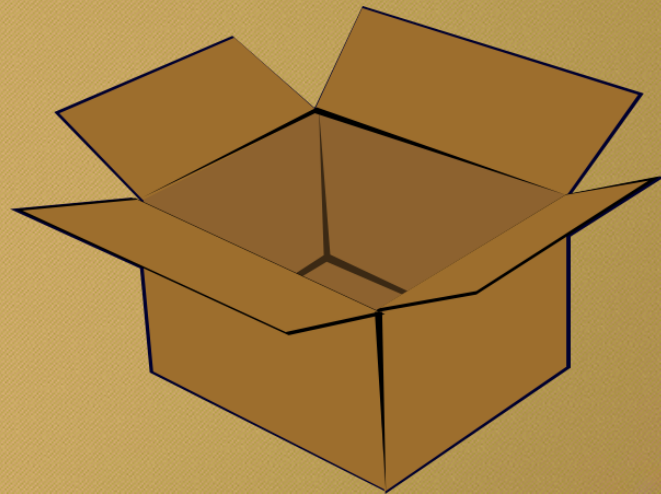
- ◆ Individuals
- ◆ Diet, Nutrition, Rest
- ◆ Injury Prevention and Treatment
- ◆ Mental Preparation
- ◆ Communication
- ◆ Team Spirit





Flexible Approach

- Thinking outside the box
- Constantly Evaluate
- Ego



Managers Perspective

- Overall Responsibility

- Team Goal setting

- Relationship with Players

- Flexible Approach

Players Perspective

- Individual Responsibility

- Individual & Team Goals

- Relationship with Management

- Open Mind

Summary - Team Preparation



“Spectacular achievements are always preceded by unspectacular preparation” – Roger Staubach

“The will to win is important, but the will to prepare is vital” – Joe Paterno

“There are no secrets to success. It is the result of preparation, hard work, learning from failure” – Colin Powell

“Everybody has a will to win. What's far more important is having the will to prepare to win”

“Fail to prepare – Prepare to fail”



“The future belongs to those who prepare for it today”
- Malcolm X