





In Association with

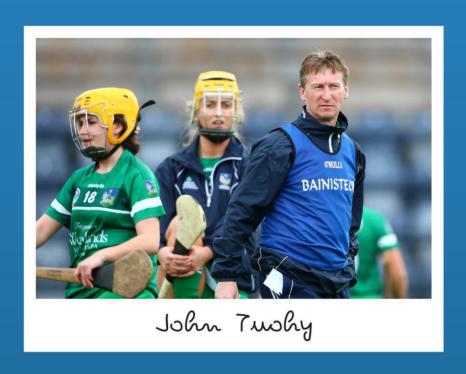








Coach Effectively on Game Day: A coach and player insight















Planning for Opposition

Questions to ask "yourself" when assessing opposition

- How does opposition "set up"
- Area's of focus
- Match up's
- Game Principals
- Style of play
- Session plans













Pre-Competition

- Support Services S&C, Sports Psychology, Performance Analysis, Physio
- Naming Team
- Feedback
- Match Day Routines



An Cumann Camógaíochta











From Side-line

Management Match day roles defined (How management Set up)

Quiet - Positive - Encouragement -Emotional Coaching Style - Spirit -Cohesion - Positive

- Decision Making
- Scenarios
- Patterns of play
- Area's of focus

- Match up's
- Game Principals
- Style of play
- Session plans















From Side-line

When game is on

Team play to plan – Preform under pressure, Advantage of the highs, Digging in on the lows – Take your chances – high-pressure game

Side-line information - Stability, Leadership from the line 2 ways - get a word in direct to the player via runner CLEAR, CONCISE, NO CONFUSION











In-Game Adjustments

- Higher the level Quicker the adjustment
- · If you see it do it (Experience)
- Novice Coach Wait make decision quickly
- Learning Curve
- Learn from Experience













Half Time

- Speak to Management team
- Speak to Performance Analysis
- What's going well/not going well
- Who do we need to speak to
- Any Adjustments
- Any Replacements
- 3 points at half time (Buzz Words)















Reflection

- What happened
- Evaluation
- Analysis
- Conclusion













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