

DEVELOP TALENT THROUGH YOUR COACHING

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**DEVELOP YOUR
UNDERSTANDING OF THE
GAME IN AS MANY AREAS
AS POSSIBLE. BE A COMPLETE
STUDENT OF THE GAME IN
ORDER TO EDUCATE THE
PLAYERS PROPERLY.**



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DELIVERED BY STUART LANCASTER
Former England Rugby head coach and
current Leinster Rugby coach.

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**BECOME AN
EXPERT IN 'HOW'
TO COACH - THEY NEED
GOOD DELIVERY
TO DELIVER**



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**HIT THE RIGHT
BALANCE BETWEEN
VARIETY AND
REPETITION IN YOUR
COACHING.**



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HAVE YOU THE 'VARIETY' IN YOUR LOCKER?



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**HAVE YOU CHECKED
IF THERE IS LEARNING
TAKING PLACE AS
WELL AS TEACHING?**



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**YOU HAVE TO CREATE
HABITS... GOOD
HABITS ALLOW TALENT
TO SHINE.**



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**THE HABITS THEY
ACQUIRE AT TRAINING
ARE A VITAL PART OF
GAME INTELLIGENCE
AND OF THE RESULTANT
SUCCESS.**



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**THE PROCESS OF MEMORY
RECALL IS ESSENTIAL TO
HARD WIRE YOUR PLAYERS.
THE COACH MUST HELP THE
PLAYERS REMEMBER WHAT
THEY LEARN.**



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**DEVELOP THEIR
'MUSCLE MEMORY'
SO THAT THEY STAY
COOL UNDER GREAT
PRESSURE.**



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DOES THE POWER OF YOUR PERSONALITY CREATE A 'HARD WIRING' IN YOUR TALENTED YOUNG PLAYERS?



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**DEVELOP THEIR PATTERN
RECALL TO IMPROVE
ANTICIPATION AND IN-GAME
DECISION MAKING THROUGH
CONSTANT GAMES BASED
TRAINING SESSIONS - WITH
CORRECTION AND REVIEWS!**



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CREATE AN ENVIRONMENT WITH 'FREEDOM AND RESPONSIBILITY'.



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**TRAIN TALENTED
PLAYERS WITH MENTAL
AND EMOTIONAL
CONDITIONING TO HANDLE
THE PRESSURES OF HIGHLY
COMPETITIVE GAMES.**



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ENSURE THEY TRAIN AND PRACTICE WITH MAXIMUM FOCUS, CONCENTRATION AND INTENSITY FOR THE ENTIRE SESSION.



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**MENTALLY CONDITION
YOUR TALENTED
PLAYERS TO ACCEPT
NOTHING LESS THAN
PERFECTION.**



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**TRAIN YOUR TALENTED
PLAYERS TO REVIEW,
TO LEARN, THEN TRAIN
AND REPEAT REPEAT AND
REPEAT UNTIL IT BECOMES
AUTOMATIC.**



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