

Developing Thinking Players

(WORK IN PROGRESS)

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Overview

- Preparing the young player
- Developing the coach
- Creating the team environment
- Developing the adult player
- In practice - the player
- In practice - the training ground

Preparing the Young player

- Play without restrictions
- Core conditioning and flexibility
- Co-ordination – ball/racket games
- Playing hurling matches – small, irregular, conditioned, full
- Instinct and spontaneity
- Striking - variability and two sides

Developing the Coach

- Coach as teacher
- Coach as communicator
- Coach as listener
- Coach as visionary
- Coach as innovator
- Coach as invisible

Creating the Team Environment

- Establishing values
- Setting goals
- Providing incentives, rewards and penalties
- Being consistent
- Providing feed-back

Developing the Adult Player

- Keeping it simple and natural
- Promoting self-trust
- Thinking without thinking – using the sub-conscious mind
- Maintaining alertness and concentration
- Living moments

In Practice - The Player

- Knowledge
- Imagination
- Visualisation
- Relaxation
- Ego maintenance
- Ego suppression

In Practice- Training Ground

- Conditioned pressure plays
- Repetition, repetition
- Space awareness
- Support through mobility
- Finding rhythm

Start Early

