



*Liam Moggan*

*Coaches affect eternity  
– what will your legacy be?*



# COACHES AFFECT ETERNITY –

## What will your legacy be?

*Miles to Run and Promises to Keep*

Liam Moggan

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### **WE SAY: THANK YOU...**

TO ALL the people who made this match possible.

PADDY MULLIGAN and his team mates who have travelled across seas to be with us.

LIAM SALMON and the Galway Team for their enthusiasm and help towards the match.

THE GALWAY FOOTBALL BOARD for their co-operation.

TUAM STADIUM COMMITTEE for putting the Stadium at our disposal.

THE SISTERS of both Convents for supplying the music.

THE MEMBERS of the Press and Radio for the publicity which they have given to this match.

LAST, but by no means least, to you the public for your generous and continuous support.

**C.B.S. GAMES FUND COMMITTEE**

### **Souvenir Programme**

## **MATCH OF THE CENTURY**

(In aid of the Tuam C.B.S. Building Fund)

### **INTERNATIONAL SELECTION**

v.

### **GALWAY SENIOR FOOTBALL TEAM**

at

**Tuam Stadium**

on

**Wednesday, May 29th, 1974**

at 7.45 (sharp)

Referee:

**JIMMY MORAN**

(Tuam)

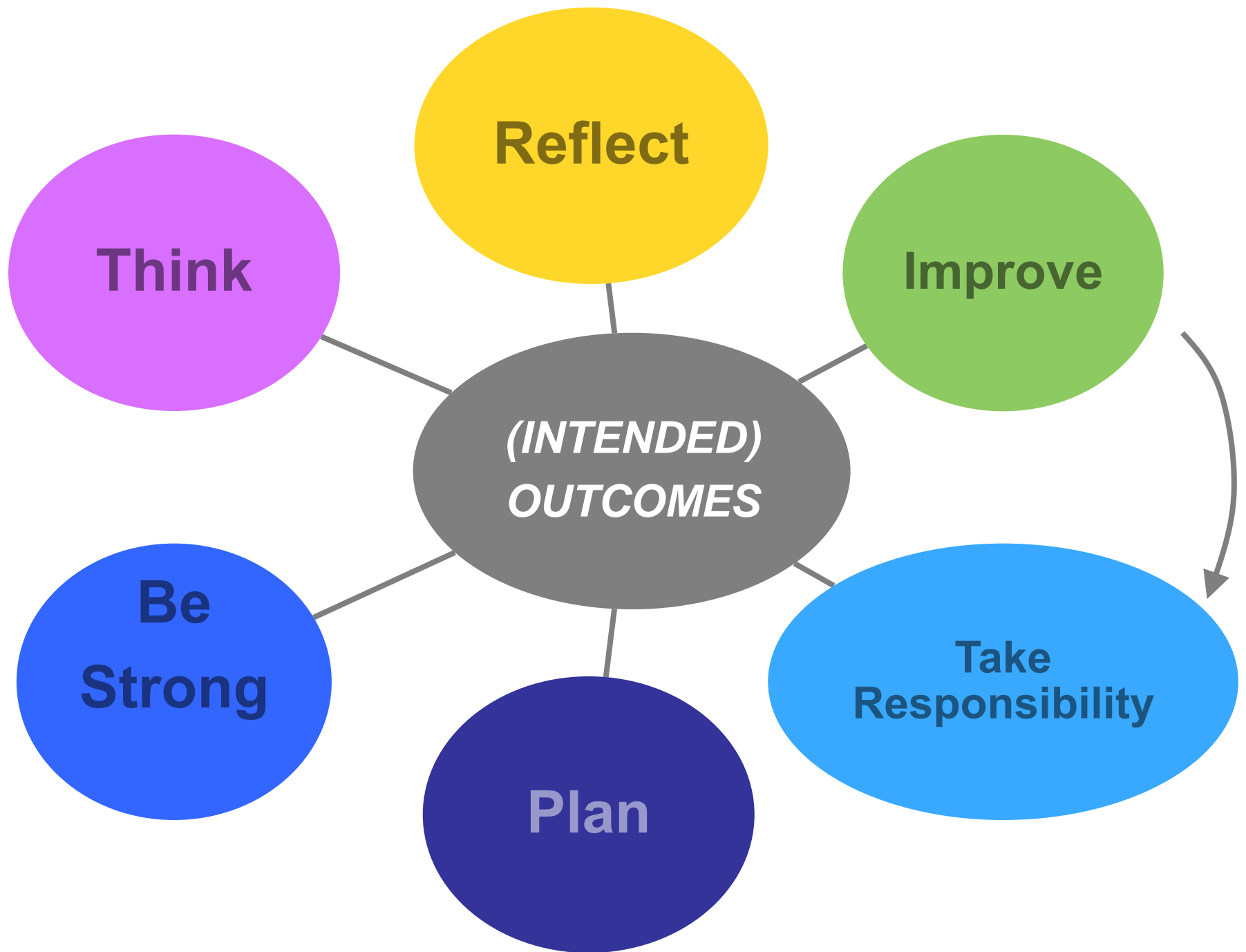
**Music by Presentation and Mercy  
Convent Bands**













Our greatest next step is to  
transform not what we coach,  
but how we coach

- Quito Coaches, June 2014



# FUNDAMENTALS





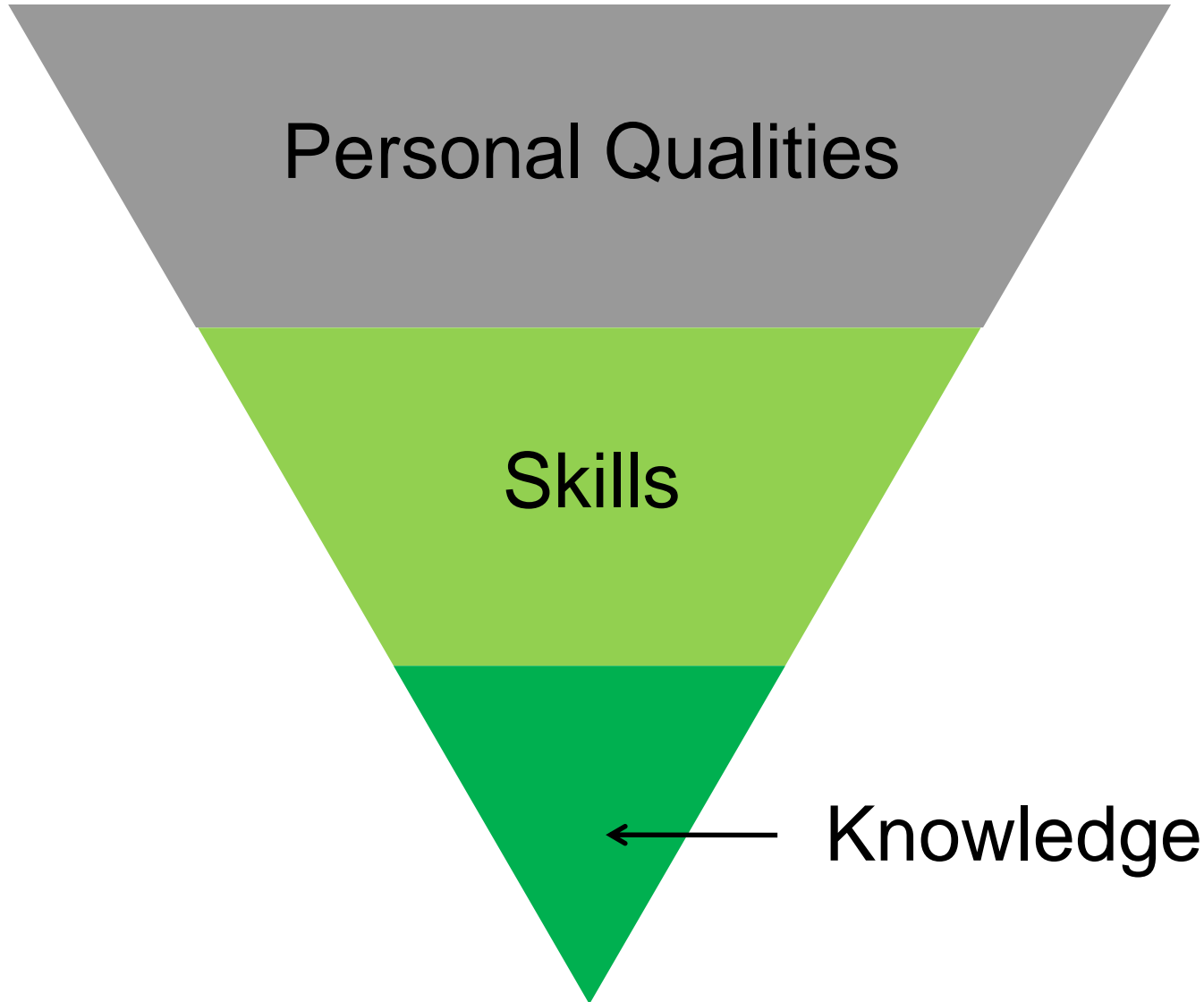


*“It’s one of life’s ironies that the greatest of men often originate from the humblest of beginnings. Their later triumphs rooted in their early struggles, their prodigious success a product of the environment in which they were born and raised.”*

**John McDonnell - Crossmolina and Arkansas**



# PEOPLE FIRST



# SO WHAT IS COACHING?

Coaching is about helping people  
develop social skills  
through interaction with others

*Tutor Development Course*

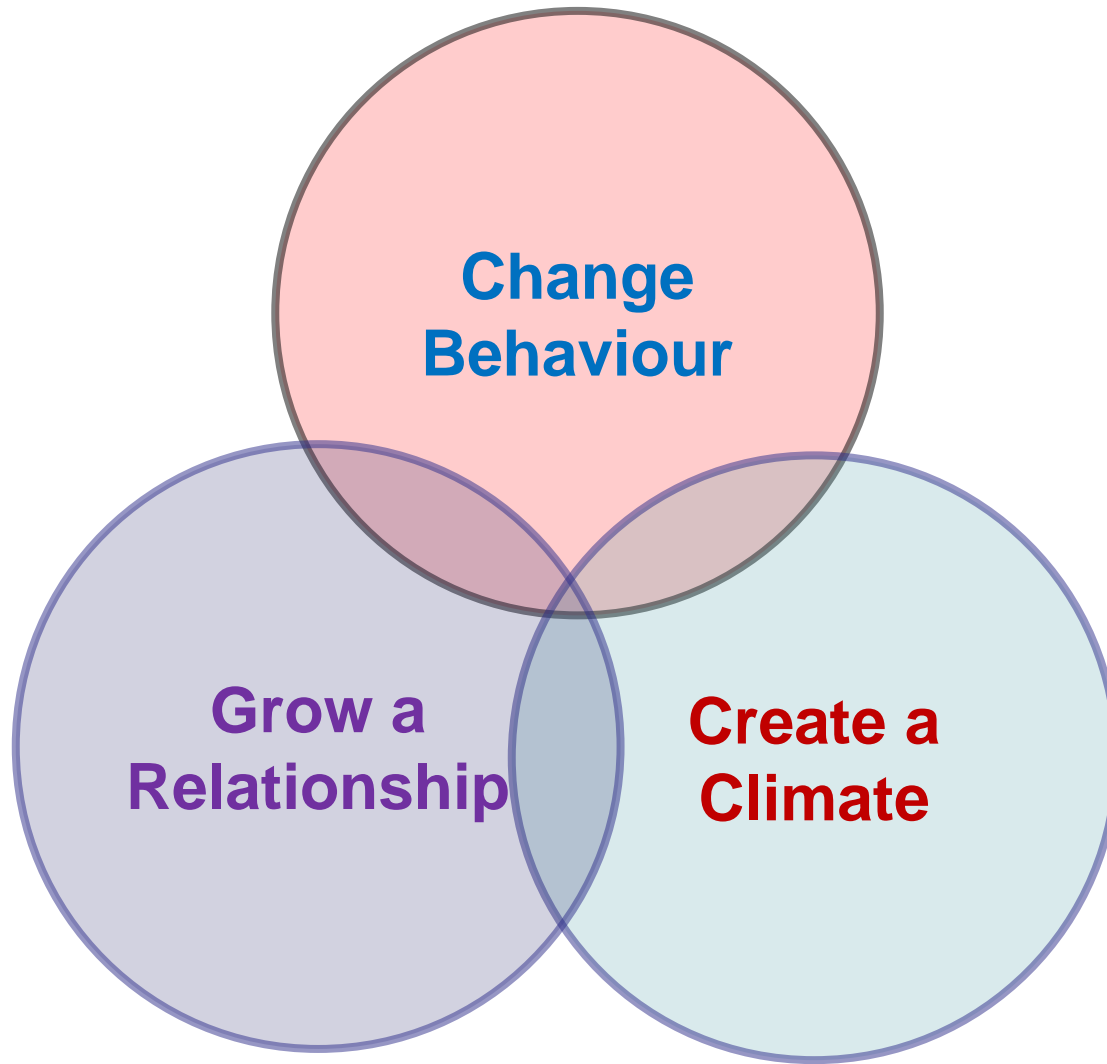


# SO WHAT IS COACHING?

Coaching is a process of guided improvement and development in a single sport at identifiable stages of athlete development

*ICCE*

# IMPROVE PERFORMANCE





# DENIS BRADLEY

*"When we accept and value our own self we cease to be afraid of other people.*

*We no longer have superiors and inferiors, only equals with whom we can cooperate and share while we take responsibility for ourselves".*





*Rodgers & Hammerstein's*

# THE SOUND OF MUSIC



How do you solve a problem like Maria?

How do you catch a cloud and pin it down?

How do you find the word that means Maria?

**a Flibbertijibbet!**

**a Will-o'-the wisp!**

**a Clown!**







The best farmers  
sometimes  
disregard  
the rules...

.. but unless you're  
certain of doing  
well,

... it's probably  
best to follow the  
rules.

# THE “IDEA” OF GREAT COACHING



= Introduce

*Tell, 30 secs*



= Demonstrate

*Show, 1 min*



= Explain

*Tell, 30 secs*



= Attend

*Do, 4/5 mins*



= Summarise

*Wrap up, 30 secs*







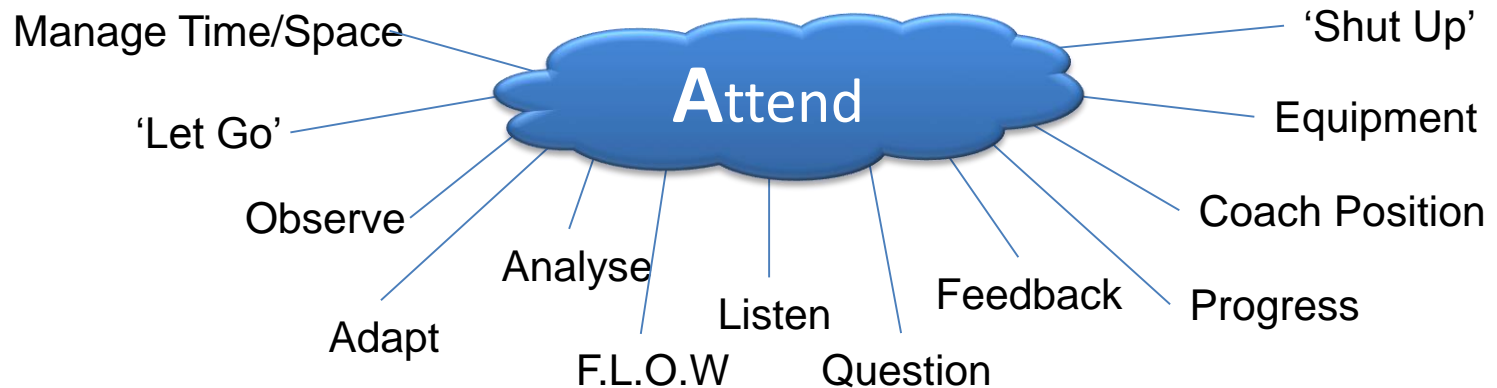


**SPOT  
STOP  
OPTS  
(TOPS)**

Plan

Layout

Introduce - **D**emonstrate - **E**xplain



"SPOT"

"STOP"

"OPTS"

*"Vision is the art of seeing the invisible"* – My Grandfather from Cloonaglasha



**there's  
more  
than 1  
way**

Learning is messy.







**We learn what we need to know very quickly.  
It's what we learn after that, that's important.**



“We have to work to be strong”.

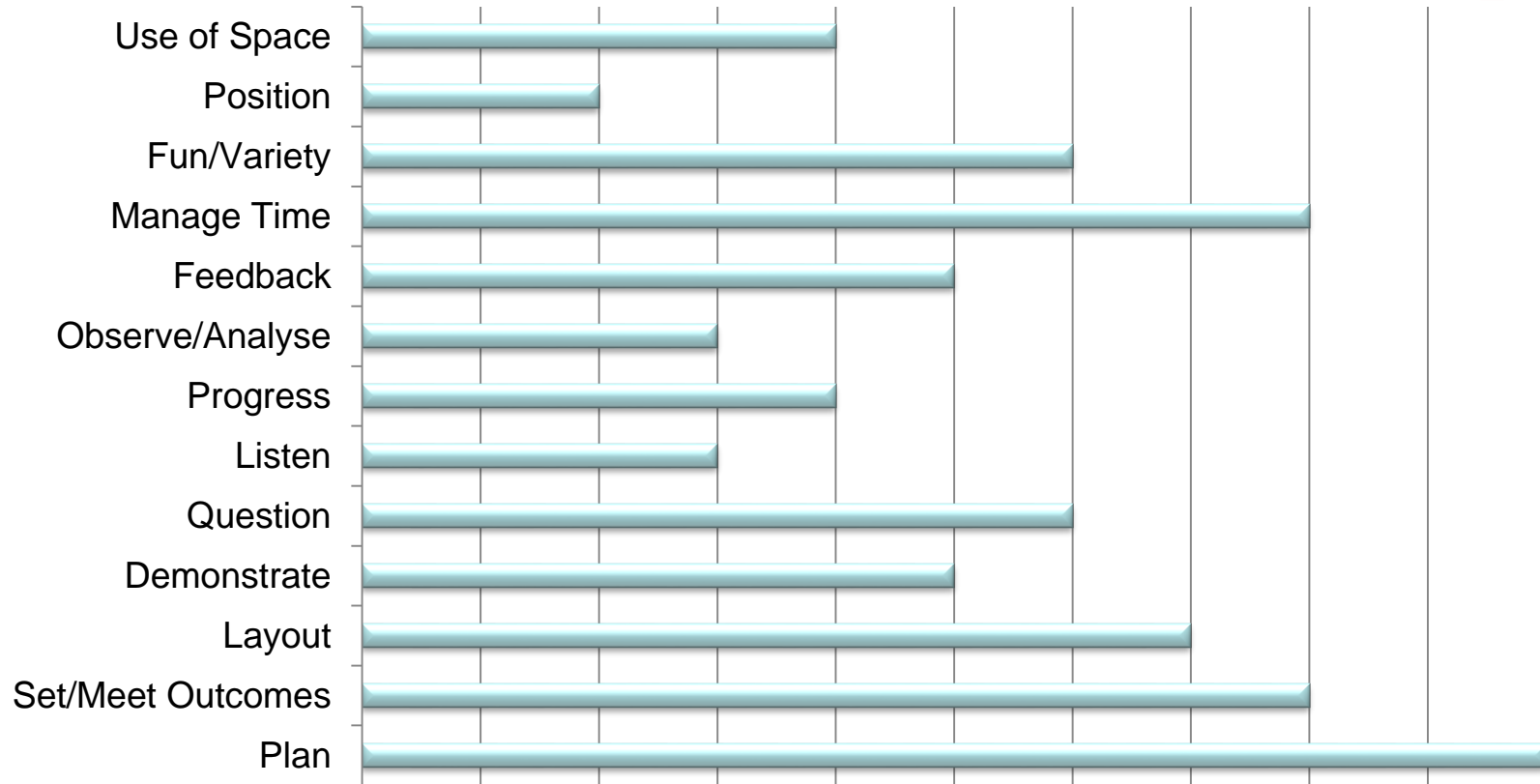
*Pierre Durand*



THE LAST TIME YOU...	WHEN?	WHERE?
Sought real feedback		
Asked a question		
Made (and learned from) a mistake		
Wrote down your plan		
Planned and took a risk		
Learned something new		
Repeated, repeated... same 'oul		
Watched others... meaningfully		
Attempted something new		
Performed under pressure		
Got / sought information		
Committed 100%		
Took 'slow' time		



## COACHING CAPACITIES



W.W.W.

P.I.G.S

*“Personality is best when released in a measured way”* — My Grandfather from Cloonaglasha



# F.R.I.N.A.

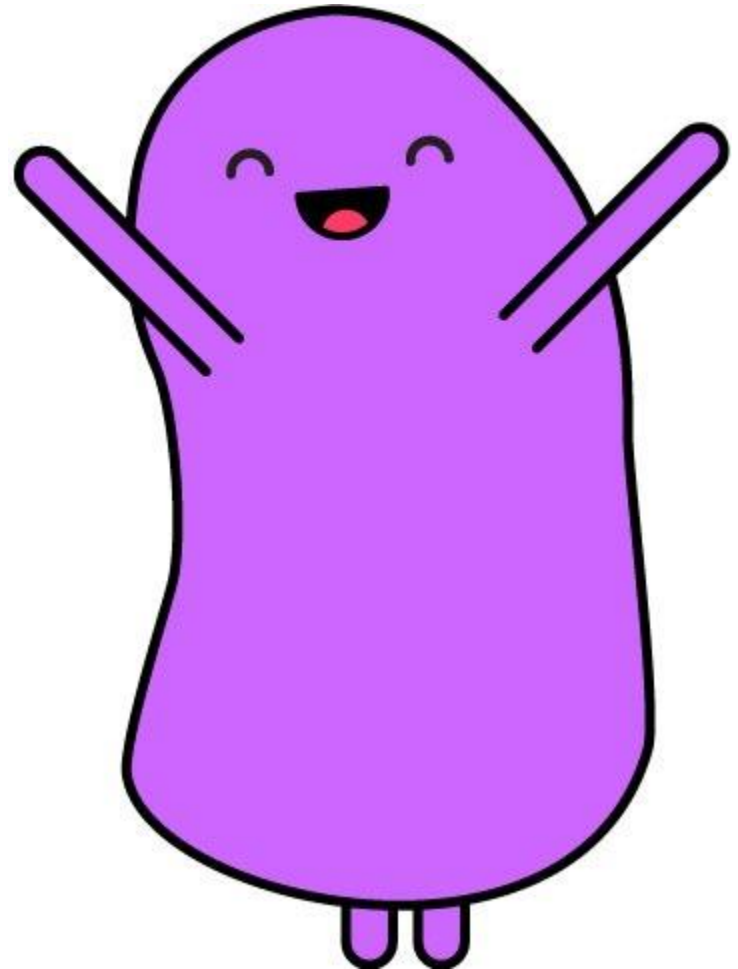
Find it

Repeat it

Improve it

Nail it

Adapt it

















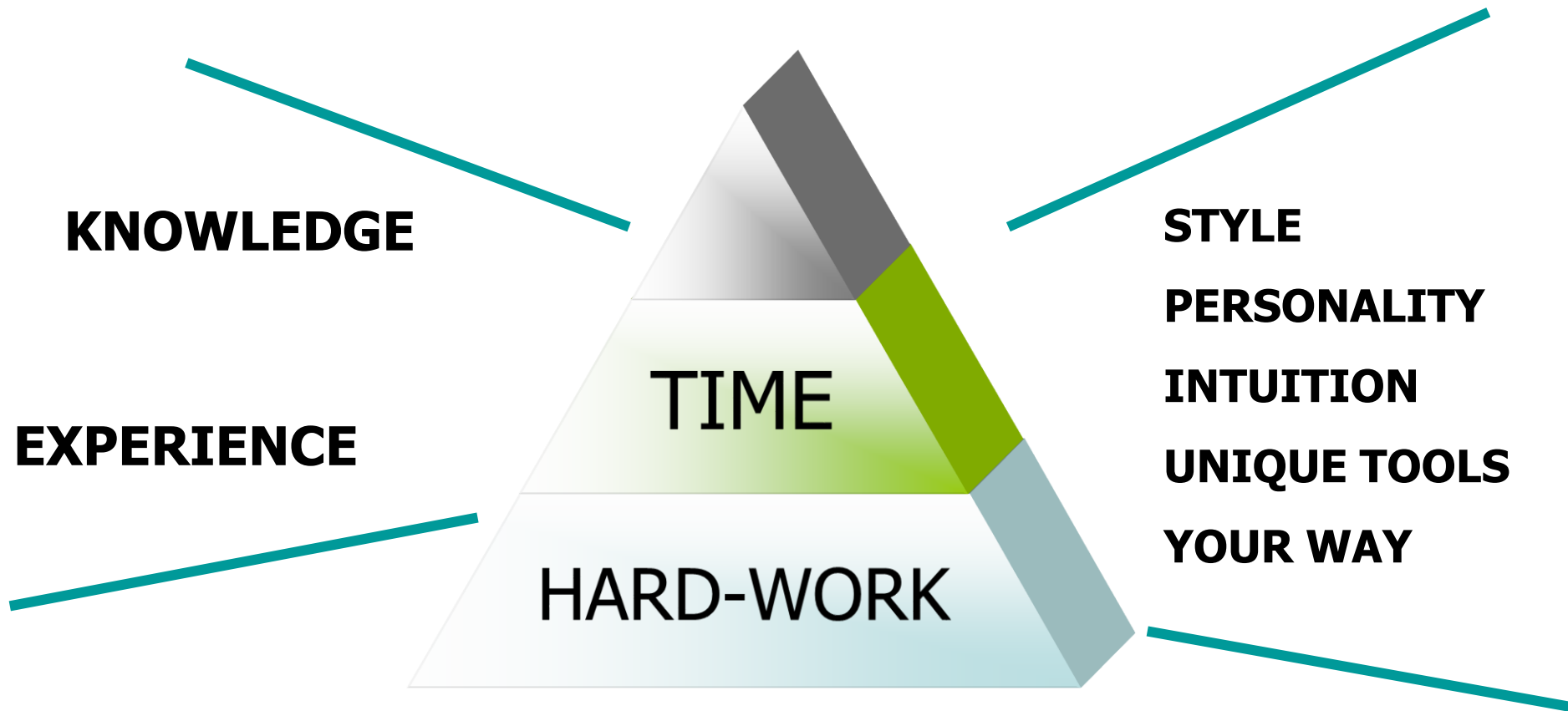












**LOWEST COMMON DENOMINATOR**

**'RUNNING JUST TO BE ON THE RUN'**

***"SELF-INVESTIGATION"***



**Normalise the excellent  
Deliberate practice  
Great mindset**





# Moses Kiptanui

## Zurich 1995



# LIFE LESSONS





All good things take time.



# YOUR LEGACY

1. Become better at something. (*The something is up to you*)

2. Overcome difficulties / 'barriers'.

3. Learn something new or learn how to do something better, neater, more often....

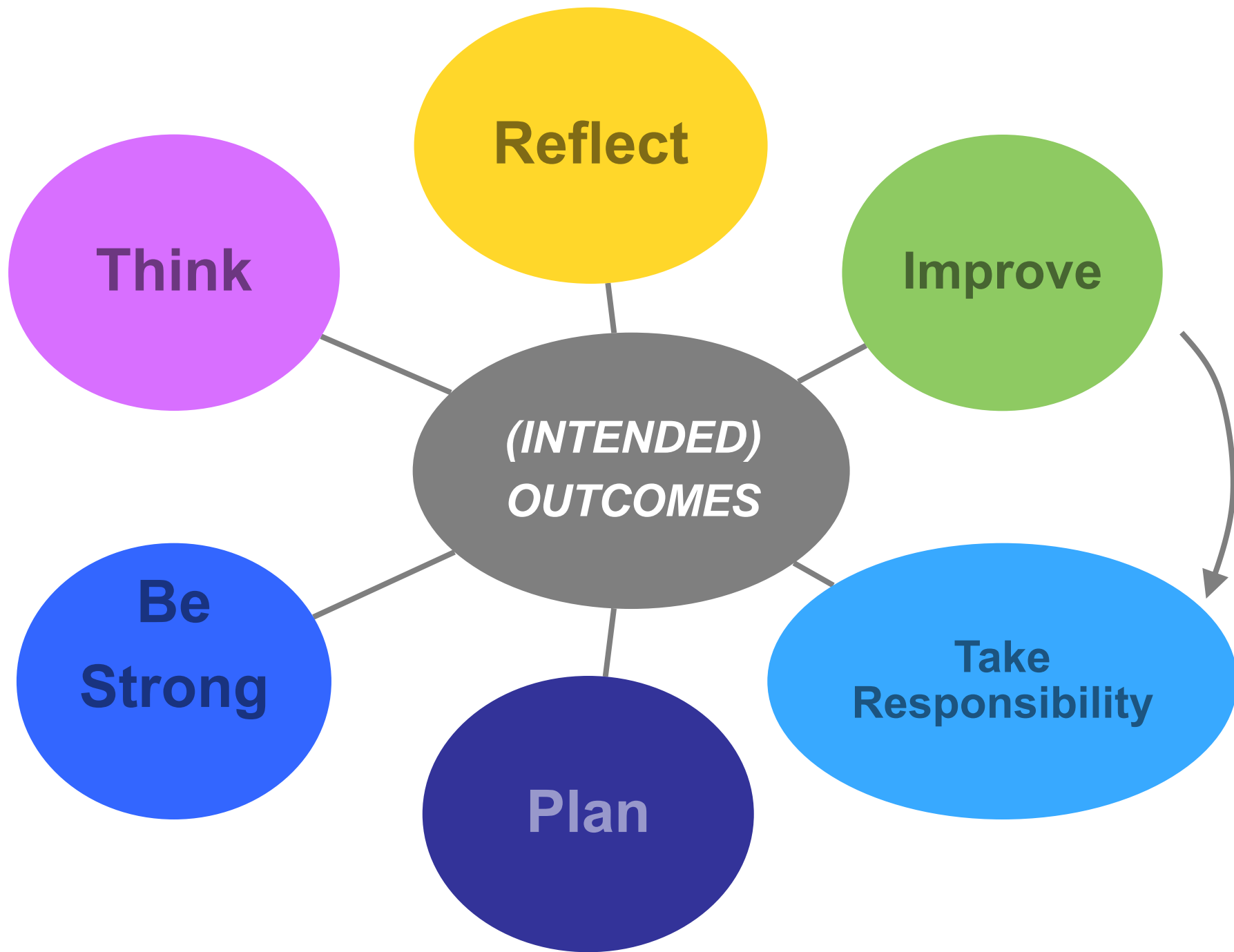
4. Go somewhere – higher level competitions, different venues...*improve!*

5. Experience a sense of satisfaction and accomplishment.

Telefón







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Liam Moggan

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