

Player-Coach

MY TRANSITION FROM PLAYER TO COACH AND HOW MY EXPERIENCES
AS A PLAYER HAVE SHAPED MY BELIEFS AS A COACH

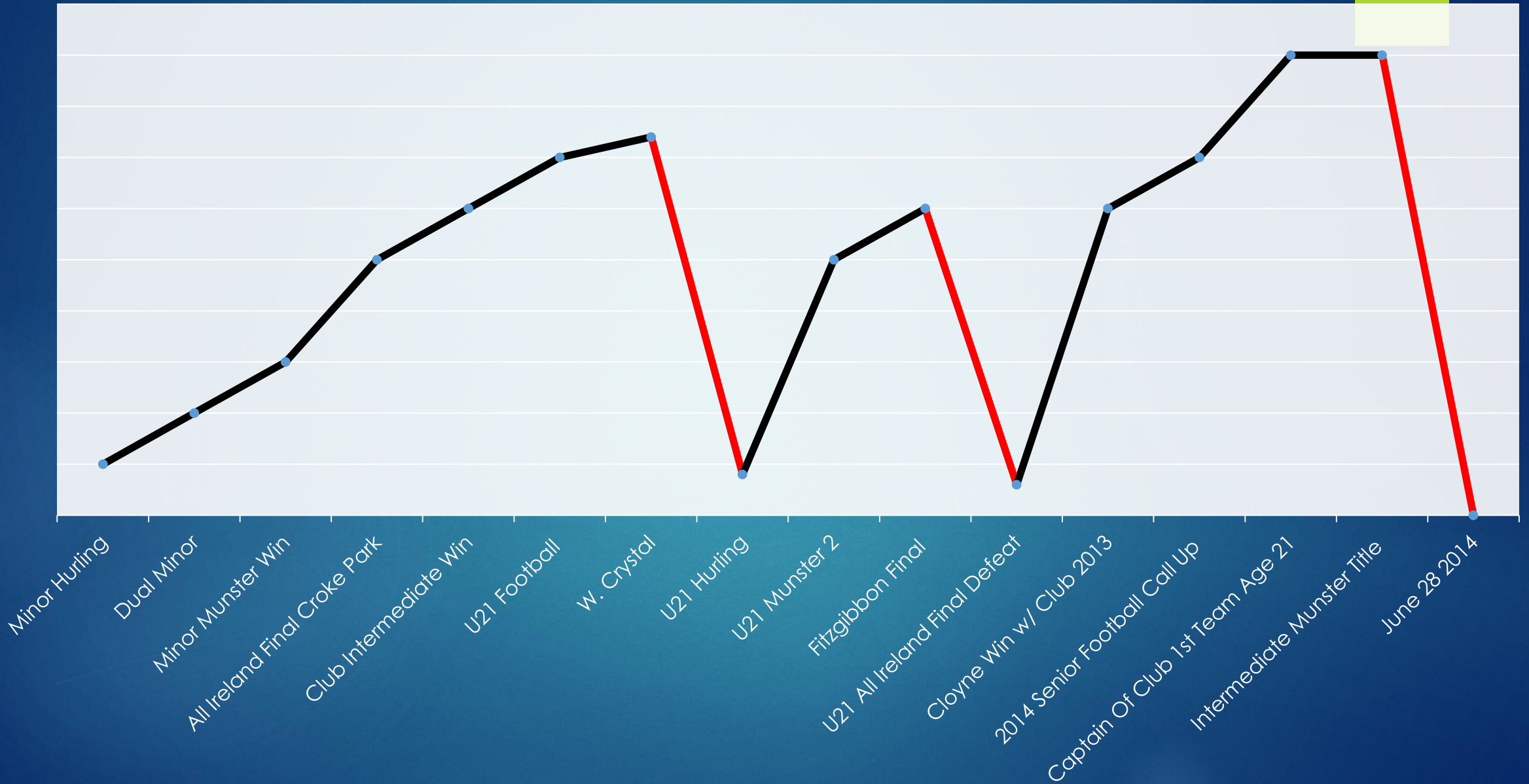
CLIP ONE – CAREER 15-21



2009-2014

- ▶ 6 Years Adult Hurling and Football at Club Level.
- ▶ 2 Years Inter County Minor Hurling
- ▶ 1 Year Inter County Minor Football
- ▶ 3 Years U21 Inter County Football & Hurling
- ▶ 2 Years Fitzgibbon Cup With Mary I.
- ▶ Trench Cup football, Senior Club Divisional football, Club U21, and Schools GAA.

Peaks & Troughs



2014

- ▶ Final Year College
- ▶ Senior Football Call Up
- ▶ Club Captaincy
- ▶ Graduation
- ▶ Job
- ▶ Injury

Realisation

- ▶ CLIP 2 – Cork Tipp All Ireland Semi 2014 Clips

CLIP OF FINAL WHISTLES



Mary Immaculate College Limerick



- ▶ 3 – Follow with Fitz Final clips s

1. 'Those Who Can...'



"I never realised that in order to become a jockey you have to have been a **horse** first."

- Arrigo Sacchi



'A Good Player, Not a Great Player.'

2. TIMING & CONTENT

- ▶ What is the ideal Training Time?
- ▶ Why?

- ▶ Timing = Content
- ▶ 55 Mins Max. College Coach. Studies, Club/County, Social Lives
- ▶ Station Teaching Approach

Comfort Zones



'Yet here we are, four more All-Ireland semi-final or final defeats later, and still no Sam, still no liberation for those people of Mayo.'

Because, in a nutshell, the virtue and philosophy that drives them forward is also internally compromised. They are producing under the lights exactly what they are doing away from the lights.


They are a phenomenal bunch of tacklers, indicative of their honesty and commitment and the time they give to that aspect of the game. But has their shooting adequately improved? Is there anywhere near as much emphasis on their shooting as there is on their tackling? Are they only coaching and doing what they're most comfortable coaching and doing?' – Kieran Shannon, Irish Examiner, Tuesday October 4th 2016.

‘ Jaysus this is a fair adventurous session. We just flaked the shit out of each other with tackle bags this time last year.’ – Fitzgibbon Hurler
Mary I, October 2016.

- ▶ Entirely Games Based.
- ▶ Had actually spent the week before watching Paul Kinnerk’s presentation in Munster.
- ▶ Scared me half to death

3. Communication, Honest Communication.

- ▶ 'Look a man dead in his eyes,
So he know you talk truth, when you speak it,
Give your word, Keep it.' Jay Z, New Day, Watch The Throne.
- ▶ U21 Hurling Dropping Year 1 – 'Hurling, but not enough Hurling.'
- ▶ Vs.
- ▶ Minor Football Post Armagh – Armagh – Galway transition CLIP
- ▶ Knowledge = Power Knowledge=Empowerment
- ▶ If You want to empower players, create leaders, and decision makers –
Trust = Key



“MOST MEN WOULD RATHER
DENY A HARD TRUTH
THAN FACE IT.”

-TYRION

- ▶ If You want to empower players, create leaders, and decision makers – Trust = Key
- ▶ Delicacy does players and people no favours. In my experience, an honest, balanced, fair criticism shows more interest in a player than a generic compliment.
- ▶ Players Smell Bullshit A Mile Away
- ▶ Belittling

Scenario 1


Player A has returned from the winter out of condition, and slow to the pitch of the ball. He has been under pressure at work and at home, and has underperformed in two key games pre championship.

Round 1 comes and he is an unused substitute. He leaves before the warm down and texts you the next day looking to speak to you and thinking about leaving the panel. He wants to know his standing in the panel.

Background: He is a potential starter and former captain, but is only coming to fitness now, two weeks in to a six week championship.

Options

A - 'Look (Player), It's not that you're playing poorly or anything like that its just the way it went yesterday. I wouldn't read in to it too much at all you're a huge player for us. You'll probably be starting the next day. You've done nothing wrong the lads just got the nod yesterday that's all.'



B - '(Player) Ok, look, lets talk so. Lets pull no punches here, What training have you done before you came in to the group this year? I appreciate you're busy at work but unfortunately there are guys in this group who are in better shape than you. Right now, you're number 8 out of our six backs plus. How much hurling training have you done over December? Have you been in the gym? How has your diet been since we broke pre Christmas? What has your Socialising:Training ration been? Do you think you performed well enough in our last game before championship? Do you believe you're performing at the level expected of you? Do you think you've done enough to start based on this years performances alone?

Don't walk away from the group, make no mistake, you are down the pecking order right now, and will need to be patient, but this competition equals games in quick succession, which equals opportunity.