

# GAA GAMES DEVELOPMENT CONFERENCE

in partnership with



# The Language of Winning



**GAA**  
HANDBALL

in association with



**WHERE WE ALL BELONG**





# The Language of Winning

CROKE PARK 2020

# 1. Team Purpose & Culture



Why are we here – 5 whys?  
(The Why)



How do we want to show up?  
(The How)

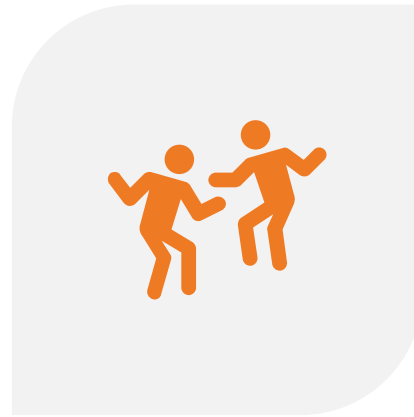


What do we want to achieve?  
(The What)

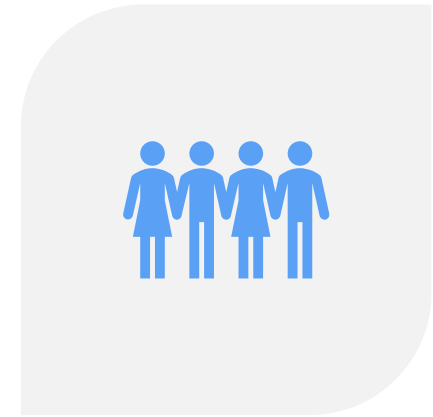
## 2. Build Ownership



HONESTY &  
ACCOUNTABILITY SESSIONS



FUN & ENJOYMENT



TEAM IDENTITY & RITUALS

# 3. Leadership matters



LEADERSHIP  
STYLES



LEADERSHIP  
TRAITS



OPPORTUNITIES  
TO PRACTICE



FEEDBACK



PEOPLE WILL FORGET  
WHAT YOU SAID,  
PEOPLE WILL FORGET  
WHAT YOU DID, BUT  
PEOPLE WILL NEVER  
FORGET HOW YOU MADE  
THEM FEEL.

MAYA ANGELOU

## 4. Coaching

I have not failed 10,000 times. I've just found 10,000 ways that won't work. Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.  
**Genius is 1% inspiration and 99% perspiration.**



**Thomas Alva Edison**  
Inventor, business man.  
1847-1931

## 5. Vulnerability is a STRENGTH

# 6. Communicate



VARK



Apps



Generation X



# 7. What to Measure

Individual KPIs

Team KPIs

Debrief –  
feedback/feedforward

# 8. Facts versus Opinions



PERCEPTION VERSUS  
REALITY



DIGITAL  
DISTRACTIONS

# 9. 3C's & U



Clarity

Confidence

Complacency

Underconfident

# 10. VPSG setting



Vision for the player – What Do  
want to become/change and  
WHY?



How will I demonstrate this? On  
and off the field?



What do I want to achieve?

# Clarity of purpose



**Outcome goals** – to start/perform in every game in championship, to win a provincial medal (June) and All Ireland (August) and be an All star (Nov)



**Behaviour goals** - To become the best defender I can be by being the most energetic, determined and ruthless hurler I can be.



**Performance goals** – Distribution (70% to our advantage), Tackles (4+), Possessions (15+), Aerial Ball (80%+)



**Process goals** – head up/give to man in best position, move feet/deny him space/dispossess, support play/rucks/bb get to where ball is, dominate line of the ball/get off the ground

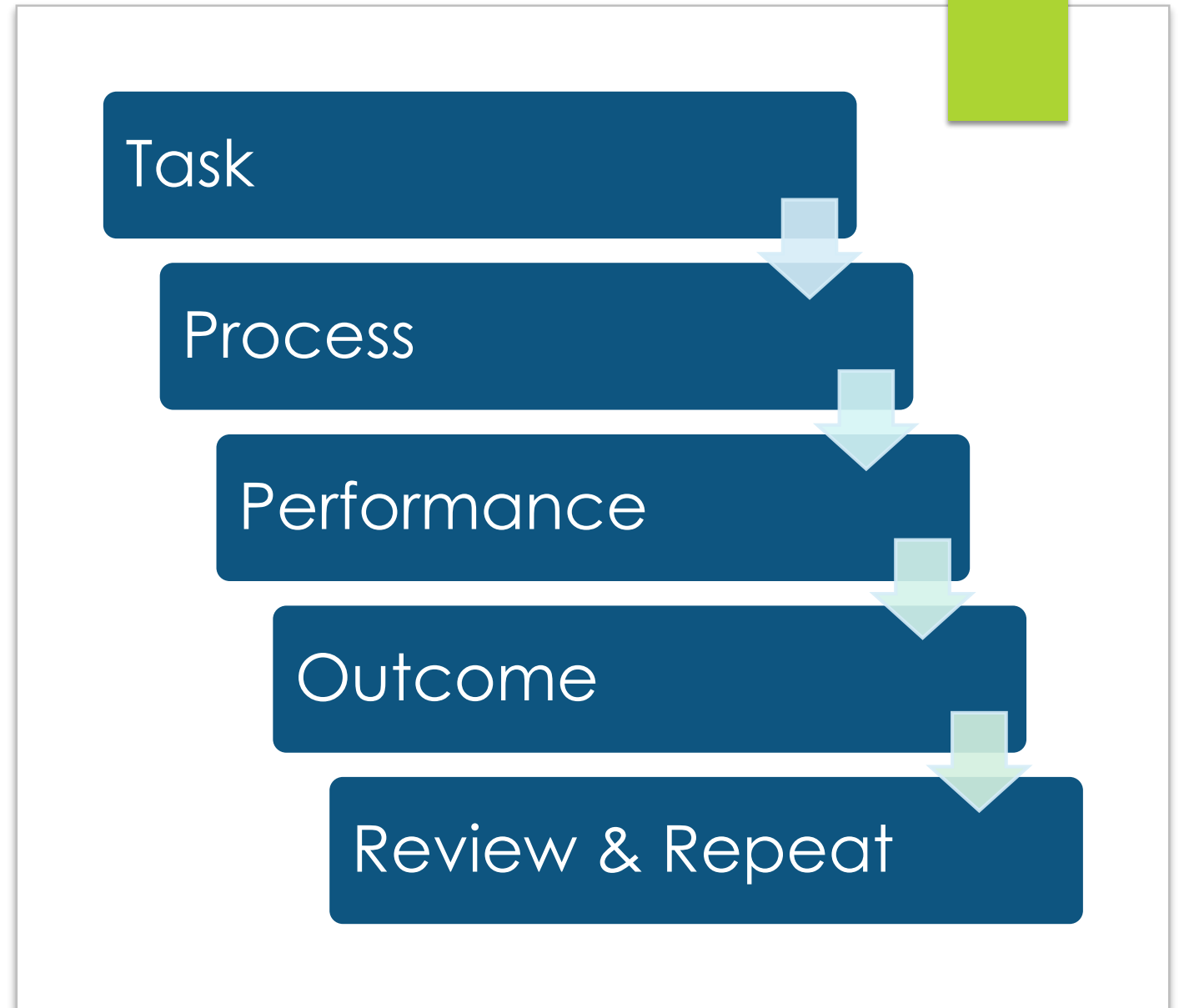


**Training goals** – striking/hand passing to hand (alleys/pitch 300), speed agility and tackling drills, off the shoulder runs, low over ball/half hurl, 1 v 1 drills before and after training contested catches



**Accountability** – record progress in diary, use training partners, tell coaches what I have worked on/learned/progressed with, review my stats/video after each game

# 11. FOCUS





## 12. Inner winner vs Inner critic



Win the battle with yourself



Confidence starts with me



Perfectionism & overcompensating

# 13. Recovery is not just physical



STRESS VS RELAXATION  
RESPONSE




COMMUNICATION  
REDUCTION



RELATIONSHIPS AWAY  
FROM SPORT



# 14. Mental fitness



Be yourself; everyone  
else is already taken.

Oscar Wilde

15.  
Believe in  
you