

In partnership with  
**sky sports**

# Coaching Resilience

Shane O Sullivan  
Ballygunner

In Association with





Specialists in empowering  
sporting, corporate and  
personal success



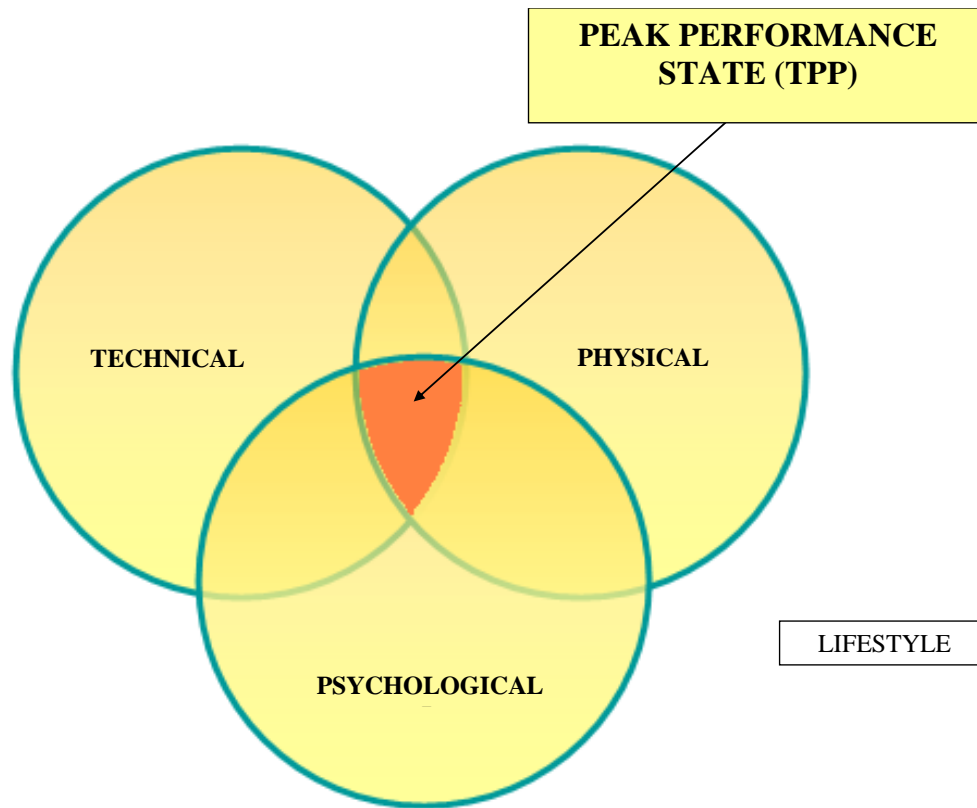
*“Our mission is to provide children with resiliency skills developed through the GAA that will prepare them for a life of health, wellness and lifelong learning.”*



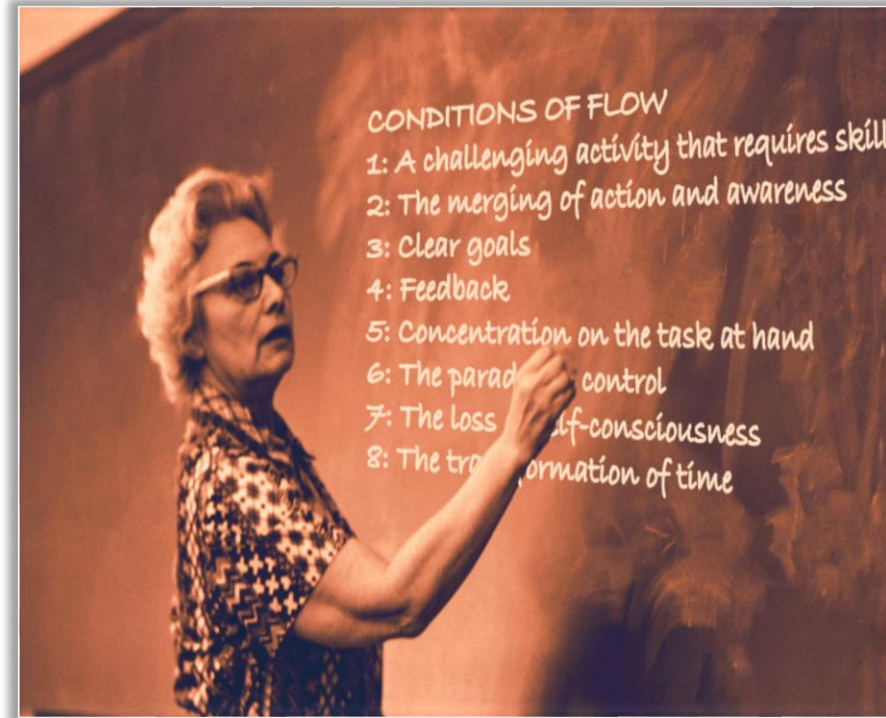
# Case Study

Application

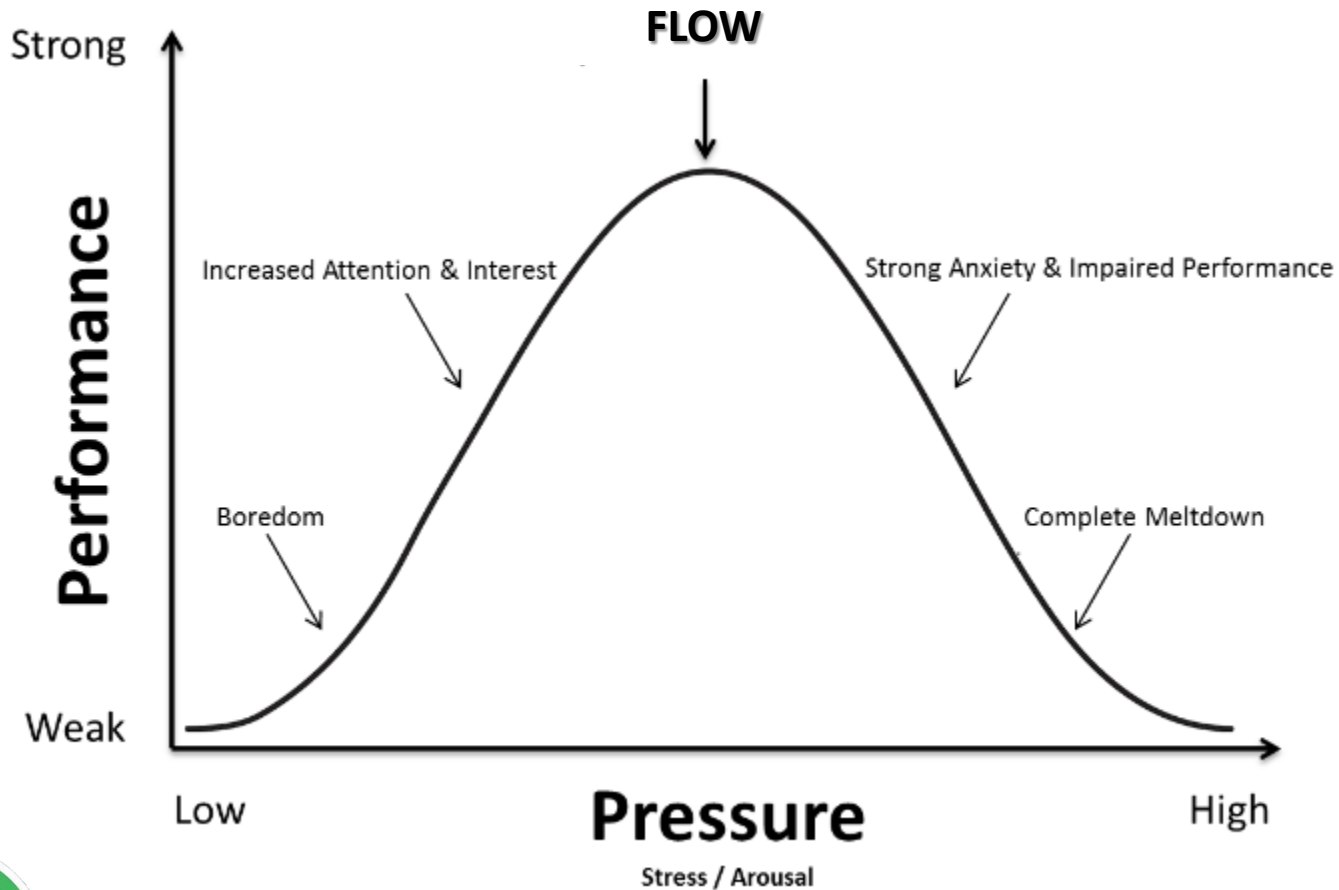




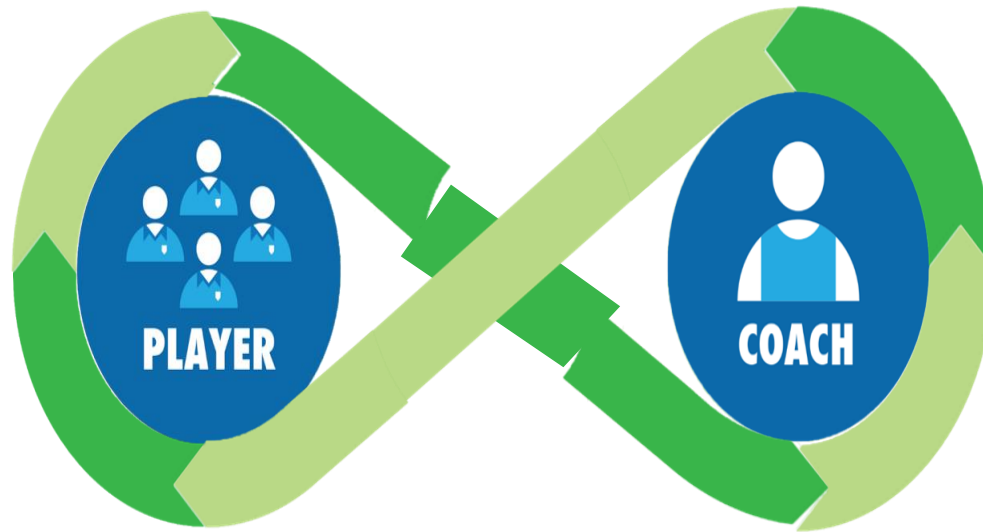
# Conditions of Flow (TPP)



# Stress Response



# Process

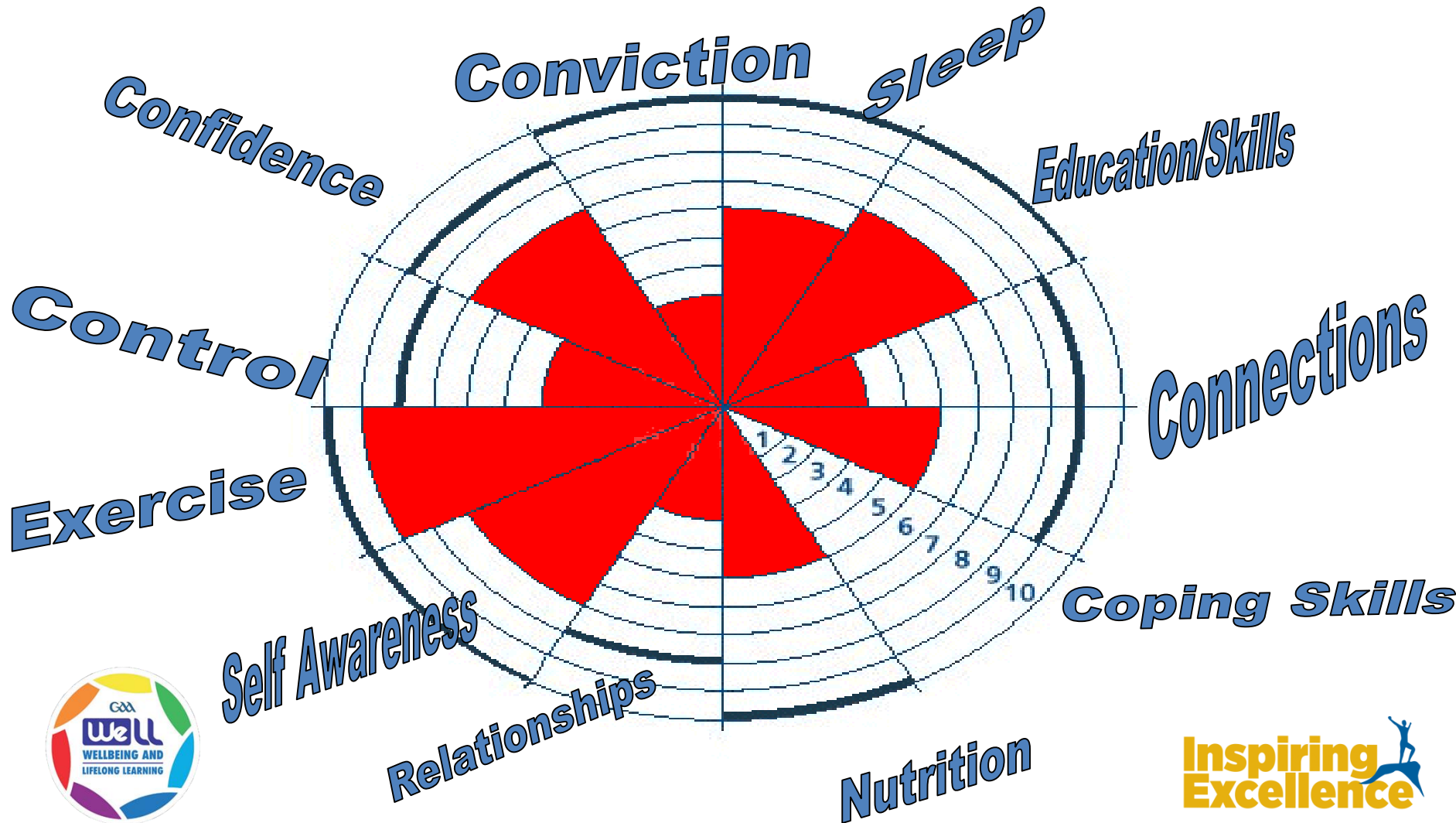


**CO-creatively Assist & CHallenge**





# Holistic Development 7C's



# Resilience

V.U.C.A

Volatile

Uncertain

Complex

Ambiguous



# Mindset

## Growth Mindset

- I can learn anything
- I developed my ability
- When I fail I learn and improve
- Reach ever higher levels of achievement



Ronaldo

## Fixed Mindset

- I'm either good at something or I'm not
- I'm born with my ability
- When I fail its because my ability is not good enough
- Plateau early and reach less than there full potential



Rooney



# Practical Application


- ✓ Connection – Buddies Program
- ✓ Control – Engaging Explicit Instruction, Meditation.
- ✓ Confidence – Genuine Reinforcement, Confidence Exercises
- ✓ Coping Skills – Overtraining Checklist, C.A.B.A
- ✓ Competence – Developing Skillsets (Reverse Instruction, C.A.B.A, Free Play)
- ✓ Mindset – Mistakes are our greatest teachers, Praising Effort, Rising Star



# Inspiring Excellence

Author Unknown

There are two things  
we should give our children:  
one is **roots** and  
the other is **wings**.

Photo by Andy Bold  
 Symphony of Love



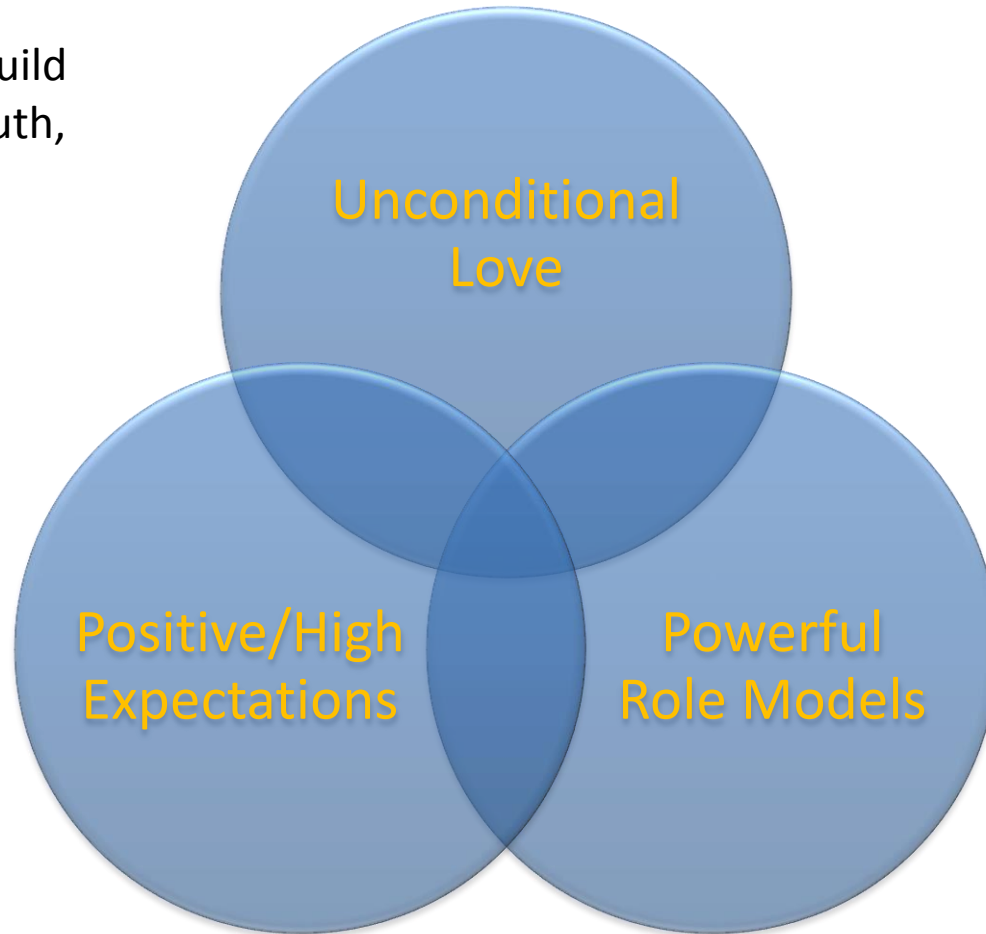
Inspiring Excellence 

# Inspiring Excellence



# The Keystones

"We cannot always build the future for our youth, but we can build our youth for the future"



# Inspiring Excellence



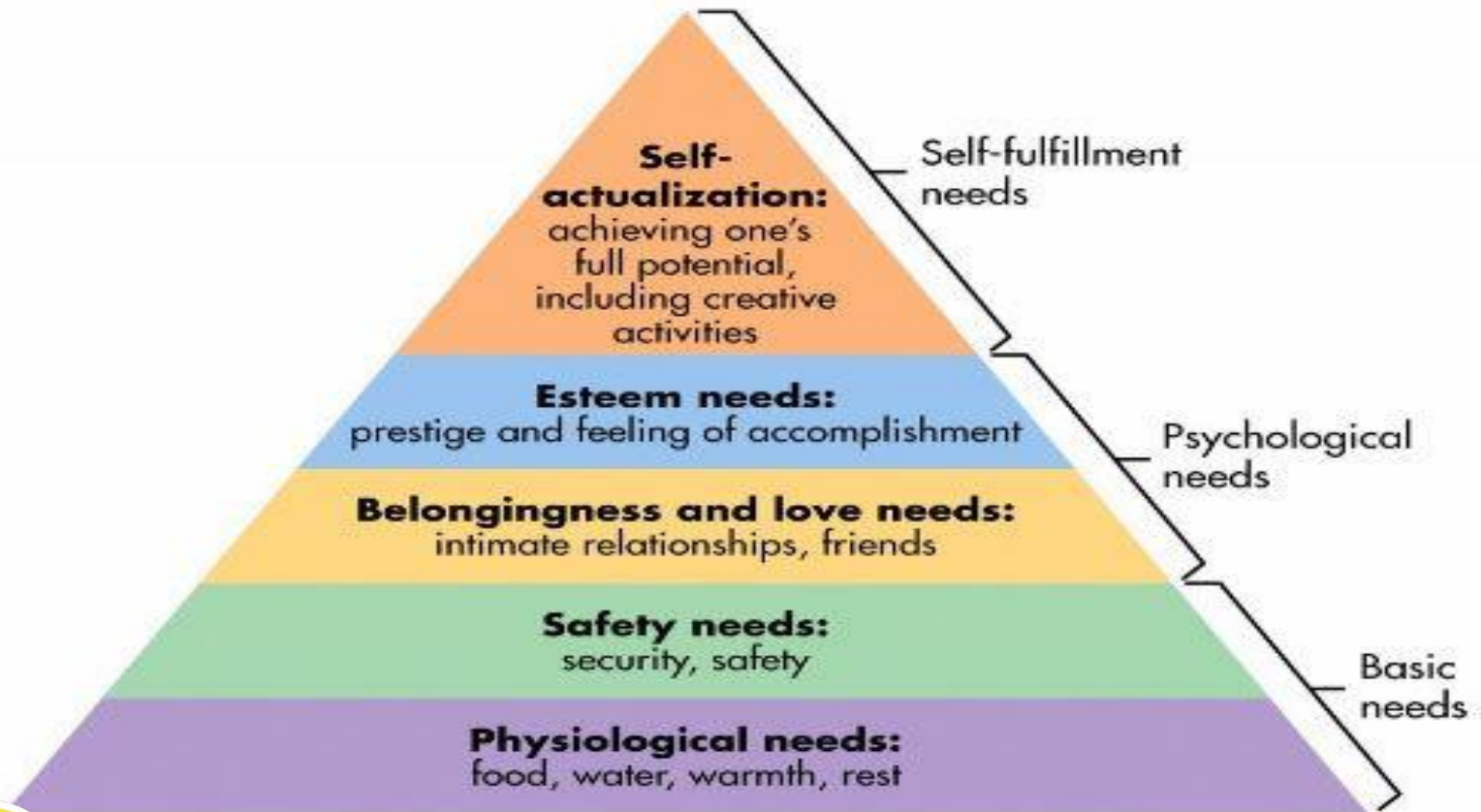
## Group 1 Player Pathway - Age 10 - 12

Emphasis	Critical Attribute (5 each area)			Record Number of Attribute Utilised		
				Wk 1 - 10	Wk 11 -20	Wk 21 - 30
Strength & Conditioning	1	1. Partner Resistance				
	2	2. Broken Table				
	3	3. Stuck in the Mud				
	4	4. Tug of War		1, 3	2, 3	4
	5					
Health & Wellbeing	1	Holistic Competence	Encourage participation in other sports, Practise Non sport specific skills			
	2	Mistake Management	Positive Reinforcement, Encouraging the Growth Mindset			
	3	Guided Breathing/Visualisation	Guided by scripts	1,2,3,4	3,4,5	3,4,5
	4	Coping - Sports Participation	Overtraining/Under Recovery Checklist Completion /Following Recommended Guidelines			
	5	C.A.B.A Strategy	Emotional Control - Call it, Accept it, Breathe, Action			





# Maslow – Foundations of Flow



Go raibh míle maith agat