

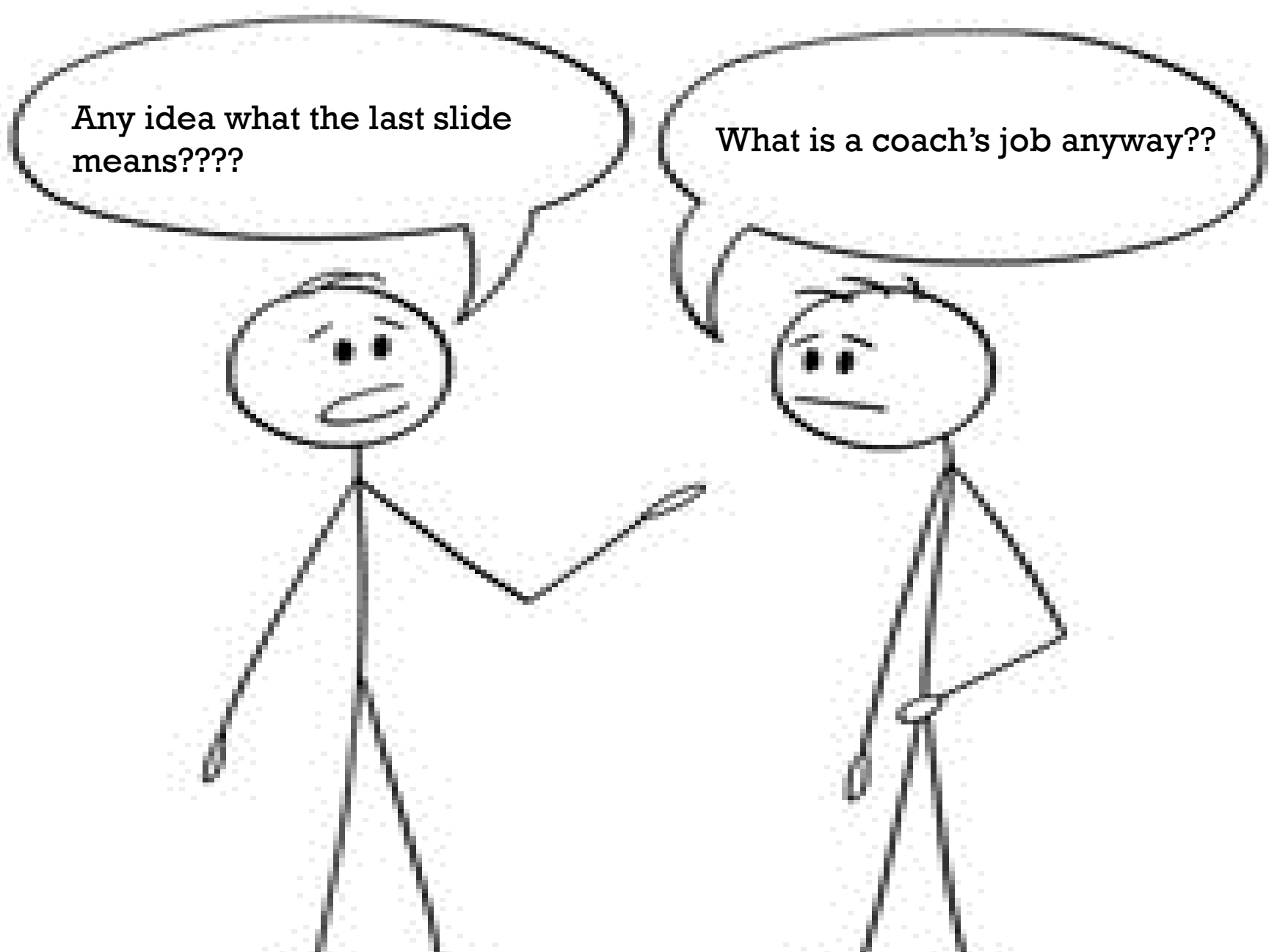


**What is Coaching?**

**Eamon O'Shea**

## COACHING CHALLENGE

To Reconcile  
Omnipresence  
and Invisibility



Any idea what the last slide means????

What is a coach's job anyway??

# WHAT IS YOUR JOB?

1. Improve the player
2. Improve the team
3. Teach the Grammar of the Game

# CRUYFF'S FUNDAMENTALS FOR SOCCER

- Shooting
- Heading
- Dribbling
- Passing
- Controlling the ball



“To be able to touch the ball perfectly once, you need to have touched it a **hundred thousand times** in training”

# HURLING GRAMMAR

- Striking
- Catching
- Stick-work
- Hand pass
- Shooting
- Connectivity

# GRAMMAR IS IMPORTANT FOR:

- Planning your session
- Consistency of the message
- Intuition of what's needed and when
- Development of individuals and team
- Measurement of your sessions/progress
- Recalibration of your approach



# TEAM COACHING FRAMEWORK REQUIRES:

- An ambitious culture
- An enjoyable and fun environment
- A growth mind-set
- Consistent outlook
- Collective philosophy

# WHAT YOU NEED TO UNDERSTAND:

- Pedagogy: method & practice of teaching
- The power of observation
- The role of intensity
- The balance between structure and chaos
- The importance of adaptability

# PEDAGOGY

- Pedagogy: How you teach?
- Messages have to be delivered in many different ways
- Allowing players to think and solve their own problems
- Sometimes less is more
- Power of the senses
- Finding flow through creativity
- Teaching the wonder of the ball

# OBSERVATION

- Watch
- Watch **again**
- Watch when **intensity comes**
- Watch when **pressure comes**
- Watch when **wins come**
- Watch when **losses come**
- Watch when **praise comes**
- Watch when **criticism comes**

# INTENSITY

- Bring YOURSELF to the pitch – not some composite coaching manual
- Train to play the best team in the competition
- Train harder when you are about to play the worst
- Inject match pace into most sessions
- Find the bliss point – the balance between high level of challenge and players ability to reach it

# STRUCTURE AND CHAOS

- Structure is good for technical development
- Structure is good for tactical development
- Chaos is essential to develop players
- Chaos brings challenge leading to improvement
- Chaos allows players to solve their own problems
- Chaos promotes leadership

# ADAPTABILITY: COACHING ON THE FLY

- Carry the game in your head
- Have the grammar to the forefront of your mind
- React to the session as it evolves – energy, tempo, accuracy, competitiveness
- Deviate when necessary – drop things from the session; shorten/lengthen the session
- Tweaking is always good: innovate while you work
- Ask your players what works/does not work
- Reflection is always helpful

# CONCLUSION

- Create excitement and challenge around the game – it leads to excellence
- Coach for enjoyment – at all levels of the game
- Cultivate basic skill development in your players – teach the grammar of the game
- Build confidence and character in those you coach
- Let your players play – intuition and instinct matter
- And finally



Worry less about winning

