

**Frank Dick O.B.E**

# The Coaching Discipline

1. What is the best result achievable over agreed period?
2. What performance will get the result?
3. What quality consistency makes this performance a probability?
4. What conditioning & functional parameters & at what level ensures quality consistency?

5. What is the performance & development plan to meet the objectives?
6. What controls will ensure accurate progress monitoring?
7. What support do you need to deliver? Who are they? Can you lead this team?
8. Are you coachable?

# Building Competitive Performance

1. Learn and persistently practice quality of technical game
2. Develop fitness to be technically effective
3. Develop maximum speed without compromising technical effectiveness

4. Develop optimal cruising pace
5. Rehearse extremes and change of pace
6. Read game and respond faster and more effectively than the opposition

7. Win and win again.....and again!

# Regeneration

# 3 LANES

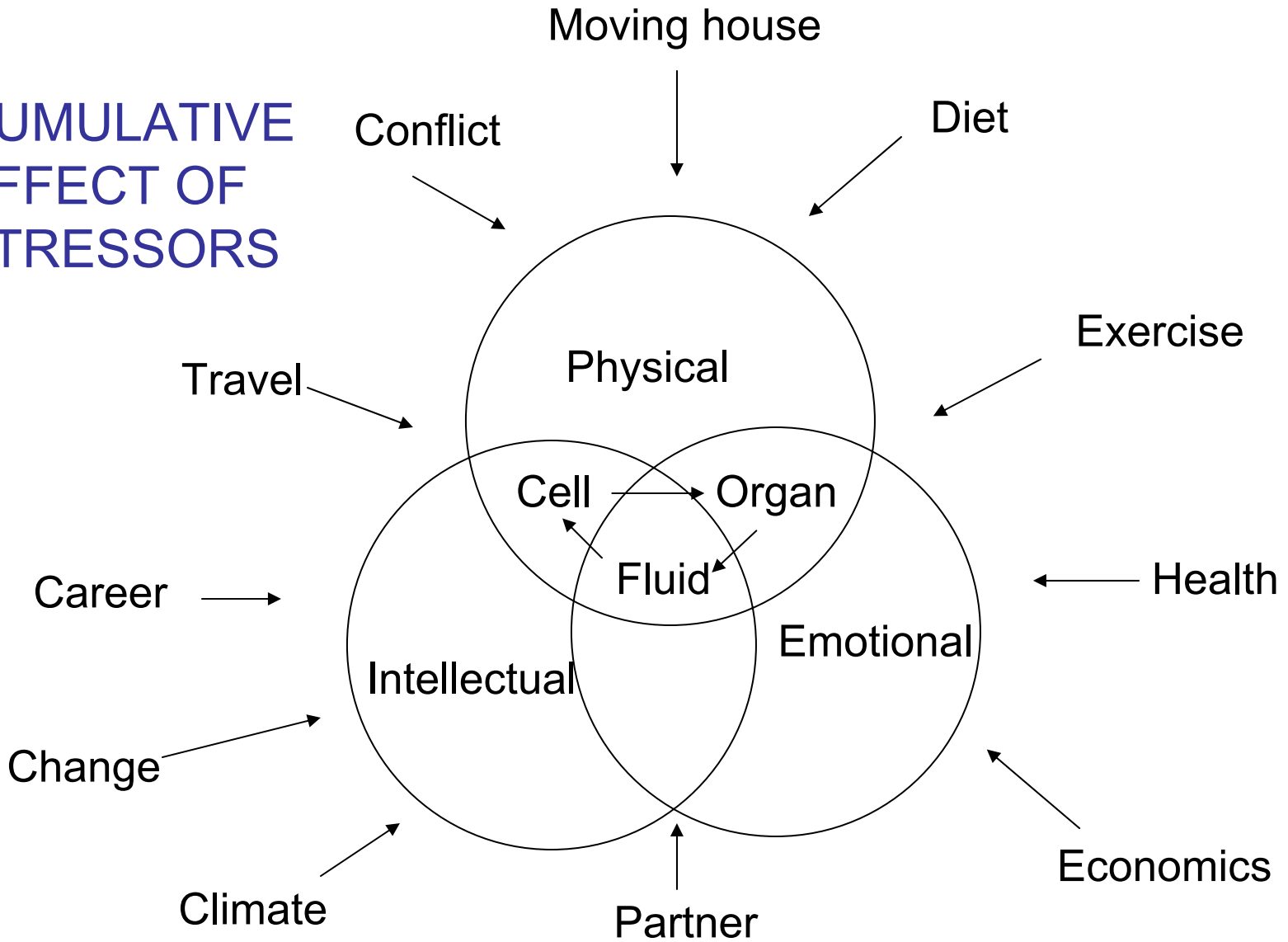


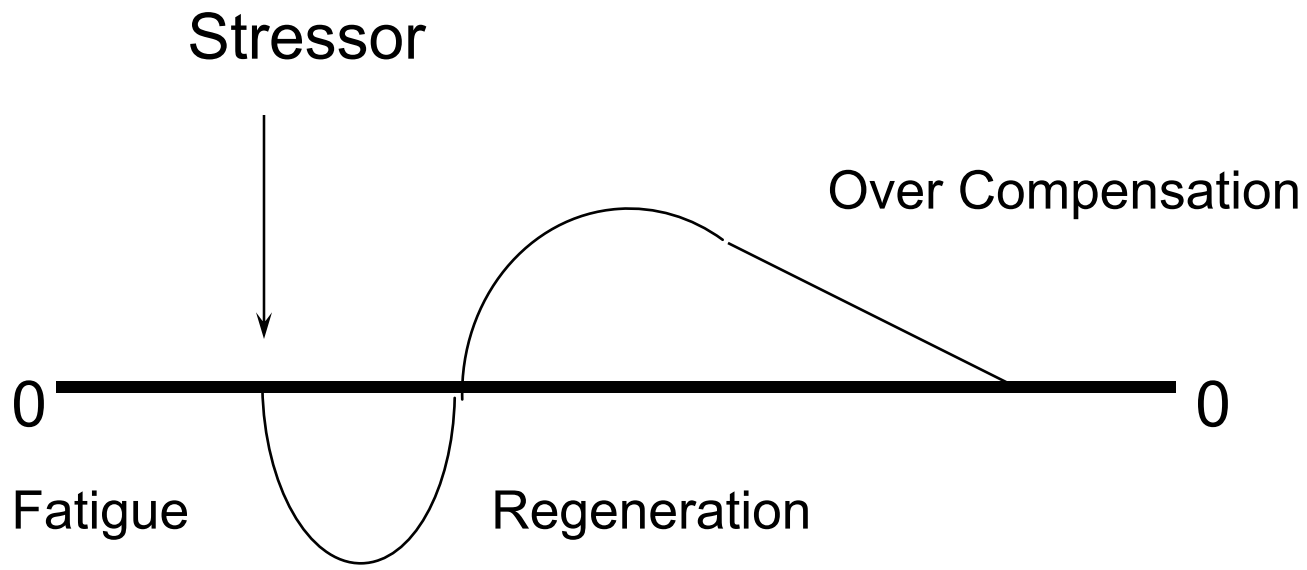
**Career**

**Family  
&  
Friends**

**You**

**CUMULATIVE  
EFFECT OF  
STRESSORS**





Stressors

Stimuli

### PROPRIOCEPTORS

- Locomotor system
- Balance, awareness of Movement & position
- Labyrinth\*, muscles, tendons, joints

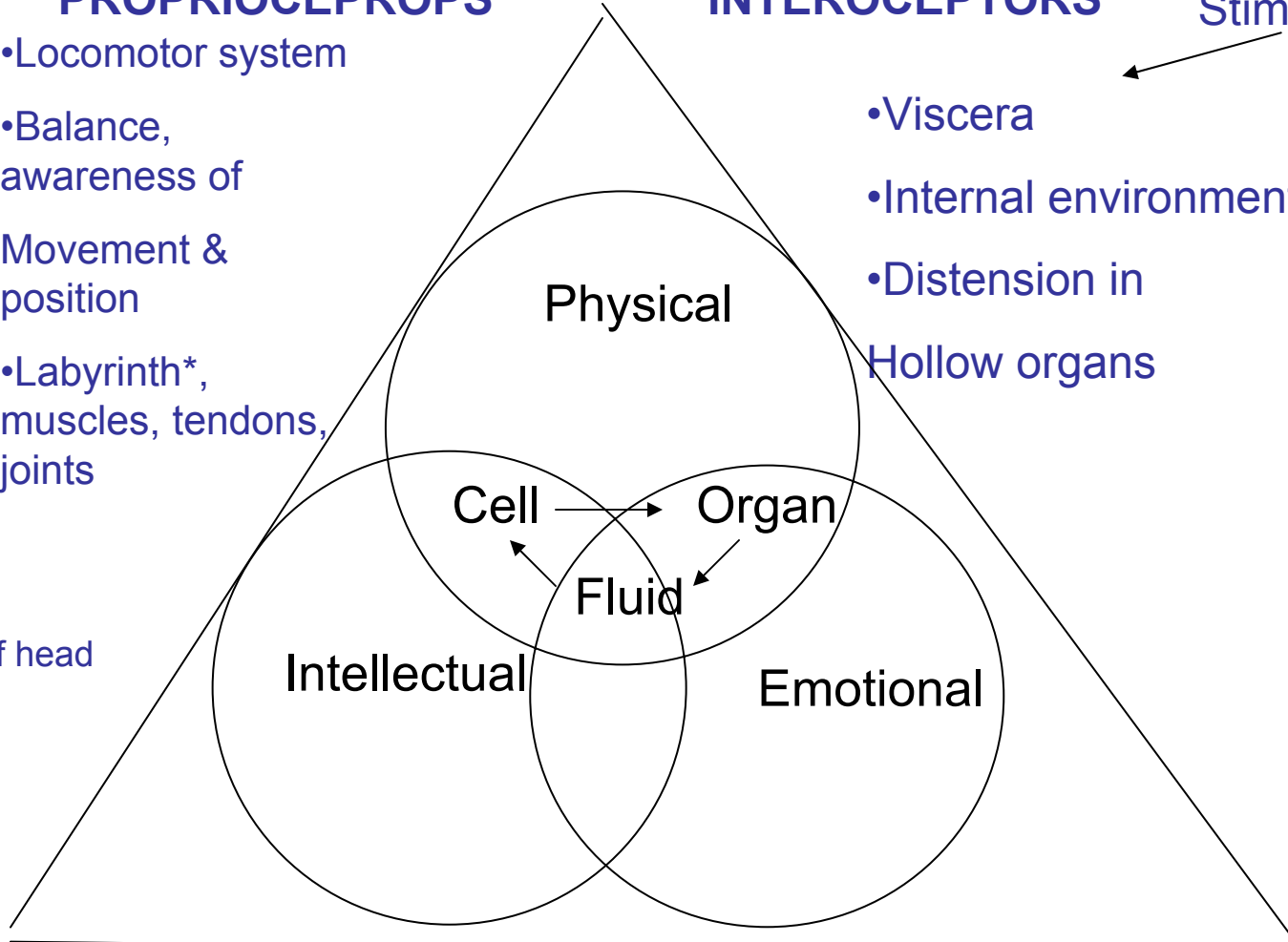
- Position of head
- Stretch
- Tension
- pressure

### INTEROCEPTORS

- Viscera
- Internal environment
- Distension in Hollow organs

Stressors

Stimuli

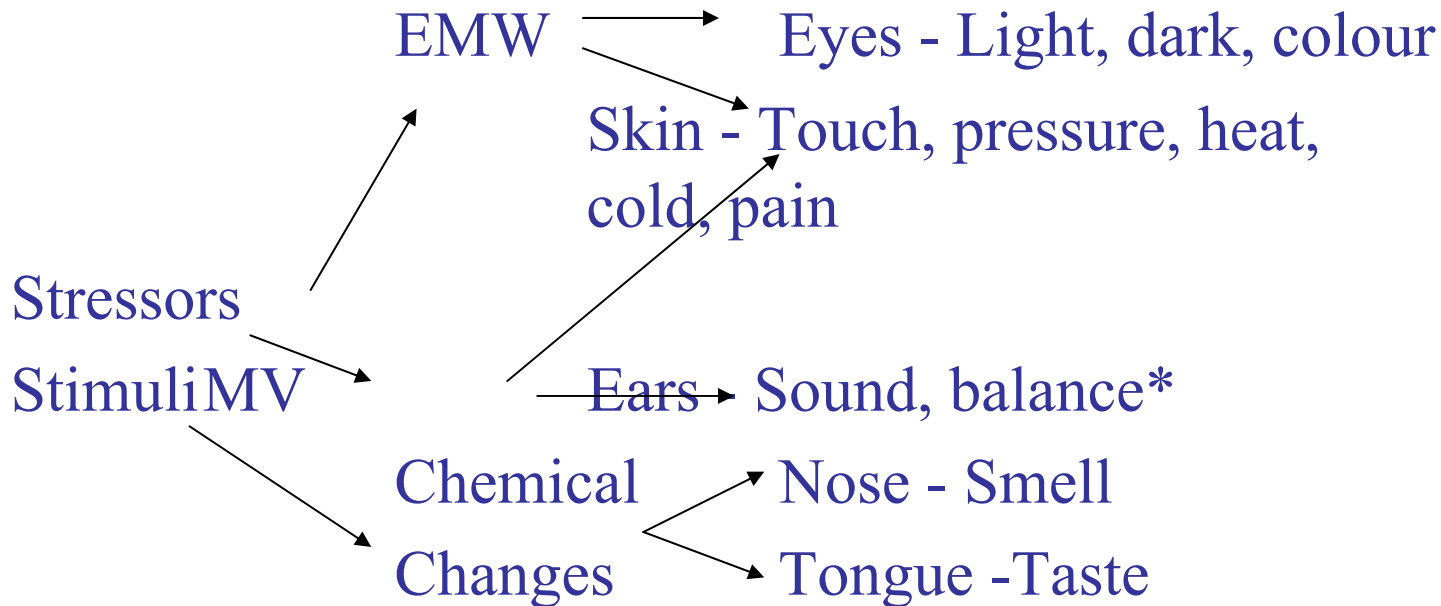


### Exteroceptors

Eyes. Skin. Ears. Tongue. Nose.



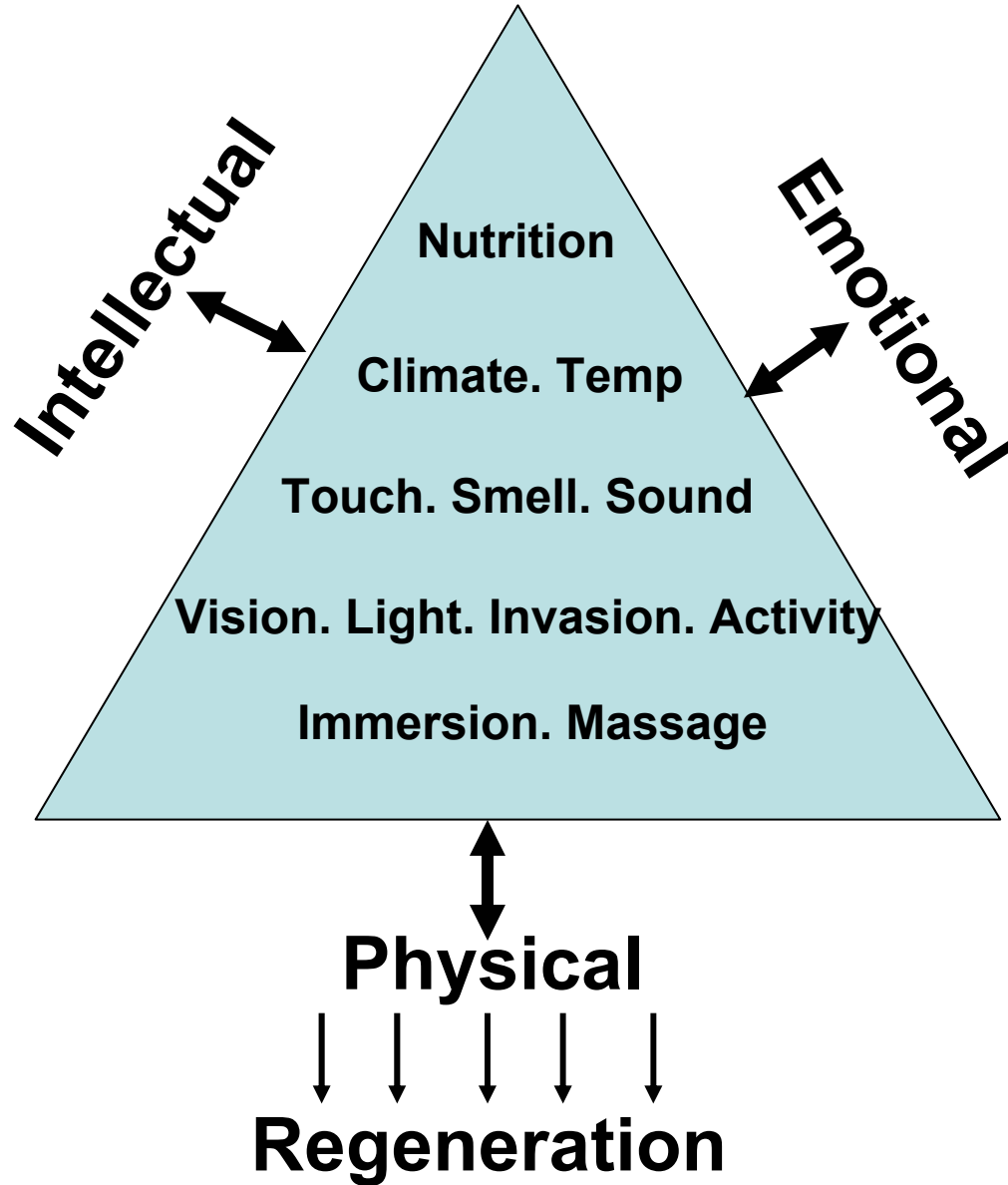
# EXTEROCEPTORS



EMW = Electro magnetic waves

MV = Mechanical Vibrations

# Therapies



# Regeneration Conduits

- Routine
- Climate
- Physical activity
- Emotion
- Senses
- Intellect
- Surrounds
- Social
- Nutrition

# Overstress solutions

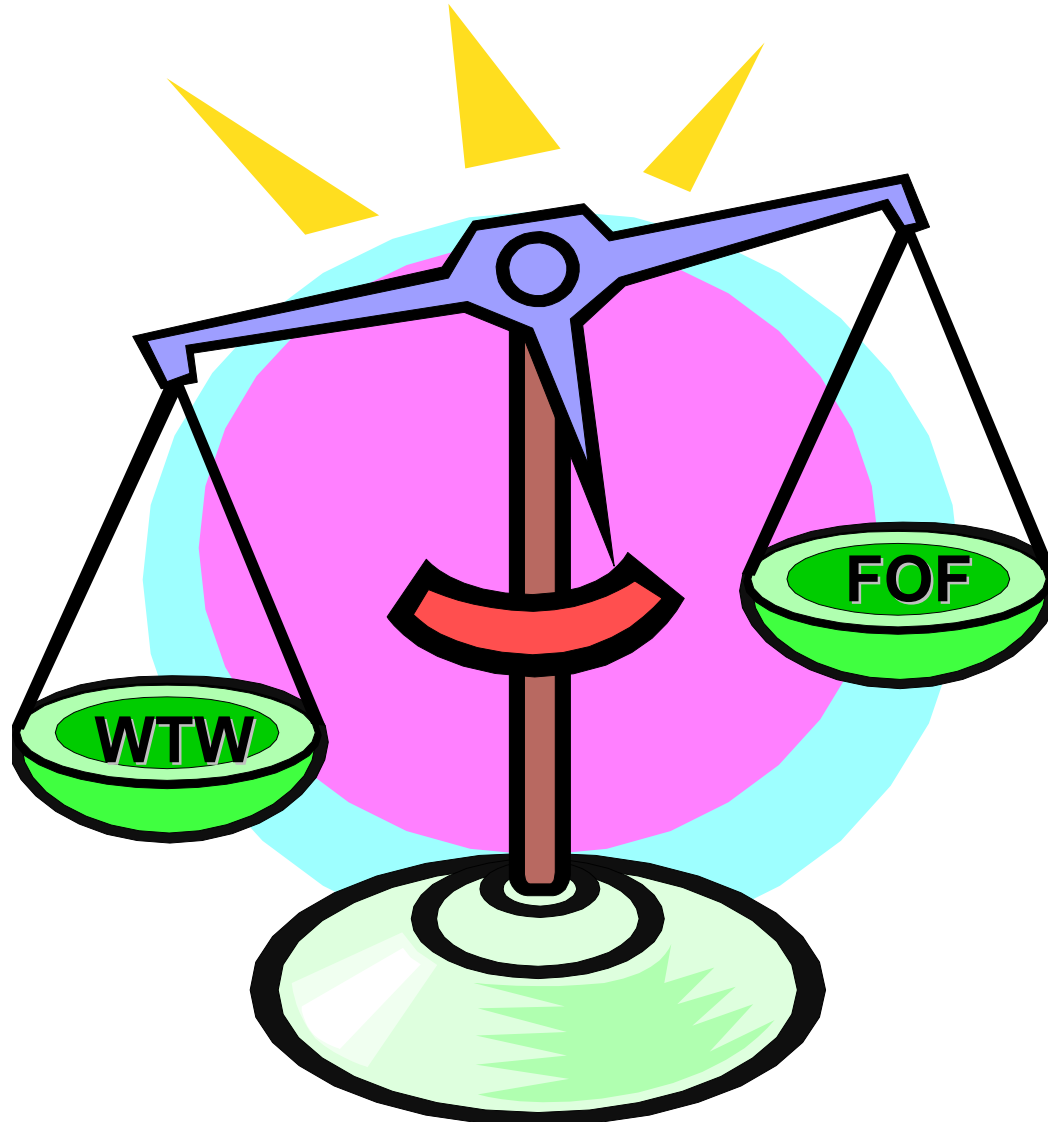
- Basedovoid – overexcitement of system (over stimulation)
- Cause – sudden increase in highly intense demands
- Excessive demand for concentration
- Solution – **Nutrition** – increase intake of basic foods – water, milk, fruit/vegetables, egg, fish, antioxidant vitamin supplements, eliminate preservatives, spices, coffee but occasional alcohol OK
- **Physical**
  - evening: swim/bathe/Jacuzzi 33c-27c Soothing massage
  - Morning: cold shower + brisk towelling, relaxing music, gentle stretching, aerobic exercise
- **Climate** – moderate temperature 18c-24c. Mountains, woodland.

# Over stress solutions

- Addisonoid – over depression (over inhibition)
- Cause – extended period of moderate – low demands
- Persistently unchallenging lifestyle/program
- Solution – **Nutrition** – encourage strict 3 meal/day routine; increase high protein intake; eliminate preservatives/colourings; occasional caffeine – avoid Alcohol; supplementation with B12 & antioxidants
- **Physical** – mornings & evenings alternate cold/hot showers; middle- high range temperature saunas; vigorous massage; high rhythm and varied rhythm exercise; upbeat music
- **Climate** - Bracing Conditions – seaside. Moderate sunbathing. Temperatures 22-28c

**Will to win versus fear of failure**

# Balance of motivation



# Will to Win

Want to win

Believe you can win

Persist until you win

= Risk taking attitude

Seeing competition as a challenge

Performance focused

# Fear of Failure

Fear of losing

Fear of making a mistake

Fear of rejection

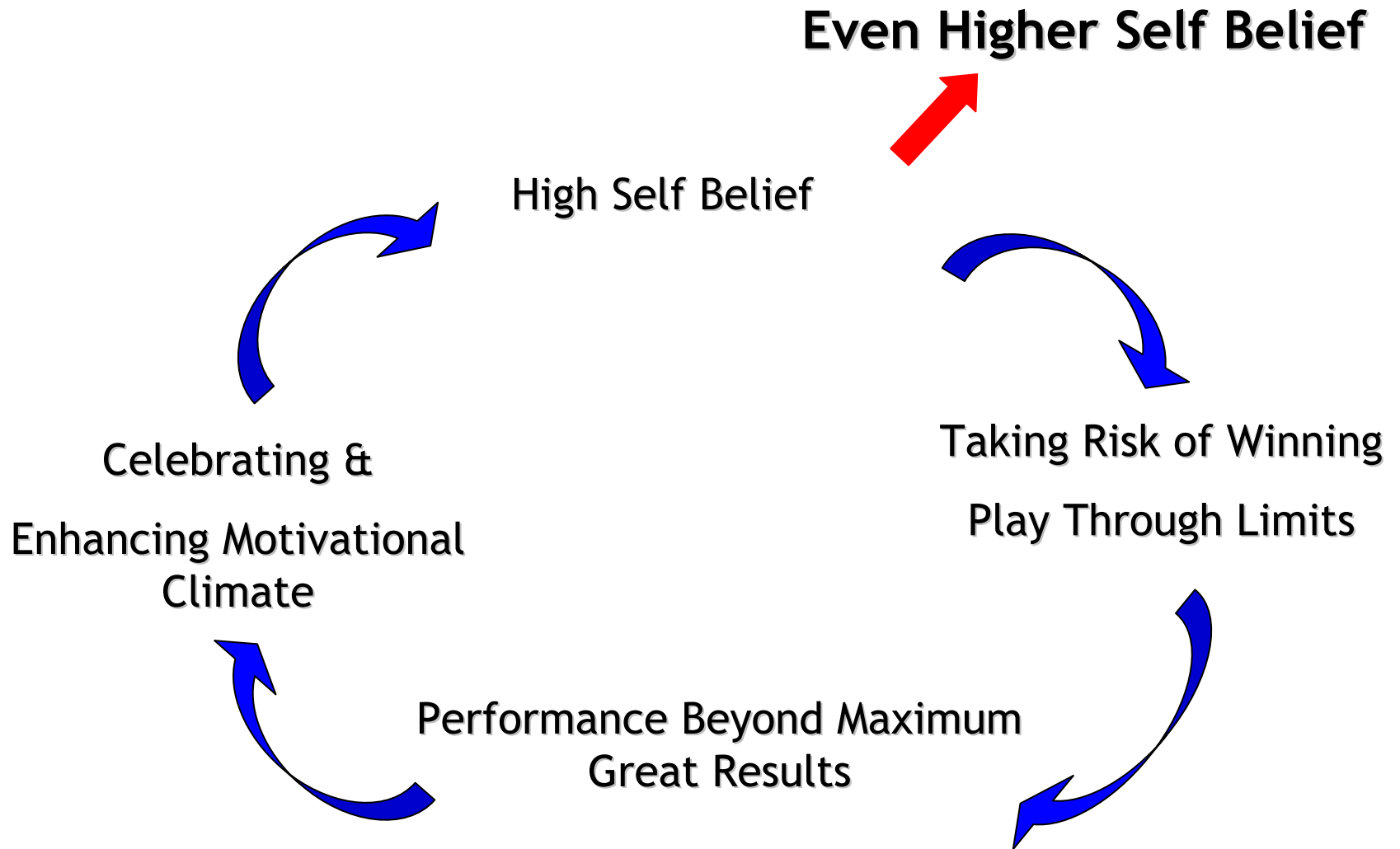
Fear of embarrassment

= Survival satisfied

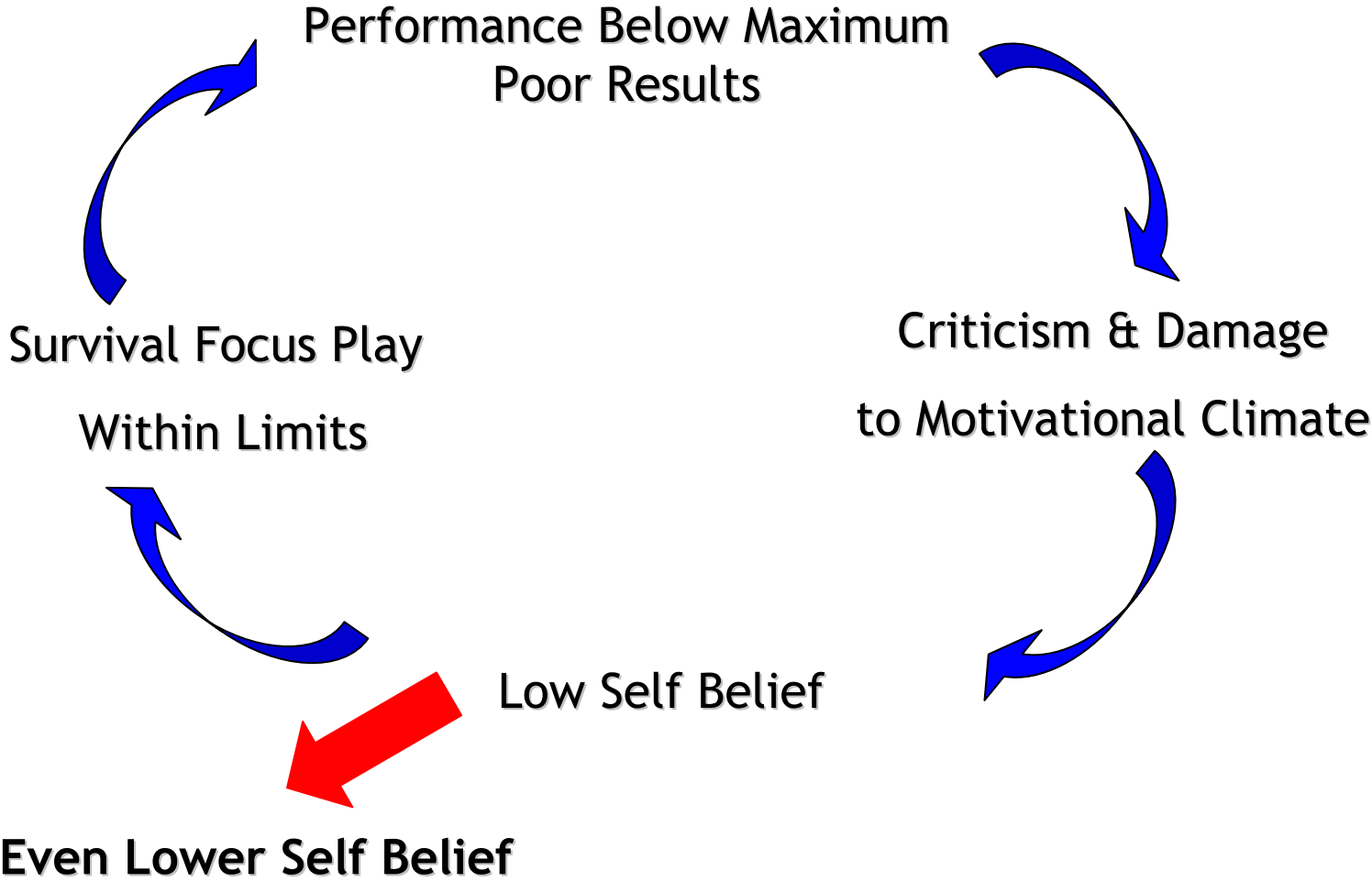
Seeing competition as a threat

Result focused

# Cycle of Self Belief



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