

High Performance Management

(sourced ideas from Ric Charlesworth)

Management of people & programs

- Set in place a structure and develop a culture on the road to success
- Value the players: identify all possible TID members and send them all a questionnaire which asks them about Games 2002, what their view was on what was lacking, the information on the future squad prospects, the future as they saw it, who is staying on in the squad, even the teams they would select
- Successful teams/ squads and support services know about co operation, trust, hard work and ensure a culture that embodies these – it requires structure, processes, work, discipline, the right people
- A coach should have
Knowledge, diligence, studious, flexible, listener, consistent, honest
- Training: to be physically mentally and tactically demanding (not practice games)
- Success is underpinned by consistent high quality training as the habits of training become the habits in the event and under pressure good habits work for you
- Coach professional development – some of the best opportunities for learning occur at coaching conferences where other sport coaches attend
- Forums for discussion- players must be able to express their view fearlessly, as bowlers are the instruments to apply the strategy; conviction that the more people in group contribution the better the level of success
- Resources of expertise: Corinne Reid, sports psychologist
- Diversity and difference: encourage coaches and states to do it differently as the mix of methods in training and competition builds resilience and flexibility
- TLC: talent, lust to learn, commitment
- Culture and leadership: leaders set examples far more influential than coach urgings; players who come to learn and train infect the whole team
- Culture and contest: hockey moved away from winning every contest – peaking, experimenting with personnel, positions, tactics and teams
- Culture and changing (winning) teams: yes if it can improve performance as great teams constantly search for improvement, also avoids ‘comfort zone’

Ideas for coaches, players & club presentations

- Coaches must see past the result as in a single contest it can deceive or distort what happened
- Coaches must stand for and require quality – seek out specialists, read, research., watch and learn from other sports and coaches
- Cantona from MU / soccer players from Brasil... when teammates finished stayed on to practice
- Navratilona example
‘concentrate’ yelled out in a match is nothing.....concentration is born on the practice area, treating your practice as matches, focus on every ball, thinking on one thing at a time, moment by moment, the mental process is more automatic...a better quality practice is for a better quality game