Preparation is a Discipline

Frank Dick OBE
Probably the Only Sustainable Competitive Advantage You Have is the Ability to Learn Faster Than the Opposition

Arie De Geuss
BUILDING WINNERS

• SELECT
• DEVELOP
• INVOLVE
• SUPPORT
• INSPIRE
Selection Criteria

- Technical
- Coachable
- Balance
- Will to Win
- Chemistry
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1.73 Lewis   
1.74 Braun   
1.75 Barber, Kersee 
1.76 Kluft 

1.84 Thompson, Nool 
1.86 Dvorak, Sebrle
### KEY EXCELLENCE

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• Diverse motor co-ordinations
• Able to learn technical models (javelin!)
• Speed: sprinting, reaction, response
• Elastic/jumping strength and power
• Endurance for training and for 2 days
• Optimal athleticism (eg, max strength)
• Committed, competitive, tenacious, resilient, mental/emotional agility and strength
SELECT

- For Today
- For Tomorrow
- Not Yesterday
Chemistry = Attitude!

Integrity : Judgment
Energy : Innovative
Drive : Professional
Challenging : Pride
Commitment
1. PERFORMANCE

2. DEVELOPMENT + 2. RESULTS
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?
Q. 1

What is the best result achievable over agreed period?
• Timescale? 1, 2, 4 years
• Championship? Medal? Placing?
• Date? Time?
• Venue – altitude, temperature, humidity, time change, travel?
• Personal basics (gen)
• Personal History (gen)
• Anthropometric/orthopaedic
• Medical/health
• Social/lifestyle
• Career….. Performance
• Technical
• Conditioning
• Tactics etc
What performance will get the result?
• Event/discipline – individual; groupings; combined discipline
• Opposition status/potential
• Athlete potential
• Coach/support status/potential
Q. 3

What quality consistency makes this performance a probability?
• Performance in competition and training
• 6 week mesocycles – annual, etc
• 4-6 week selection mesocycle
• 6 weeks peak mesocycle
• Within 1 - 2.5% max, performance target per mesocycle
• 5-6 week selection – peak competition mesocycle
Fatigue → Stressor → Over Compensation → Regeneration
DEVELOP

INCREASE IN PERFORMANCE

INITIAL PERFORMANCE

2
Performance over Time

Graph showing the performance over time with a peak around the 7th week.
Q. 4

What conditioning and functional parameters and at what level ensures quality consistency?
• Strength, endurance, speed, mobility
• Technical stability
• Psychology
• Nutritional status
• Blood/cell performance/stress indicators (eg, I.g.A.)
• Whole/partial discipline related measures
Q. 5

What is the performance and development plan to meet the objectives?
3 LANES

Career

Family & Friends

You
CUMULATIVE EFFECT OF STRESSORS

Moving house
Conflict
Diet
Exercise
Health
Economics

Physical
Cell
Organ
Fluid

Intellectual

Emotional

Partner
Change
Climate
Career
Travel
Coach’s Double Vision

DREAM

MILESTONE
• Adaptation (preparation)
• Application (competition)
• Regeneration (transition)
• Year. Macro. Meso. Micro
• General. Related. Specific
  (adaptation reserve)
• Single – double - continuous
Specificity

Reversibility

Overload
• Progression: -
  – Frequency: Extent: Density
  – Speed: Strength: Endurance
  – Increasing variables
• Structure of loading
• Training ratio
Building Competitive Performance

1. Learn and persistently practice quality of technical game

1. Develop fitness to be technically effective

1. Develop maximum speed without compromising technical effectiveness
1. Develop optimal cruising pace

1. 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**
Q. 6

What controls will ensure accurate progress monitoring?
• Injuries/stress potential
• Blood/cell status
  – Nutrition
  – Acute/chronic stress
  – Health
• Specific performance
• Conditioning
• Lifestyle changes
• Strengths
• Weaknesses
• Compensations
• Stop
• Start
• Continue
Q. 7

What support do you need to deliver?
Who are they?
Can you lead this team?
PERSONAL COACH - ATHLETE

- C1
- C2 (Technical Specialist(s))
  - Performance Analyst
  - Conditioning Specialist
  - Technical/Tactical Analyst
  - Functional Analyst
  - Career Advisor
  - Nutritionist
  - Physiotherapist
  - Doctor
  - Biochemist Manager
  - Psychologist
PLAN

Coach

Athlete

Prescription for Change

Performance Database

Performance Diagnostic
Personal Development Plan

Your Personal Development Plan

Year

Six weeks

One week

P & C1 Agree

P.C.’s advise on specialist areas and how to meet needs of P
# Daley’s Decathlon Coaching

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INVOLVE

Vision

Purpose

Action

Action

Trust

Behaviours

Relationships

Values
INOLVE

4 KEY BEHAVIOURS

• Accept personal ownership for seeking the opportunity to make the winning difference.
• Take responsible risks in deciding what to do with that opportunity.
• Act effectively and efficiently.
• Learn from the experience and share it.
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
Winners Are Made Not Born

TALENT

MOTIVATION
Q. 8

Are you coachable?
“If I had eight hours to chop down a tree, I’d spend six sharpening the axe.”

Abraham Lincoln (coach)
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