

# **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**

# **SELECT**

## **Selection Criteria**

- ▶ **Technical**
- ▶ **Coachable**
- ▶ **Balance**
- ▶ **Will to Win**
- ▶ **Chemistry**

# ANTHROPOMETRIC

HEIGHT

WOMEN

MEN

ELITE

1.73-1.76

1.84-1.88

OPPORTUNITY

1.71-1.80

1.84-1.94

GENERAL

1.62-1.88

1.80-2.01

1.73 Lewis

1.84 Thompson, Nool

1.74 Braun

1.86 Dvorak, Sebrle

1.75 Barber, Kersee

1.76 Klufft

# KEY EXCELLENCE

## WOMEN

100H

Long

High

Top 10 National

## MEN

100

110H

Long

Pole

Top 10 National 3/4

- 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

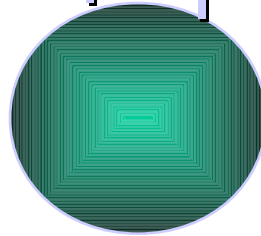
# ***SELECT***

- ▶ **For Today**
- ▶ **For Tomorrow**
- ▶ ***Not* Yesterday**

***SELECT***

DREAM

MILESTONE



# **SELECT**

**Chemistry = Attitude!**

**Integrity : Judgment**

**Energy : Innovative**

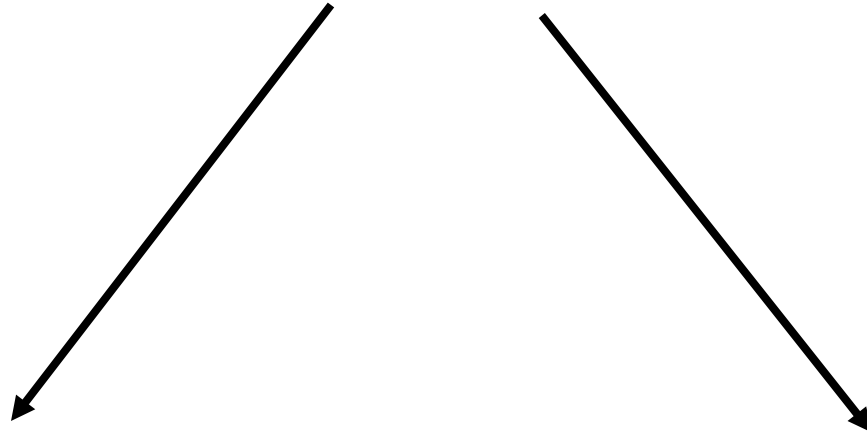
**Drive : Professional**

**Challenging : Pride**

**Commitment**

# *DEVELOP*

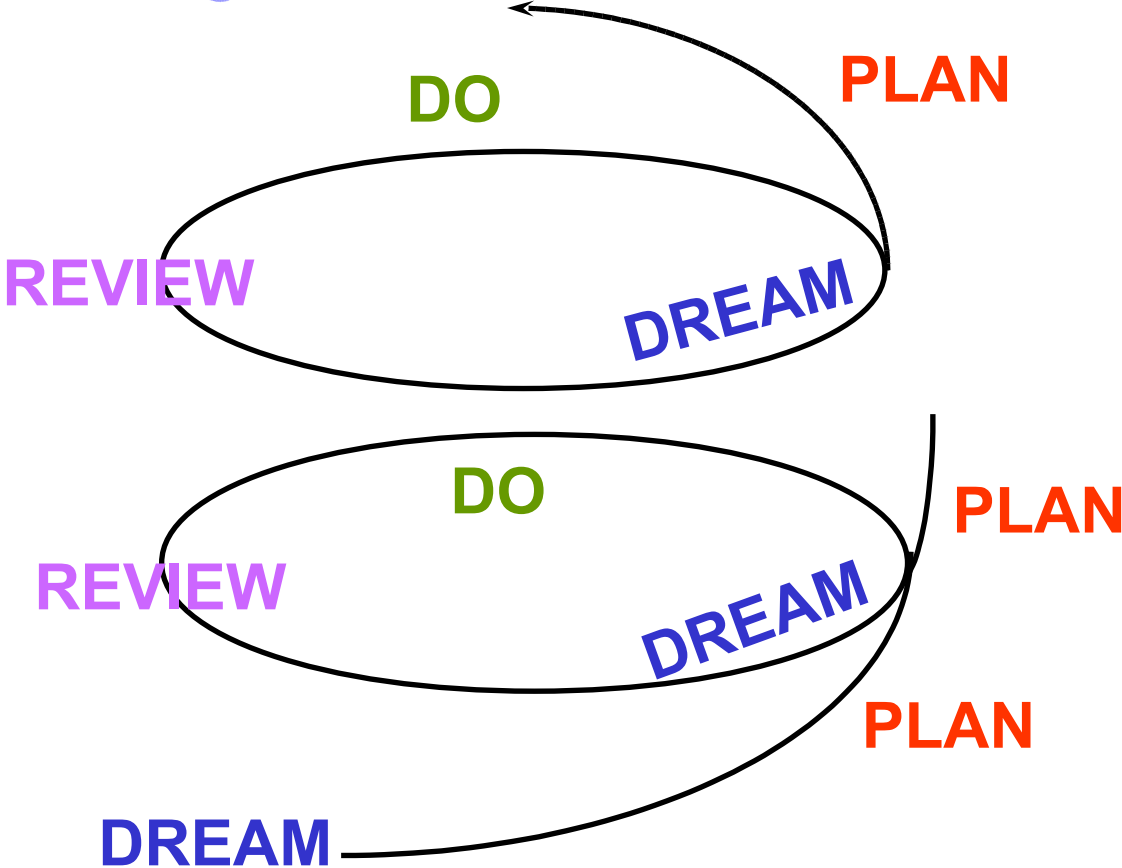
**1. PERFORMANCE**



**2. DEVELOPMENT +**

**2. RESULTS**

# DEVELOP



# DEVELOP

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?

# DEVELOP

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

Q. 2

What performance will get  
the result?

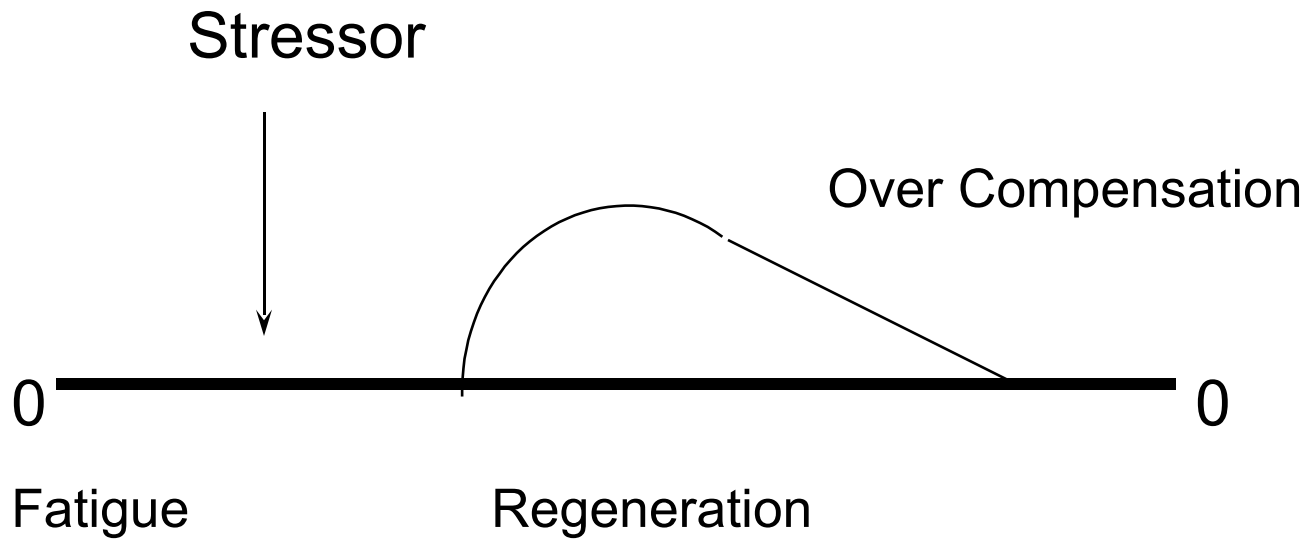
- Event/discipline – individual; groupings; combined discipline
- Opposition status/potential
- Athlete potential
- Coach/support status/potential

Q. 3

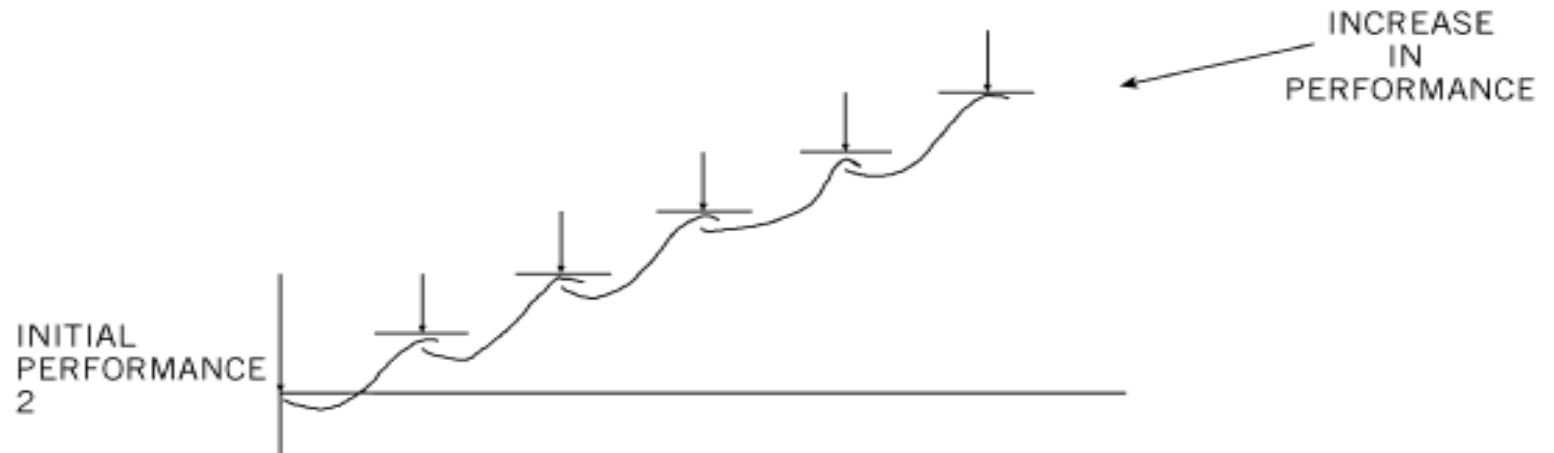
What quality consistency makes  
this performance a probability?

- 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

# DEVELOP

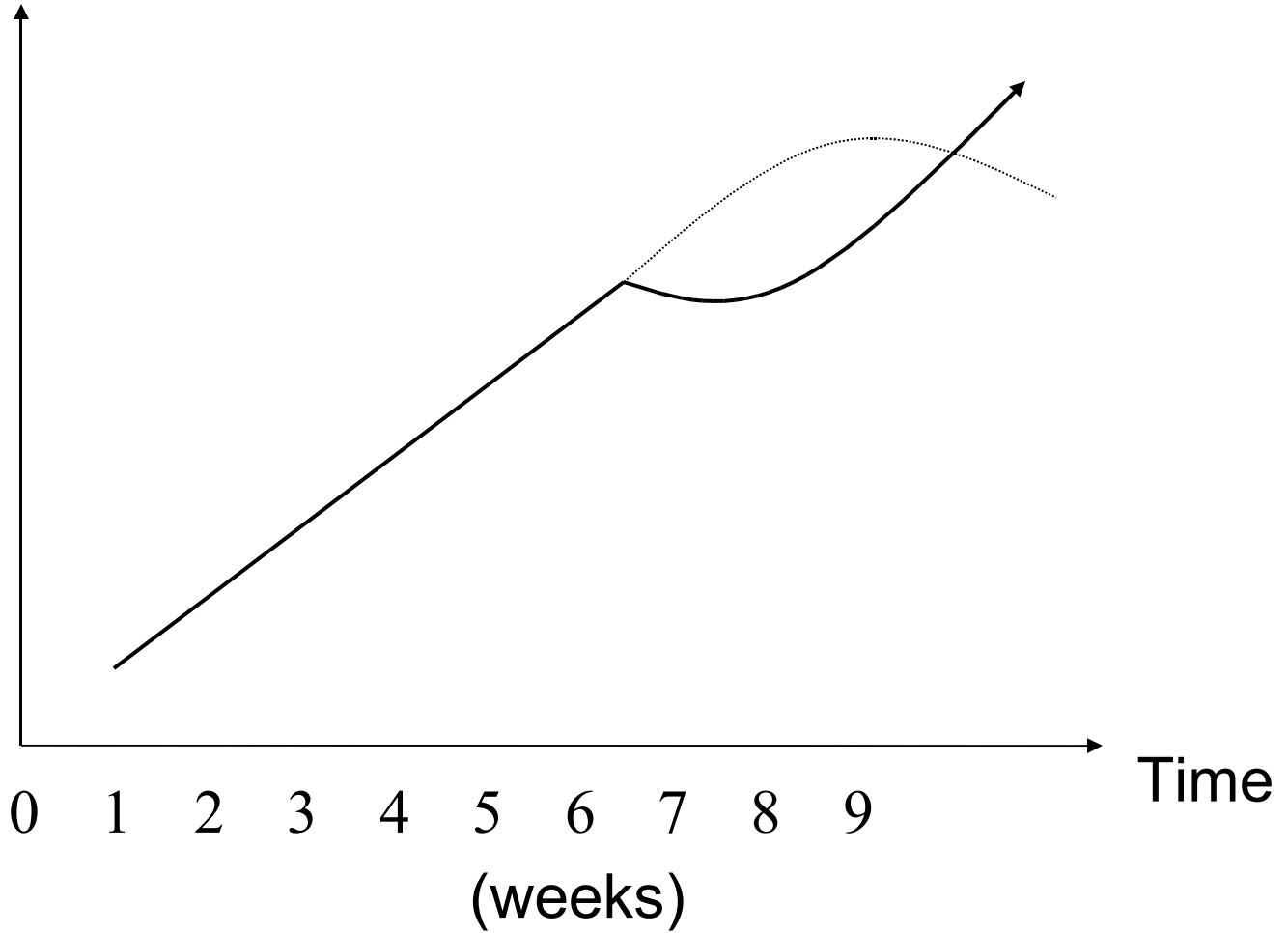


# DEVELOP



Performance

**DEVELOP**



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, l.g.A.)
- Whole/partial discipline related measures

Q. 5

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

# 3 LANES

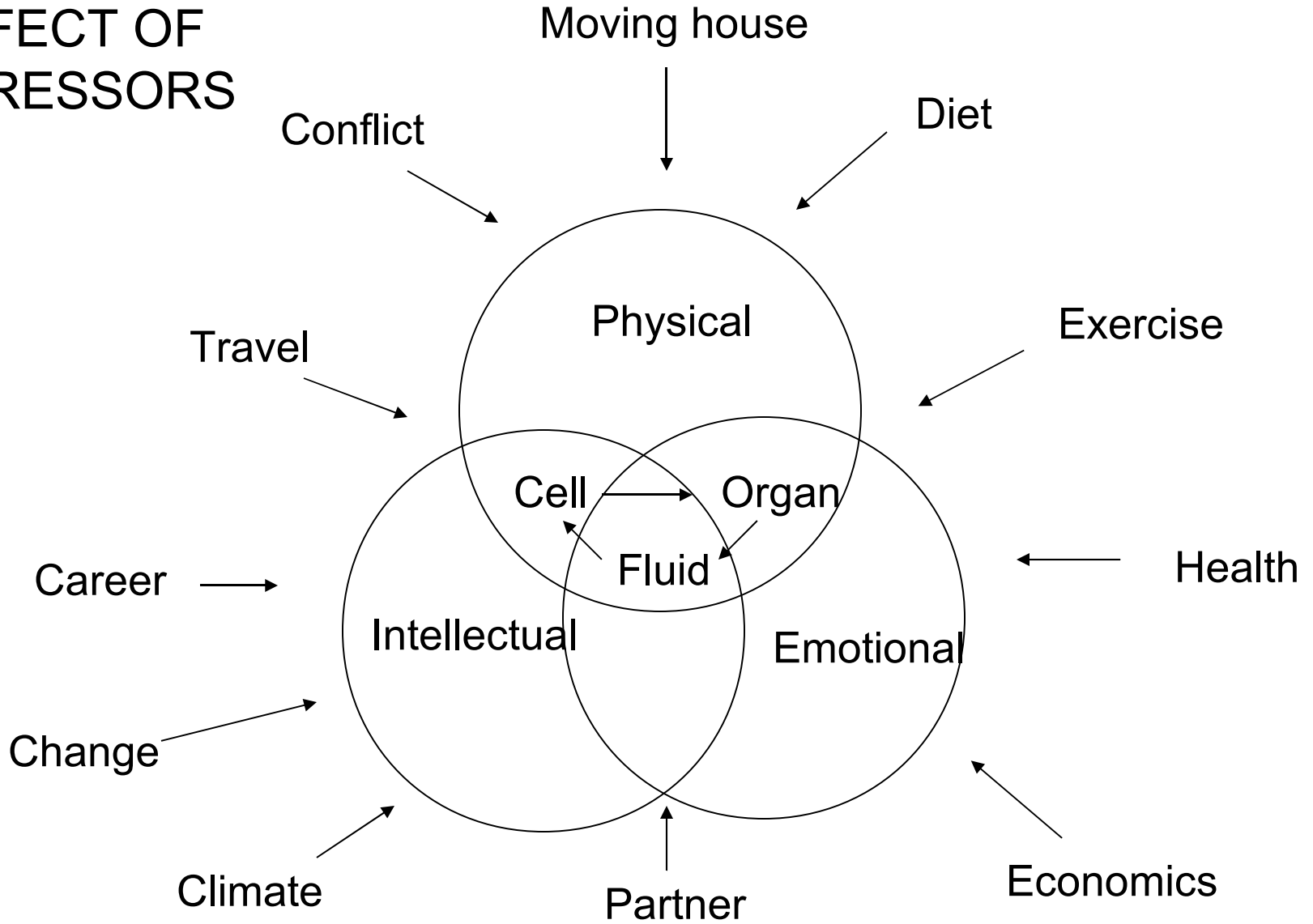


**Career**

**Family  
&  
Friends**

**You**

# CUMULATIVE EFFECT OF STRESSORS



# Coach's Double Vision



- 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

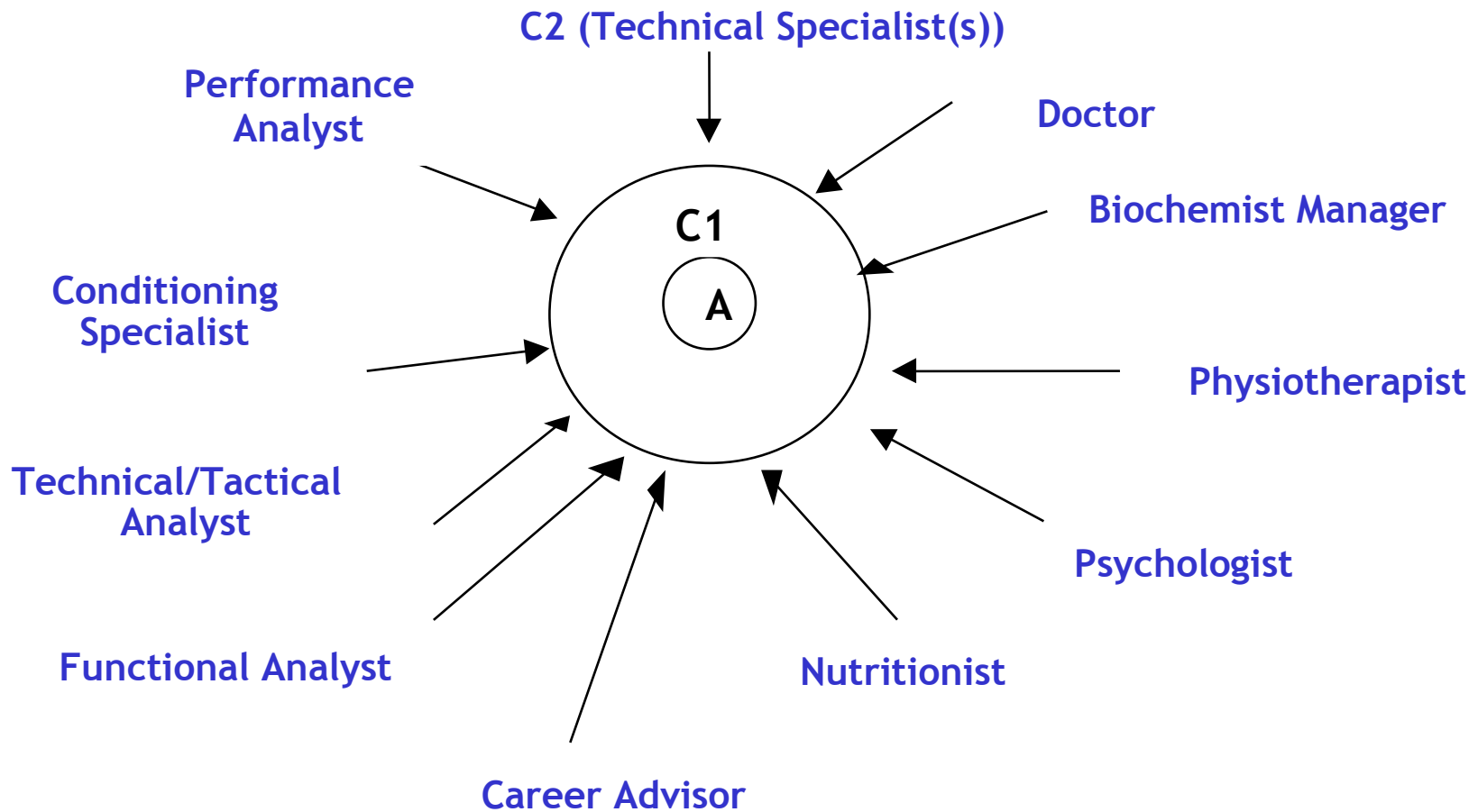
Q. 7

What support do you need to  
deliver?

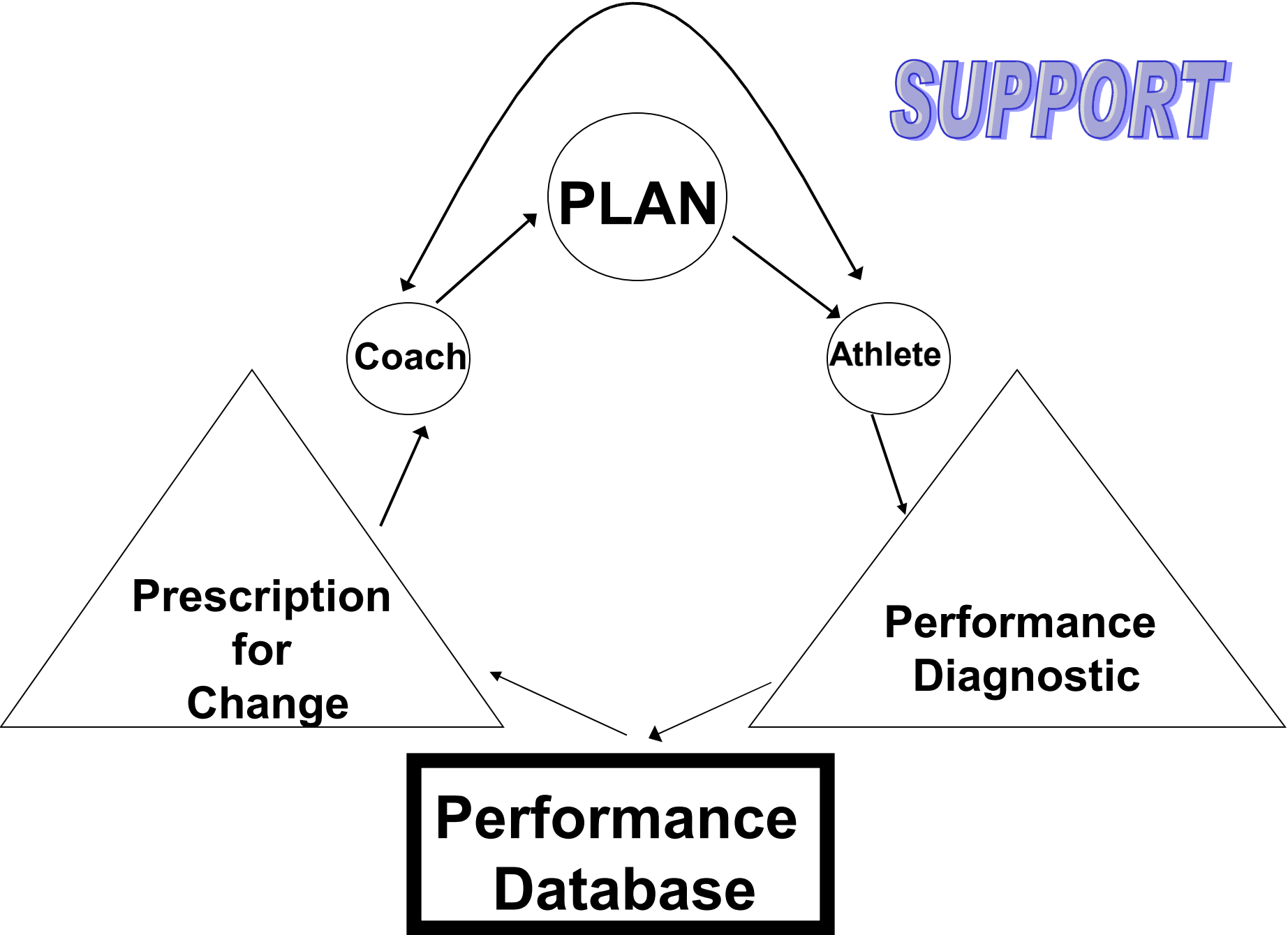
Who are they?

Can you lead this team?

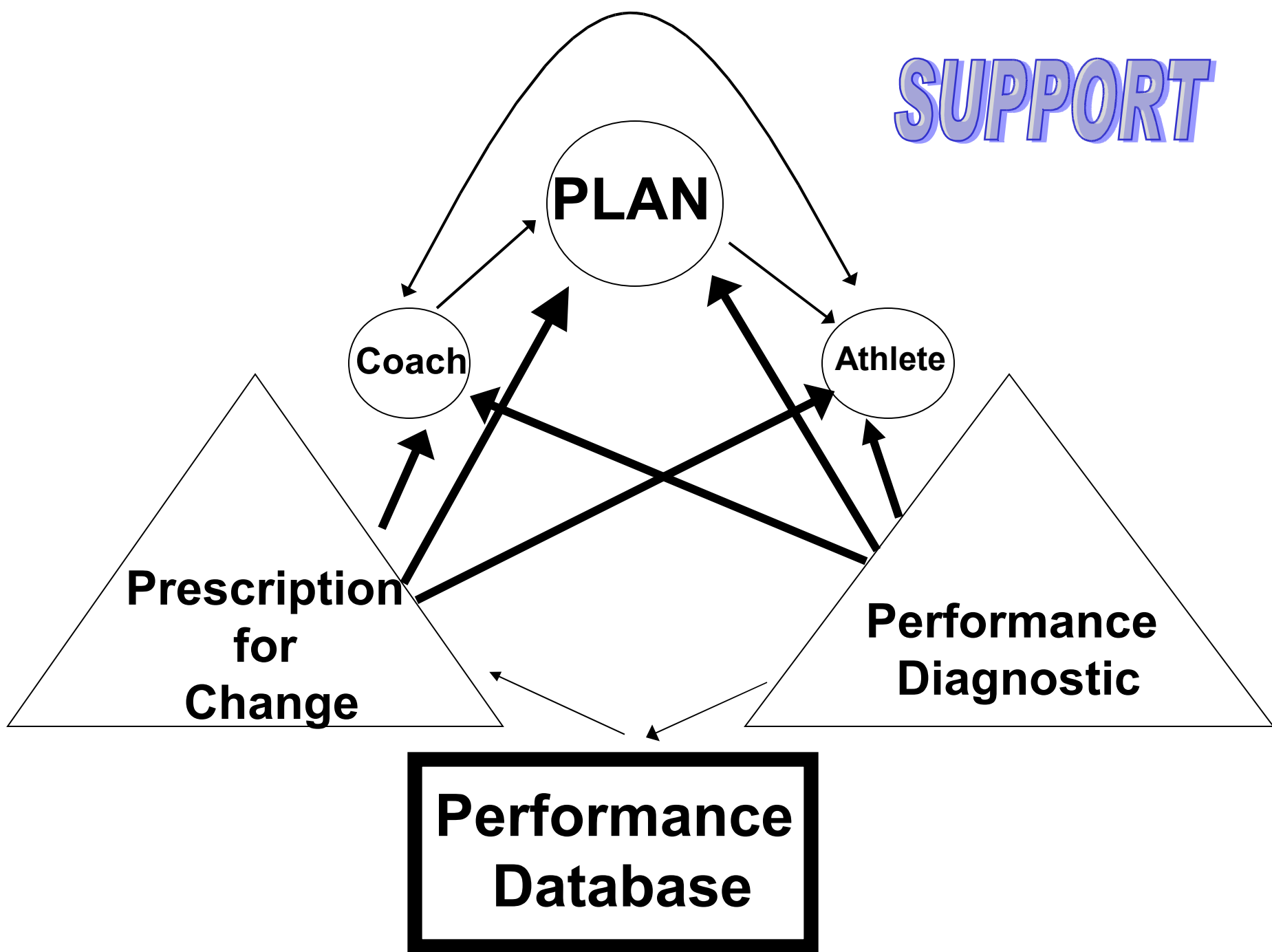
## PERSONAL COACH - ATHLETE



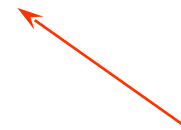
**SUPPORT**



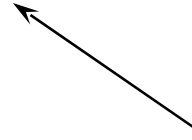
**SUPPORT**



## Personal Development Plan



**P & C1  
Agree**



**P.C.'s  
advise on  
specialist  
areas and  
how to  
meet  
needs of P**

# SUPPORT

## Daley's Decathlon Coaching

*100 400 1500 110H S D J H L P*

*STYLE 3 4 1 2 3 3 2 3 4 2*

*COACH C1 C1 C1 C1 C2 C2 A2 C1 A3*  
*C3*

**INVOLVE**

**Vision**

*Purpose*

*Action*

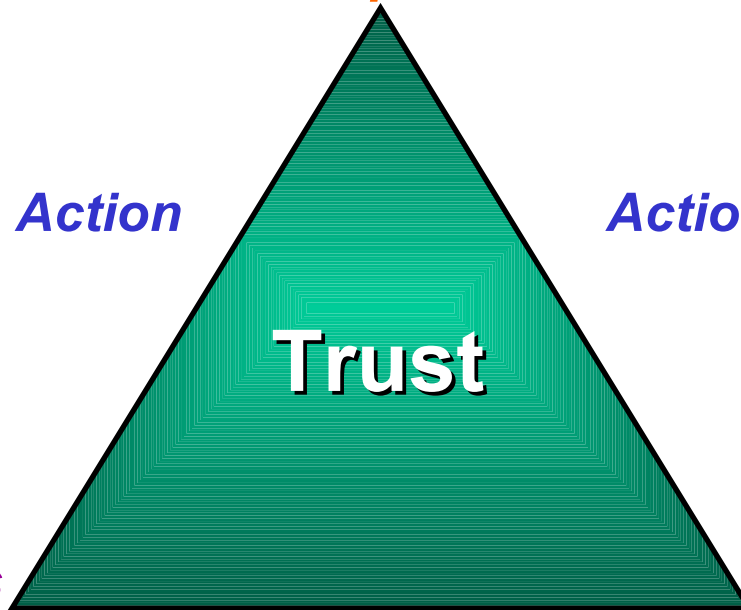
*Action*

**Trust**

*Behaviours*

*Relationships*

**Values**

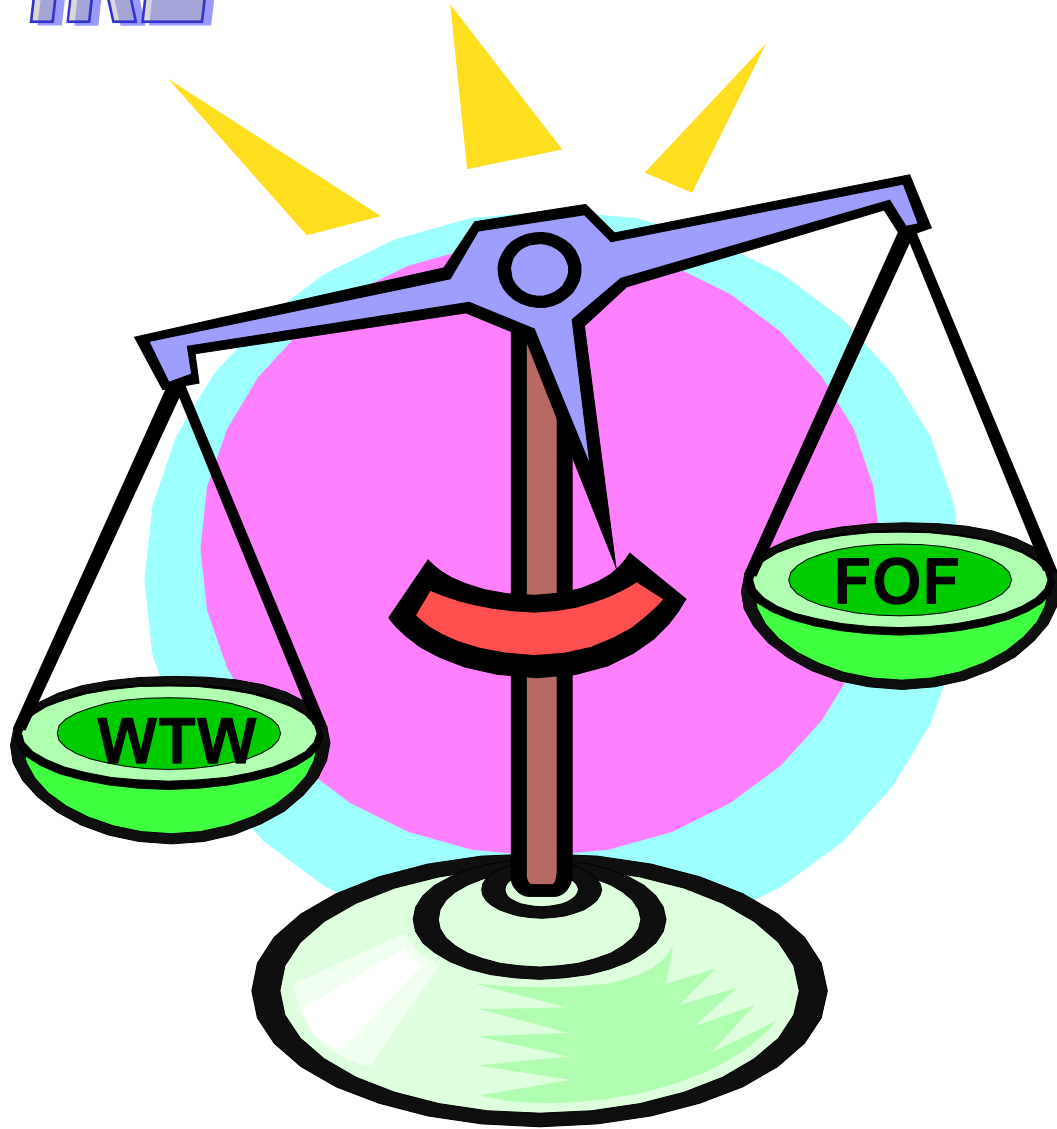


# **INVOLVE**

## **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.**

**INSPIRE**



# INSPIRE

## Will to Win

**Want to win**

**Believe you can win**

**Persist until you win**

**= Risk taking attitude**

**Seeing competition as a challenge**

**Performance focused**

# INSPIRE

## **Fear of Failure**

**Fear of losing**

**Fear of making a mistake**

**Fear of rejection**

**Fear of embarrassment**

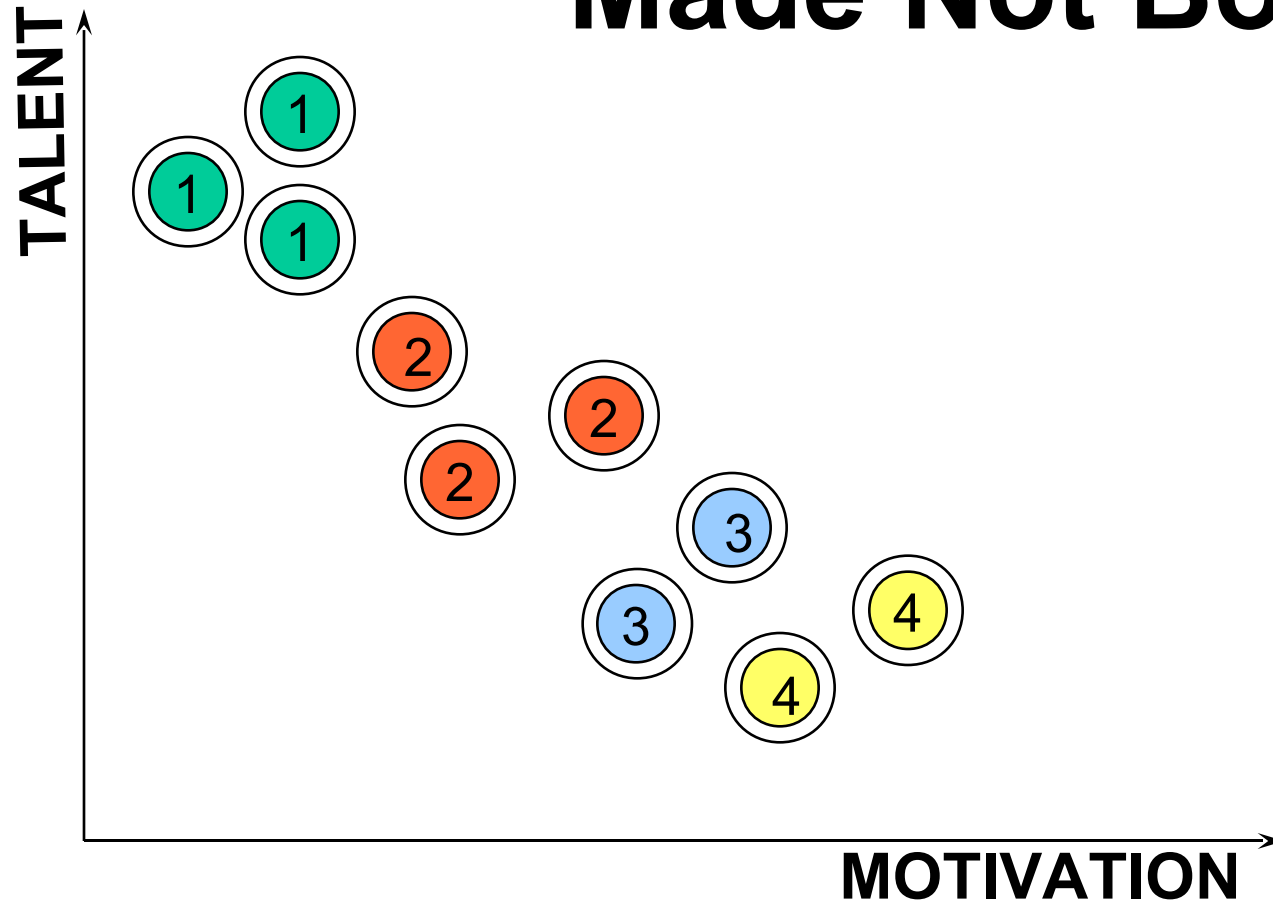
**= Survival satisfied**

**Seeing competition as a threat**

**Result focused**

# INSPIRE

## Winners Are Made Not Born



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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