

**COACHING TO WIN MODEL
ROAD MAP TO SUCCESS**

PRACTICE PLANNING & EVALUATION

1. PLANNING WHERE ARE WE GOING?

PROGRAM PLAN 3 LEVELS a) LONG RANGE; b) SHORT TERM; c) SEASON PLAN

ARE WE ON TARGET? - LEAGUE PERFORMANCE - TOURNAMENT COMPETITION

GAME PLANNING - NO SURPRISES *ARE WE THERE YET?*

2. PREPARATION DIMENSIONS

**THE WILL TO WIN IS NOT AS IMPORTANT
AS THE WILL TO PREPARE**

TECHNICAL	-	GAME SKILLS
TACTICAL	-	GAME STRATEGIES & PLAYS
PHYSIOLOGICAL	-	SPORT SPECIFIC STRENGTH & ENERGY
MENTAL SKILLS	-	I.P.S.
	-	RELAXATION
	-	IMAGERY
	-	CONCENTRATION
	-	STAYING POSITIVE

TEACHING & OVER-LEARNING

3. TEAM BUILDING

S.M.A.R.T. GOAL SETTING	-	THE ROAD TO EXCELLENCE
		MONITOR & ADJUST
ROLES AND RESPONSIBILITIES	-	ROLE DEFINITION & CLARIFICATION
BUILD UNITY	-	ROLE ACCEPTANCE
	-	ROLE PERFORMANCE
MANAGE EXPECTATIONS	-	TEAM PERFORMANCE
BUILD PRIDE	-	TEAM IMAGE
	-	TEAM MOTTO
	-	TEAM BEHAVIOUR

THERE IS NO "I" IN TEAM