



Standards for all:

Work ethic based on continual improvement

Respect

Teaching and learning

Character

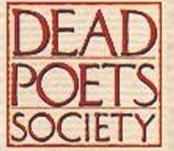
Detail and improvement.

Effort as a separate entity

Internal communication

Poise

Abnormal concentration





LEADERSHIP STYLES



Democratic



Pace
Setting



Coaching



Authorative



Affiliative



Coercive

SUPPORTING THEIR PATH

“The key to everything is to respect uniqueness.

That is the thread that defines teams, families and maybe my entire outlook on life. To get the most from life and other people we must respect every individual. This is the baseline principle from which we can never go wrong”

MICKEY HARTE





IT'S ALWAYS YOUR CHOICE

“Everything can be taken from a man but one thing: the last of the human freedoms, to choose ones attitude in any given set of circumstances, to choose ones own way”

VIKTOR FRANKL

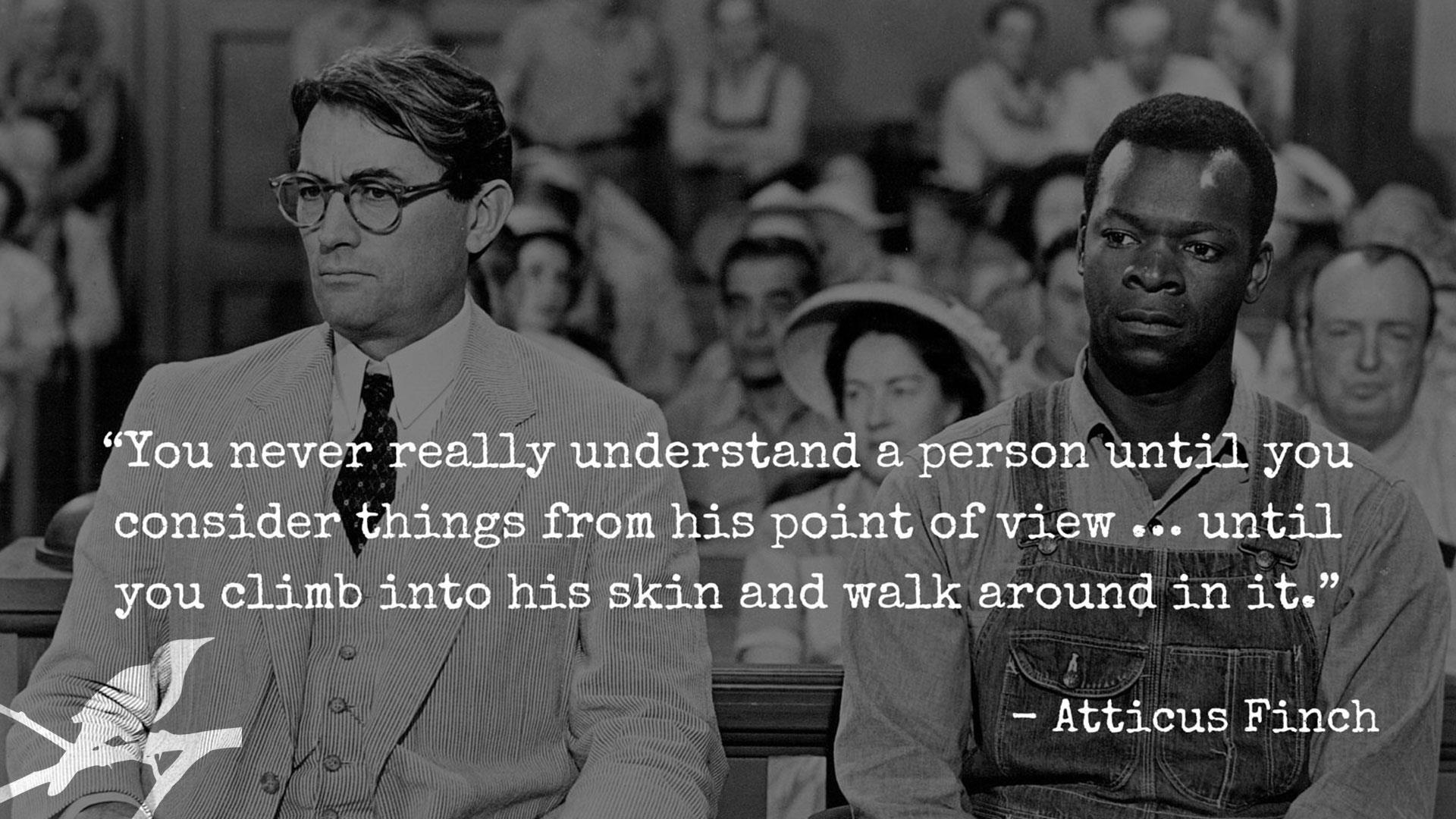
A soccer ball is shown in a goal, with three blue callout boxes containing the words 'Integrity', 'Resilience', and 'Honesty'. The background is a green grass field.

Integrity

Resilience

Honesty

= Performance



“You never really understand a person until you consider things from his point of view ... until you climb into his skin and walk around in it.”

- Atticus Finch



RULES

Be Open

Be Honest

Self Analyse

Be Loyal

Confidentiality

A 'No Blame' Culture

No Gossip

Agree to Disagree

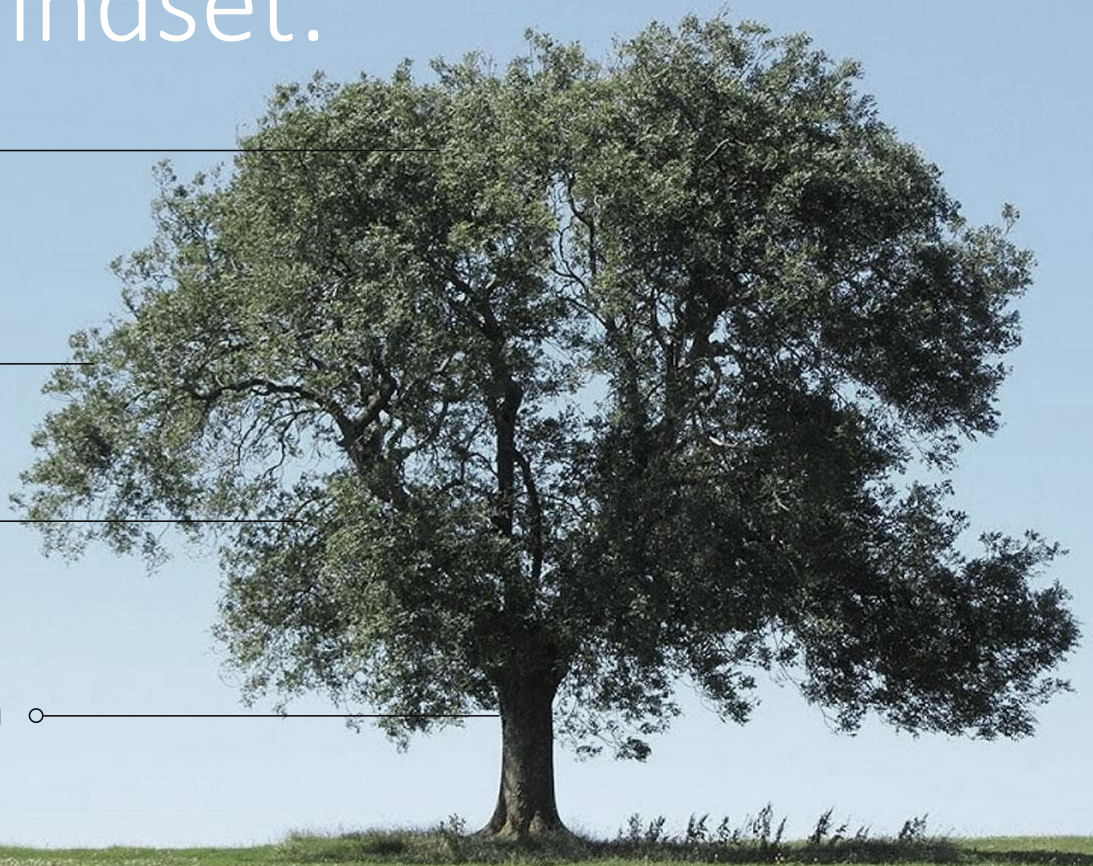
The Growth Mindset:

Implicit in viewpoint
re: setbacks

Knowledge shared
and understood

Recognising the challenges
facing all parties

Balanced Approach



Epiphany Moment



Physical Development

- • Strength
- • Power
- • Speed and Acceleration Sports specific multi-activity
- Endurance
- •• Multi-sprint Endurance
- • Strength and Power
- • Speed ,Agility & Quickness
- • Position specific conditioning
- • Recovery routines
- • Multi-sprint Endurance
- • Strength and Power
- • Speed, Agility& Quickness
- • Position specific conditioning
- • Recovery routines
- • Individualised programs

Skill Advancement

- Skills used to achieve Team Play
- Development of Position
- Specific Skills
- Development of Functional
- Roles and problem-solving
- Abilities within Individual,
- Unit and Team skills
- •Mastery of Individual and Position Specific skills at a
- High-Performance level.

Mental Capacity

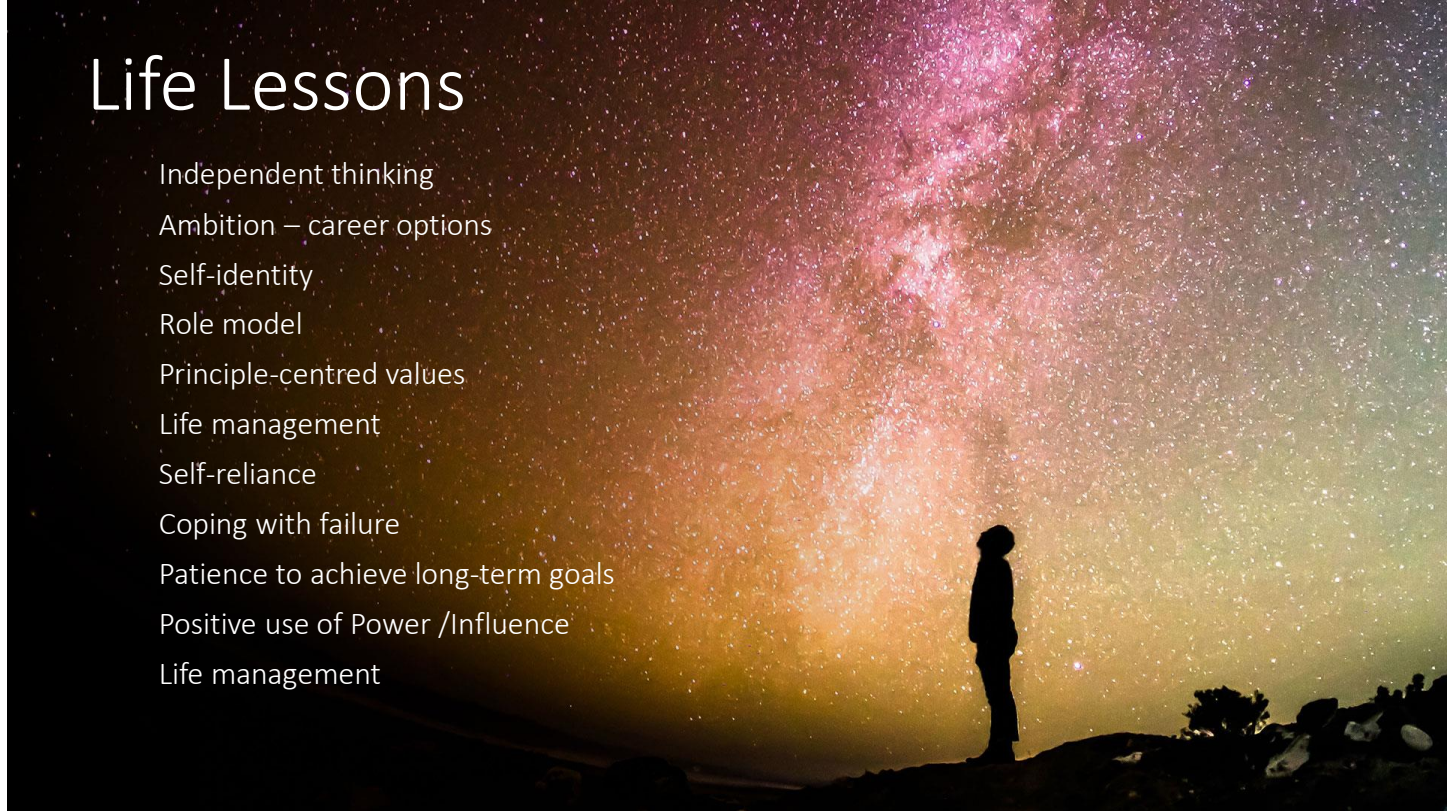
- Motivation
 - Goal setting –medium term
 - Determination
 - Pre-match preparation
 - Controlled breathing
 - Coping with Arousal and Anxiety
 - Goal setting – long term
 - Mental relaxation
 - Imagery
 - Coping strategies
 - Self-Awareness
 - Profiling

Tactically Aware

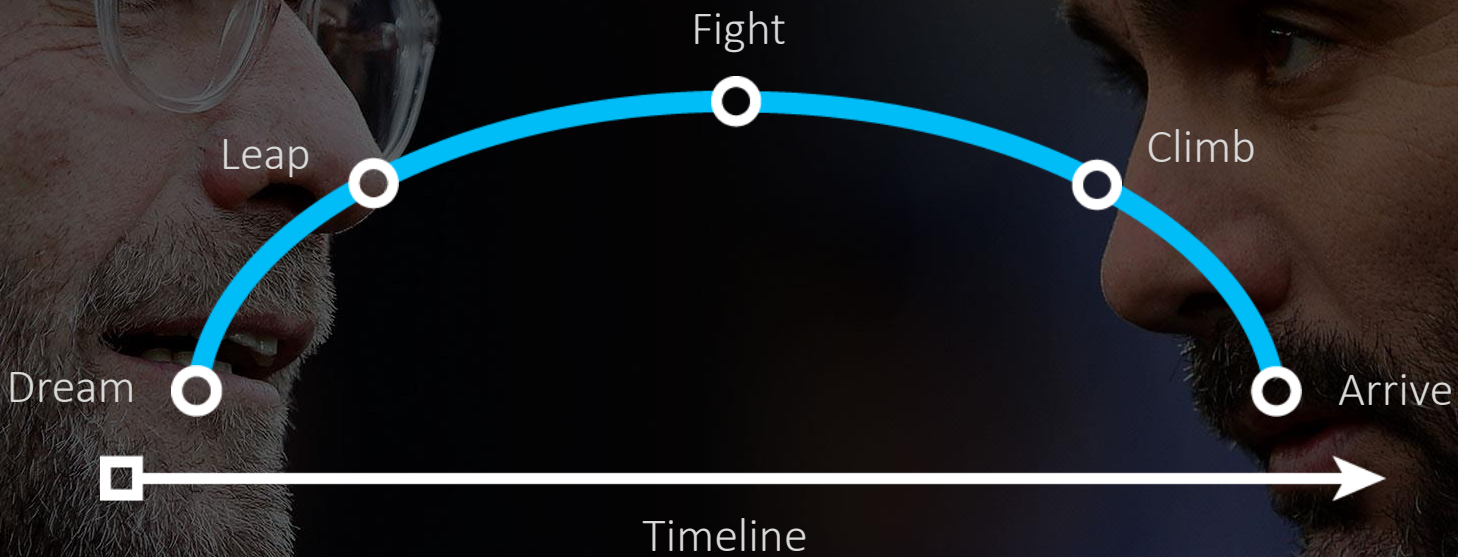
- Understanding “Game Plan”
 - Implement Patterns of Play
 - Selection of Tactical options
 - Pressure – achieving the
- Principles of Play
- Implement problem-solving
- Strategies
 - Develop Mini-unit strategies
 - Game Appreciation
 - Implement Performance analysis
- Ability to Adapt Tactical strategies during a match
- Prioritise Pressure –
 - Possession / Position / Points
 - Identify Opposition tactical strengths and weaknesses

Life Lessons

- Independent thinking
- Ambition – career options
- Self-identity
- Role model
- Principle-centred values
- Life management
- Self-reliance
- Coping with failure
- Patience to achieve long-term goals
- Positive use of Power /Influence
- Life management



Arc of Change



Speeches



Stories



Ceremonies



Symbols





Lads...

Every decision we make
in our lives revolves
around the game.

PAURIC MAHONY



How Much Do
You Want It...



**HOW MUCH DO YOU
WANT IT...**



Core Values



A person with their back to the camera, wearing a blue hoodie, is looking through a chain-link fence. In the background, a city skyline is visible at night with illuminated buildings and a bright light source. The scene is dimly lit, with the primary light coming from the city lights and the text overlay.

NO HUNGER IN PARADISE

Never Trust Success



Mending Wall

by ROBERT FROST

Something there is that doesn't love a wall,
That sends the frozen-ground-swell under it,
And spills the upper boulders in the sun;
And makes gaps even two can pass abreast.

Too work of hunters is another thing:
I have come after them and made repair
Where they have left not one stone on a stone,
So that they would have the rabbit out of hiding,
To please their yapping dogs. The gaps I mean,
No one has ever them made or heard them made,
But one good mending-time we find them there.

I let my neighbor know beyond the hill;
He on his side comes to walk the line
And set the wall between us once again.
We keep the wall between us as we go,
To each the boulders that have fallen to each.
And some are loaves and some so nearly balls



THANK YOU

Derek McGrath