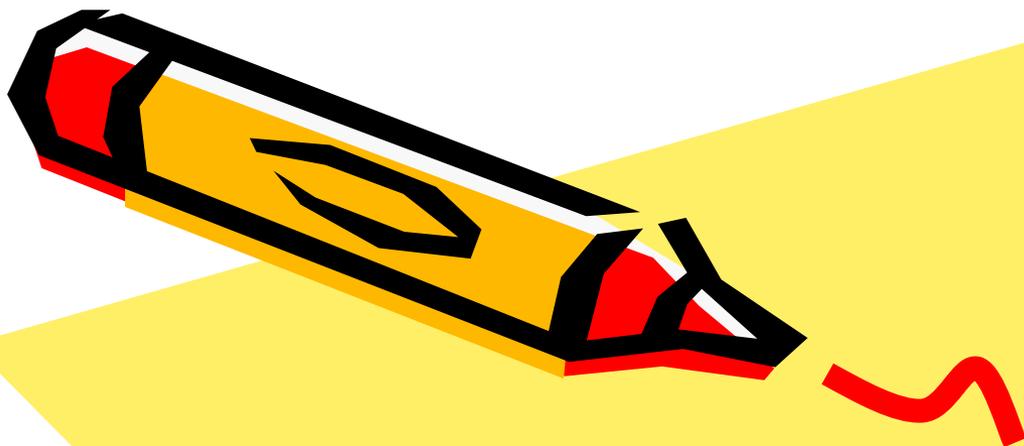


ULSTER GAA

COACHING & GAMES DEVELOPMENT CONFERENCE

'Building Intensity into your Coaching Sessions'



What does the word "Intense" really mean?

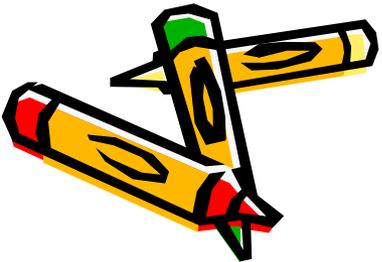
Intense is used to describe something that is very great or extreme in strength or degree





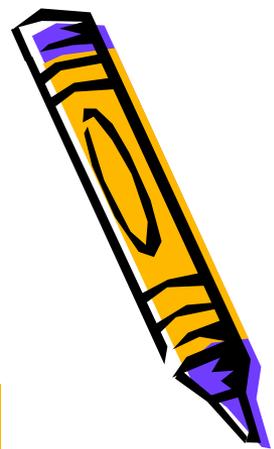
Thesaurus

- Strong
- Powerful
- Forceful
- Concentrated
- Deep
- Passionate
- Extreme
- Severe



Antonym

➤ Moderate



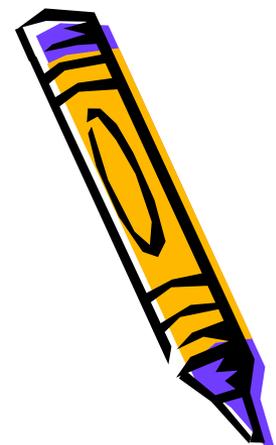
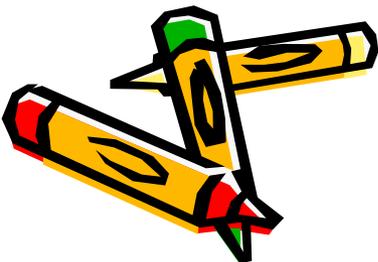


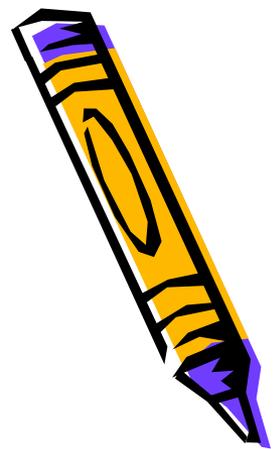
What does it mean in Hurling Terms

Some will say - Work rate

But what does Work rate really mean?

How many players/ coaches really understand it's meaning?

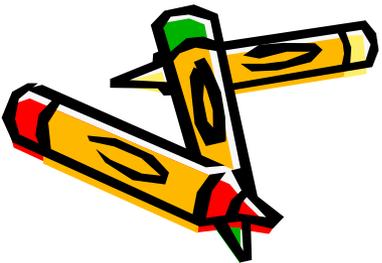




What does it mean in Hurling Terms

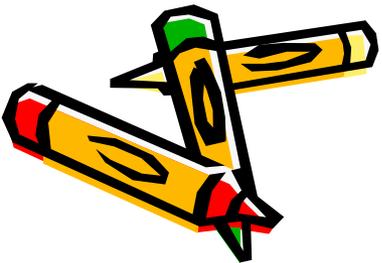
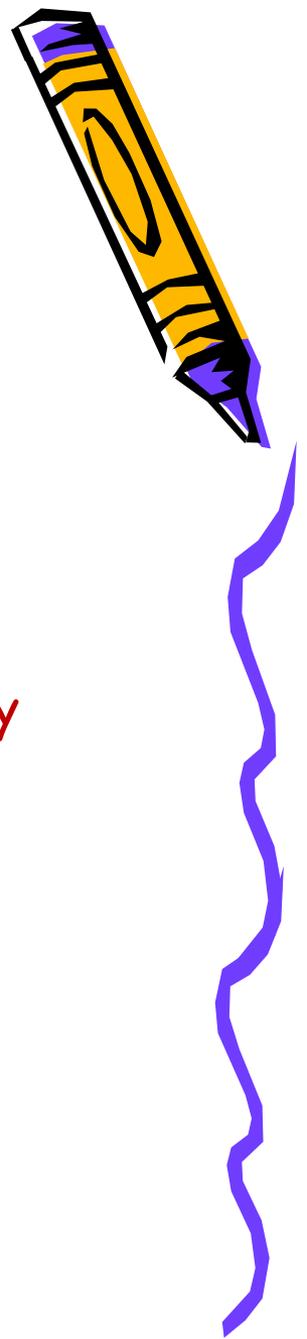
- Hooking
- Blocking
- Chasing
- Supporting
- Covering
- Hassling
- Backing Up
- Composure
- Teamwork
- Attitude
- Confidence
- Working the socks off your opponent

Unconditional and constant Maximum Effort



Intensity

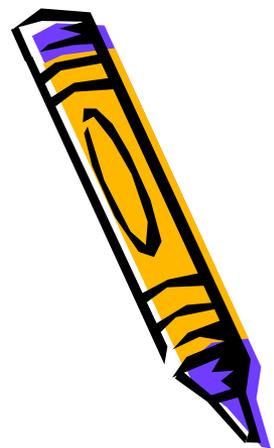
- Savage Hunger to be the Best!
- A Spirit that cannot be broken
- Refusal to be beaten
- Guaranteed minimum levels /standard in every game - every training
- Absolute Mental Strength





How - Player

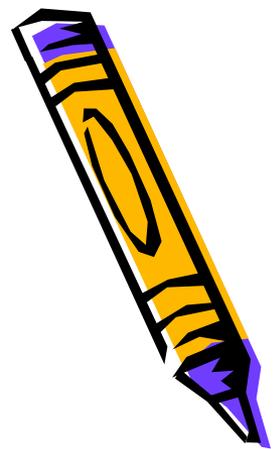
- Superb Fitness
- **Absolute Discipline**
- Totally committed to the cause & to the team
- **Unyielding Spirit**
- Master all the skills
 - **Perform them at maximum speed**
 - Perform them in tight spaces
 - **Perform them under severe pressure**
- Constantly put your team mates under pressure in training
- **Recognise when you are lazy / backing off / hiding**



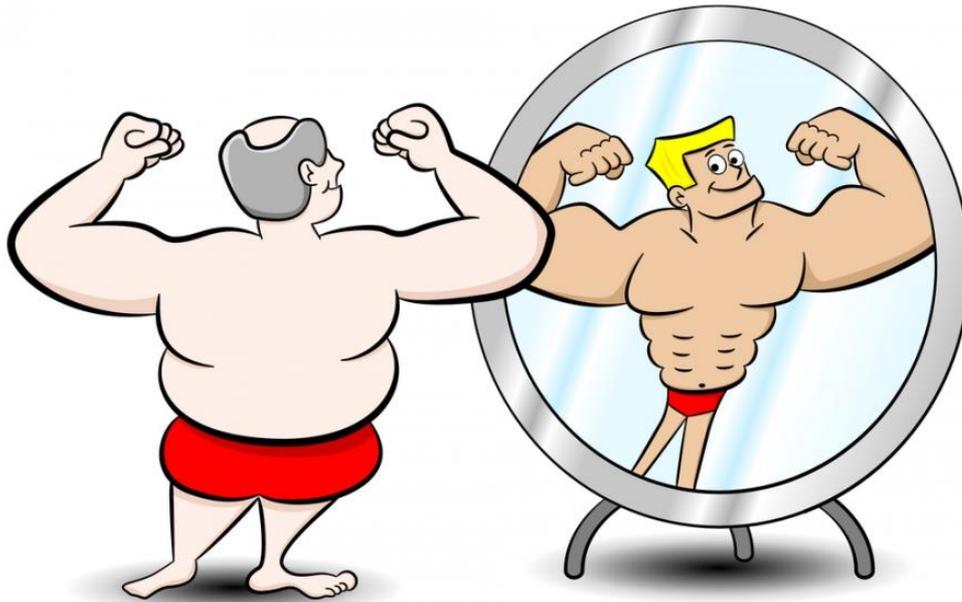


How - Coach

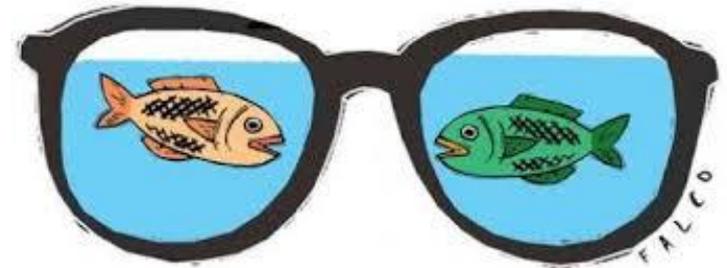
- Open your Eyes!
- Watch out for Slackness
 - Player not Chasing
 - Player "Half Chasing"
 - Player not "Really" supporting
- Players making it easy on opposition
- Build Max effort into your games
 - Maybe just for short periods
- Develop exercises that demand Max effort
- **Demand** Max Effort & recognise when you are not getting it.
- Reward the players that are intense - **PLAY Them!**



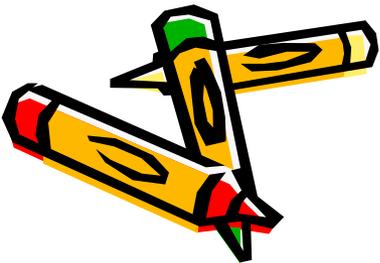
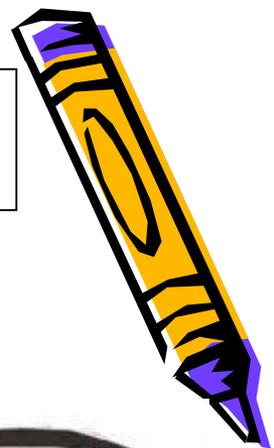
Two Most Important Coaching Aids



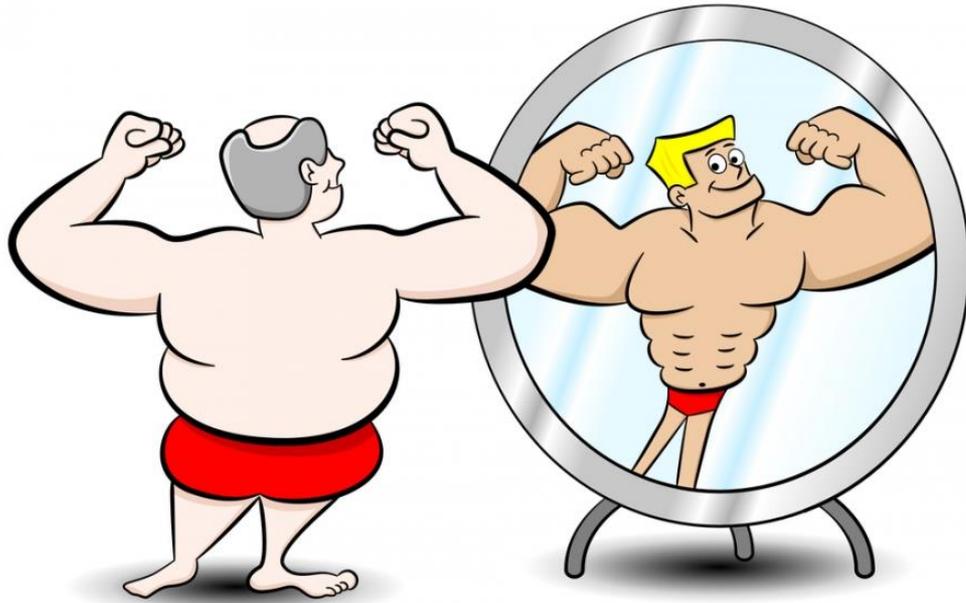
For Players



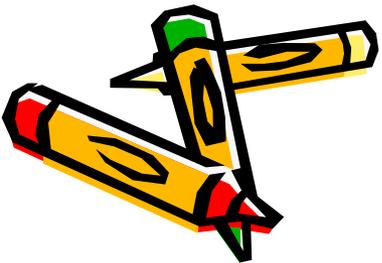
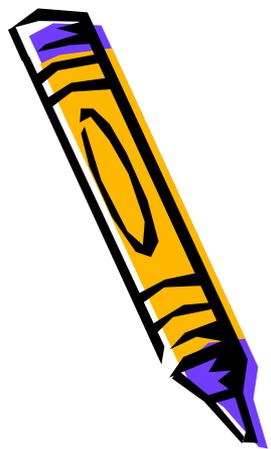
For Management



Players



- See what is **ACTUALLY** in the mirror.
- NOT what you would **LIKE** to be in there!



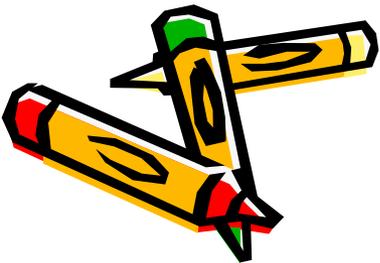
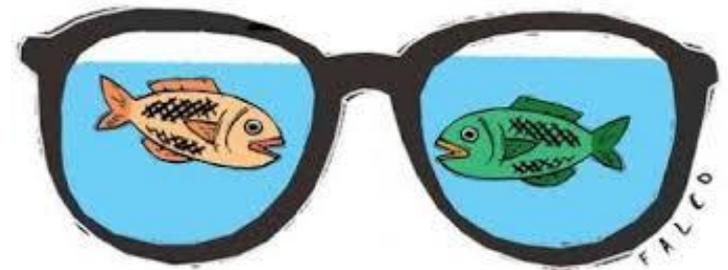
Coach

Try to see what is actually in front of your eyes!

- ✓ Not what you would like to be there
- ✓ Or what was once there
- ✓ Or what should be there
- ✓ Try to pick the Players that are actually showing form
- ✓ Recognise the players that are & are not taking short cuts
- ✓ Point them out -address them.
 - Maybe use video!



For Management



Hurling

➤ A Game of Millimetres.

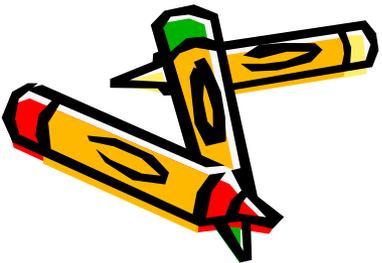
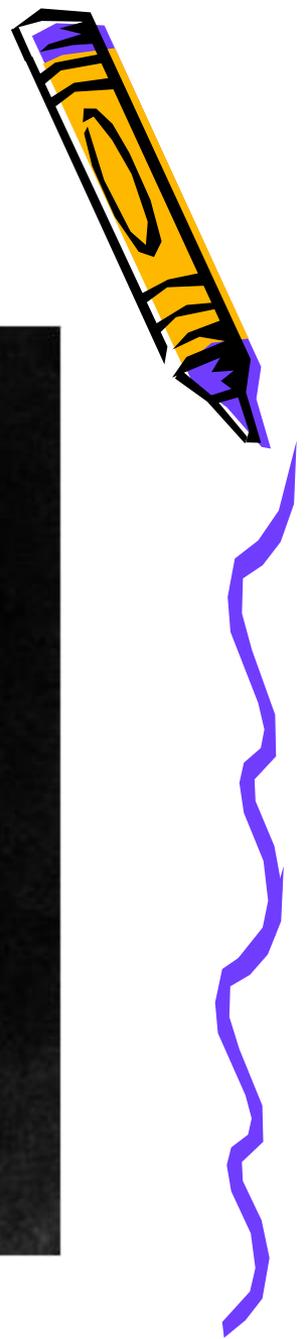
ON THIS TEAM, WE FIGHT FOR THAT INCH

CAUSE WE KNOW; WHEN WE ADD UP
ALL THOSE INCHES, THAT'S GOING
TO MAKE THE DIFFERENCE

BETWEEN WINNING AND LOSING
BETWEEN LIVING AND DYING.

AL PACINO, ANY GIVEN SUNDAY

WATERSCAPEART-TUMBLR





Intensity

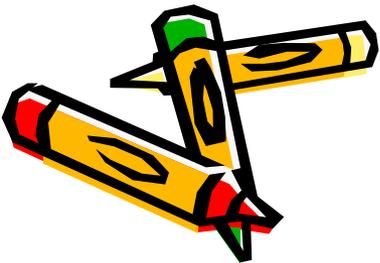
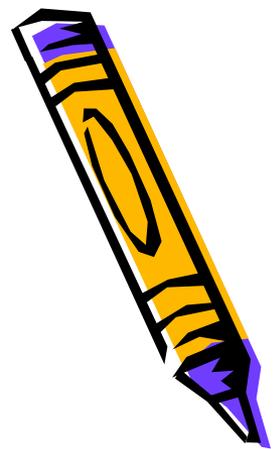
Play every moment of the Game as if you are:

1 Point ahead in the dying seconds

of your first and only

All-Ireland

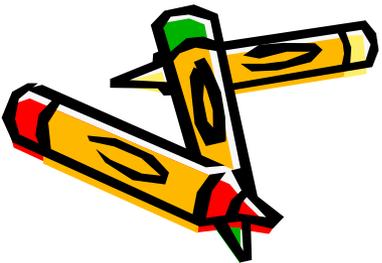
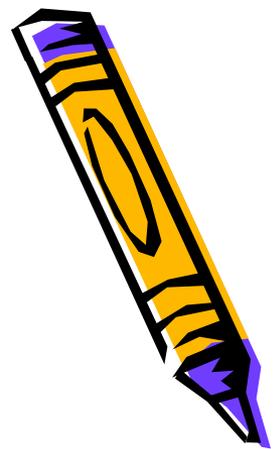
Final





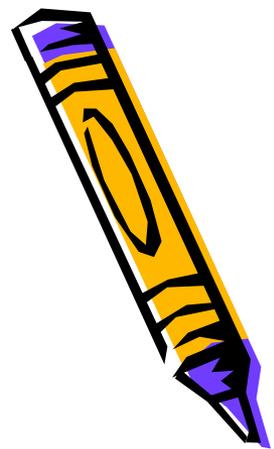
Intensity

One Lost Ball can lead to losing
a County Final

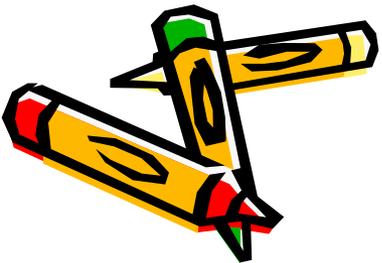




Intensity

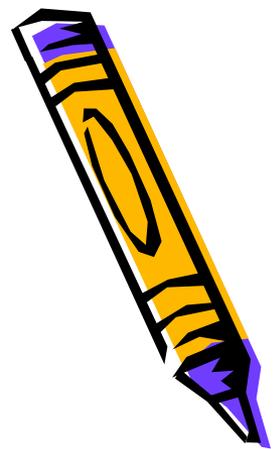


Every Ball is Important
&
The Most important one is-
The Next Ball

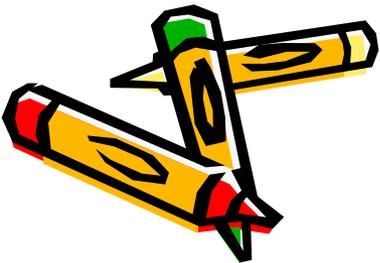




Intensity



Many of life's failures are
people who did not realise how
close they were to success when
they **GAVE UP!**





Hurling - The Greatest game in the World

