

'PREPARING TO WIN'



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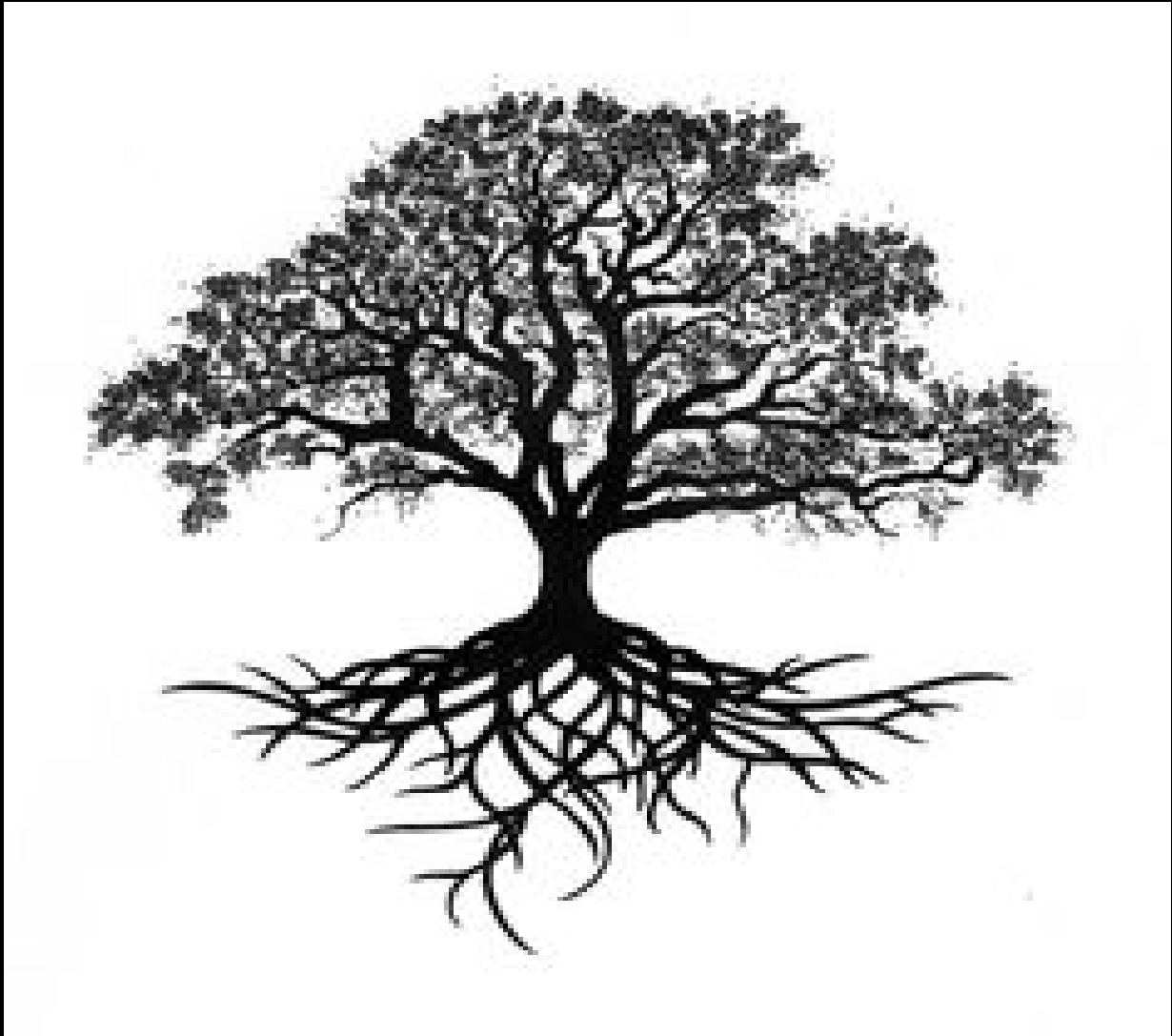


UNPREPARED



What can we do about it?

- Environment



What can we do about it?

- Preparation

MAKE IT HAPPEN : LET IT HAPPEN

Not every 4 years – Every day!



What can we do about it?

- Pressure training

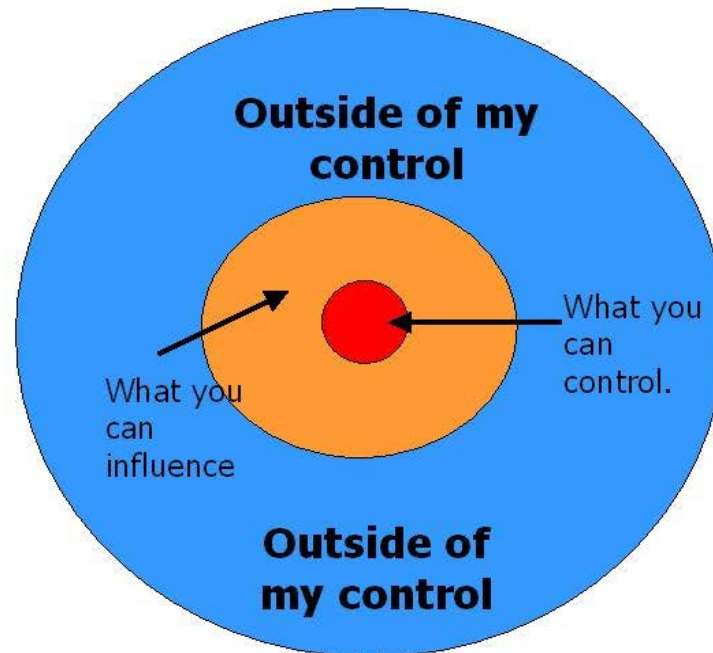
- Consequences
- Free takers / Goal keepers
- Fatigue, HR, decisions
- Purposeful games
- Scenario based play

What can we do about it?

- Decision Making



The 3 Spheres of Control



What can we do about it?

- Opportunities





What can we do about it?

- Environment
- Preparation
- Pressure training
- Decision Making
- Opportunities



Lessons Learned:

- Recognise Mistakes
- Observe what works
- Document them
- Share them

‘We learn so much more from failure than we do
from success’



Will it always work?

Simply NO – if it was that easy wouldn't everyone be doing it.....

But at least give them a chance!



Thank You

