



Gerry Hussey

*Building Success through Elite Coaching Pathways*





- My Current Responsibilities and Environments



*The primary goal of the Good coaching is to eliminate the internal obstacles to performance, learning and enjoyment.*

*The opponent within one's own head is more daunting than the opponent in the opposite jersey.*



Turning Young Fans into Elite Experienced Performers

## *Previous Positive Coaching*

- Treated me as an equal
- Listened to my point of view
- Challenged me and believed that I could
- Brought Fun and enthusiasm into learning ,development and competition
- I felt Safe, cared for, and supported
- Everything was built on Trust and respect
- Gave me time and full attention



*I felt ....*

- Connected
- Valued
- Confident
- Challenged
- Responsible

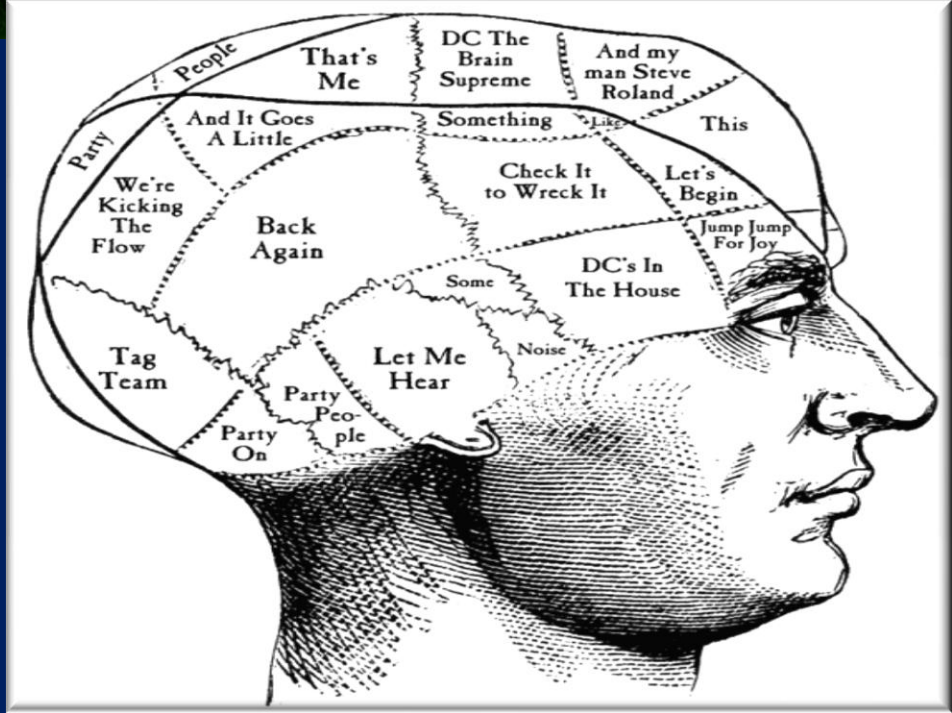
## *The Coaches Code*

- Good Coaching builds Awareness and Responsibility.**
- Instruction and Prescription lowers both.**
- Choice and success builds Self Belief, Self Direction and Confidence.**
- Blame and criticism lowers both.**
- The player needs are put before the coach's wants?**



# Connecting The Heart

# Steering the Head



# The Head

- Key Performance Indicators
- Performance analysis that is transparent and predetermined
- Specific coaching
- Opposition assessments
- Responsive, adaptive game plans
- Clear short and long term targets
- Clear goals and direction

# *The Heart*

- Personal connection to team and club values and vision
- Shared ownership and responsibility of success and failure
- Personal responsibility and accountability in actions and decisions
- Loyalty through effort, sacrifice and honesty
- Personal connection to the project
- Personal pride in taking on the challenges

# Deliberate, Directed Coaching

## Physical

Speed  
Power  
Endurance  
Agility



## Technical

Handling  
Passing  
Body  
Position  
Biomechanic



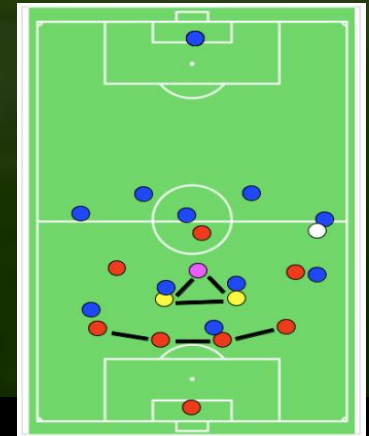
## Mental

Motivation  
Goal  
Setting  
Resetting  
Focus



## Tactical

Positioning  
Decision  
Making  
Defensive  
Offensive



# Components of Mental Strength

- Mental Composure**
- Mental Dexterity**
- Mental Endurance**
- Mental Agility**

## *Interpersonal Dynamics*

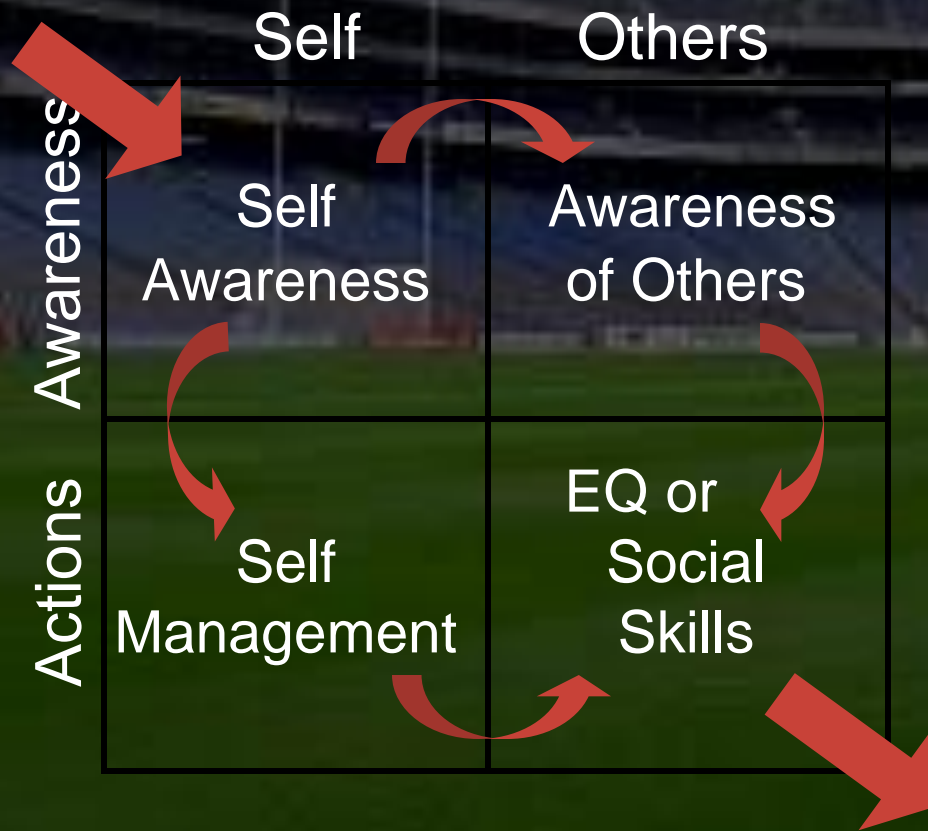
**Cooperation:** Trust, support, consider team first, collaboration

**Assertion:** compete for power, ambitious, achievers, self interest

**Inclusion:** Seek acceptance, fear rejection, conform, play safe,

# *The Quadrants of EQ*

All change starts here



Positive impact on others

# *Self-Management*



The 'I'



Sub-personalities

## *Dependency*

• **Interdependent:** trust, support, collective concern, collaboration

• **Independent:** competitive, ambitious, status, self-interest

• **Dependent:** obedient to hierarchy, conservative, conform, play safe



## *Coaching Vision*

• **Long term** Future generations

**Broad** Society and geographical

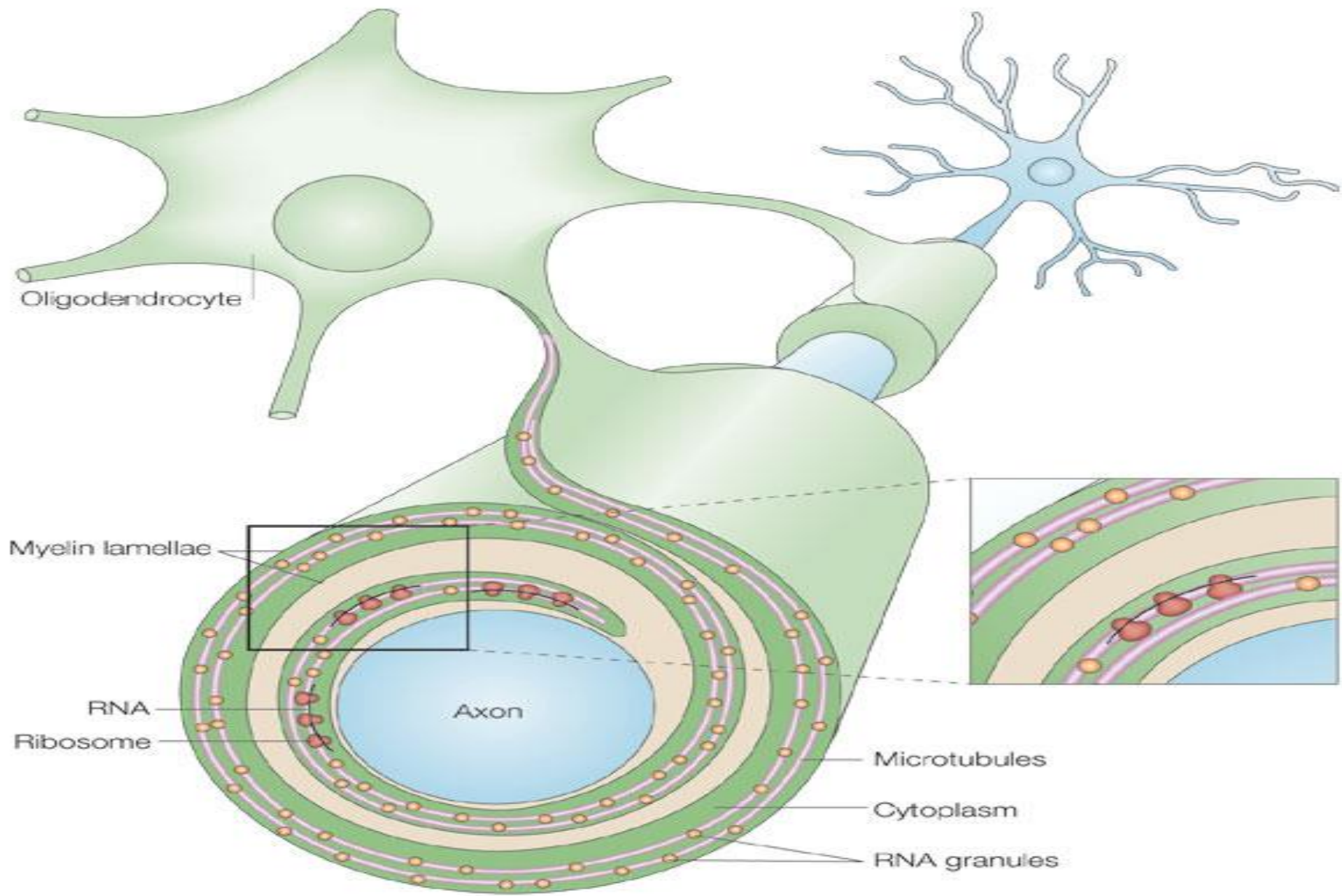
• **Deep** Reflective and purposeful

• **Inclusive** Interdependence, Integral

- 
- *The Ukrainian Factor*
    - *Learning The secrets of*
      - *Myelin Building*

# *The Myelin Factor*





# The Myelin Factor

- ❑ On some nerve fibres the Myelin insulation can grow 50 layers deep.
- ❑ Myelin is universal and not skill specific
- ❑ Myelin wraps, it does not unwrap
- ❑ Fire the Neurological circuit and insulate it with Myelin
- ❑ Experiments with Pianists, Guitar Players showed increased levels on Myelin

# Edwin Link Pilot Trainer

- ❑ Allowed pilots to engage in “ Deliberate Practice”
- ❑ Seek constant critical feedback and shoring up weaknesses allows the neurons, synapses and myelin to engage in “insulating” by firing the Neurological pathway and insulating it with myelin.

# Using Myelin in Skill Development

- ❑ Cognitive Psychologist: Anders Ericsson, Disproved memory theory of  $7 \pm 2$
- ❑ Short term memory ability is not fixed and possibly unlimited
- ❑ All skills are memory in principle
- ❑ Skill, therefore is a biological construct that can be constructed through deep practice
- ❑ Deep practice x 10,000 hours = World Class Skill

## *Deep Focus Learning*

- Responsiveness
- Open to change
- Being in the NOW
- Freedom from Fear

□ Innovative thinking Japanese students spend 44% of their time inventing, thinking and actively struggling with problems and concepts

□ American students spend 1% in this type of engagement

# ***POTENTIAL***

How much of our total potential do we normally express?

**40%**

What is the principal inner obstacle that prevents it manifesting?

**FEAR**

## *RECALL*

Simple task

**Instruct**

**Coach**

Recall after  
3 weeks

70%

85%

Recall after  
3 months

**10%**

65%

# *Characteristics of the “I”*

- Self-accepting, self-directing
- Free from distortion, restriction
- Individuality, identity
- Stillness, constancy, continuity

## *Old World*

Imposed Rules

**Fear**

Quantity

Prescription

In/dependence

Control Nature

Degradation

## *New World*

Inner Values

**Trust**

Quality

Learning

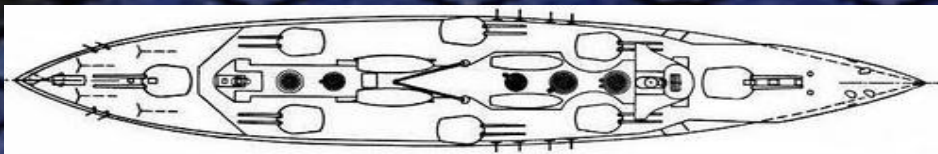
Interdependence

Natural Systems

Re-creation

- *Designing Systems of Continuing Excellence*

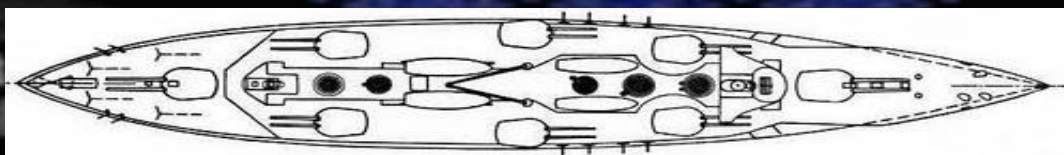
# Fit for Purpose Competition Specific Performance



Evaluation

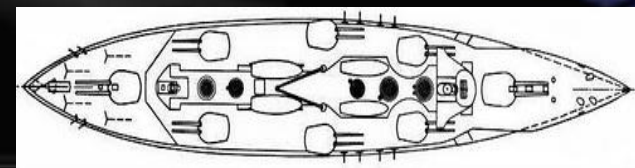
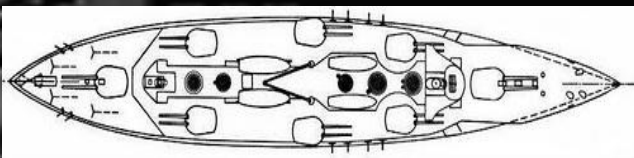
Assessment

Equipping



Dry dock  
Specialised upgrading  
required.

Disposal required.



Go Raibh Maith Agaibh

