

# Monaghan Coaching Conference 2013

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**Workshop Title:**

Importance of Structures

# Effective Management Teams

**“The best manager is the one who has sense enough to pick good men to do what he wants done, and self restraint to keep from meddling with them while they do it”**

Theodore Roosevelt

# Clear Vision

- Be sure about
  - What you want
  - What you need to get there



# LEADERS AND VISION

**'I must have a vision of where I want LSU football to go – a vision for the next game and the upcoming season. I have to communicate that vision to our players and convince them that the journey will be beneficial to everyone involved.'**



# **GREAT LEADERS ALLOW THE TEAM TO TAKE OWNERSHIP OF THE RULES**

**‘Great leaders know how to follow too. At the start of every season the seniors on the team get together and set the goals for the year – not me.’**

**‘Players should understand that it is their team.’**

# Key Areas

- **Physical preparation**
  - S & C
  - Physical Fitness( Rest / Recovery – Nutrition )
- **Skill Development**
  - areas of play
- **Teampay / Tactical**
- **Mental Preparation**
- **Match Analysis**
  - DVD / Stats
- **Medical**
  - \* **FIXER**

# What is required?

- Real Commitment
- Specific qualities (roles)
- Compliment but challenge (dovetail)
- Communication skills
- Loyalty
  - \* Trust/Confidence (don't interfere)
  - Thick skin/Sense of humour

Warren Gatland (2 Quotes)

# What Players expect

- Good Communication
- Good Planning/Organisation
  - Everyone's time is precious (Timetable)
- Continual Feedback
  - Targets
  - Know their roles





# **THE ART OF COMMUNICATION**

**'I set the tone for the week of the game using anecdotes, memories or inspirational tales to paint a picture of where we're going that week. It's important to send out the message at the start of the week and reinforce it as we move through the week.'**

**'I try to find a different theme or angle for each game, though a constant underlying message is always there.'**

**'Communicating with the team is more than just team meetings. It's my facial expressions during games, the level of my voice in a film session.'**



# **LISTEN TWICE AS MUCH AS YOU TALK**

**'GOD GAVE YOU TWO EARS AND ONE MOUTH. LISTEN TWICE AS MUCH AS YOU TALK.'**

**'Especially as a coach, listening is generally far more important than talking. Some of the best coaches say very little. And they don't just hear their players or employees – they *listen* to them.'**

# Specific Planning

- Pre Championship etc

Purposeful

What ifs?



# **INVEST YOUR TIME, DON'T SPEND IT**

- **'Coaches don't always use their time wisely. They watch film, talk, rehearse already set plans, instead of finding solutions to problems or working on specific coaching points.'**



# **The better you prepare, the better you can anticipate**

- **Assume the expected and plan for the unexpected**
- **You can never over-prepare.**
- \* **In NASA 90 percent of the training is for when things go wrong.**

**We prepare for bad things. What will we do if the quarterback gets hurt? What if we're down by two points late in the game? Of course you don't want the majority of teaching and learning to be negative – that is, preparing for failure. But be prudent in preparing for the unexpected.'**

# Bottom Line

- All about the players – You are providing a platform
- Player Centred – “Players don’t care how much you know until they know how much you care”
- The TEAM is the Star. (leave your ego at the dressing room door) \* Pre Ulster Final

N.B. ***TEAM SPIRIT***



# **GET OUT OF YOURSELF AND INTO THE TEAM**

**‘ Rise above your own selfishness and ambitions and dissolve into the team. In other words, put the team first. It’s sometimes hard to do but if every member of the team accepts the motto, everyone benefits in the long run.’**

**“It’s amazing  
what can be  
achieved when  
nobody cares  
who gets the  
credit.”**