

Managing a Team for High Performance

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How To Plan Your Way To Success

How to Integrate Your Program

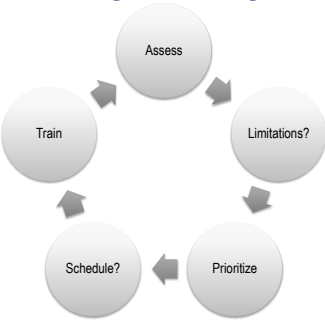
- Plan
- What type of athlete do you have?
- Resources/Technology
- Assess and Review
- Implement and Integrate

Accountability/ Assessment

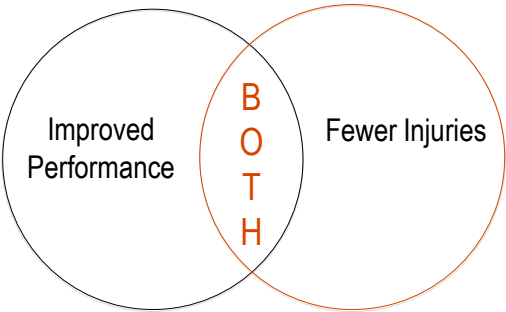
KPI's

- **Validated Protocols**
- **Tangible/measurable**
- **Specific**
- **Power** (rfd, pp,mp, etc) Strength (1RM, 5RM)
- **Endurance** (TT, Beep Test, Yo Yo, Lactate Profile, Max reps, etc)
- **Body Composition**
- **Performance** Game Statistics
- **Biochemical/Biomechnical**

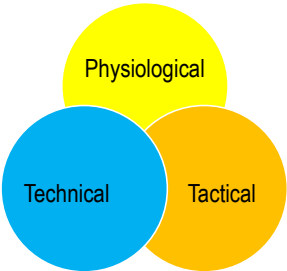
Program Design



The Goal



Training Model



Develop your Progressions

- **Strength Load:** Concentric to Eccentric
- **Intensity:** Easy to Hard
- **Skill:** Simple to Complex
- **Stability:** Stable to Unstable

How To Plan Your Way To Success

- Who should set goals?
- How do you set goals?
 - Initial Assessment
 - Understanding of Player's Needs or Desires
- How does this work when training Groups?

S.M.A.R.T. Goal Setting

- Specific
- Measurable
- Achievable
- Realistic
- Time Bound

Key Take Home Points

- Success is no accident; you should set SMART goals
- People will perform better when they are committed & attached to the goals that have been set.
- Measures drive behaviours; make sure you are measuring the right things
- **Even the best laid plans can come undone**
 - Suffer an Injury or Illness, weather, etc
 - Lose of Motivation due to External Pressure/Stress
 - Work
 - Family
 - Personal Relationships
- **These are the times when most people give up**
- **How do you maintain momentum towards your goal in these times?**

How to Succeed Where Others Fail

Maintaining Focus on the Goal

- Review Goals and re-iterate the reasons they wanted to achieve them
- Look for the positives
- Focus on the aspects you can control
- Remove focus from elements you cannot control
- Simplify the plan until the issues are resolved
- Self belief
