

# **Building a Better team**

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# Content

- **Goal setting**
- **Arousal**
- **Mental rehearsal**
- **Time management**
- **Motivation**
- **Summary**



# Goal setting

- **Why goal setting?**
- **Who should be involved?**
- **What should be planned?**
- **When should it occur?**
- **How should it be implemented?**
- **Recording and acknowledging**

# Arousal & control

- **Purpose of arousal**
- **Science of arousal**
- **GPS report data**
- **Control strategies**



**“Most of what we do every minute of every day is unconscious. I suggest that if the elite athlete practices the psychological strategies and mental preparation techniques to build routines and rituals until they become automatic responses so that on game day the athlete will have the decisive advantage over their competitors. The coach must plan this training into the macro and microcycles of periodization for athletes. No area can be overlooked or under trained.**

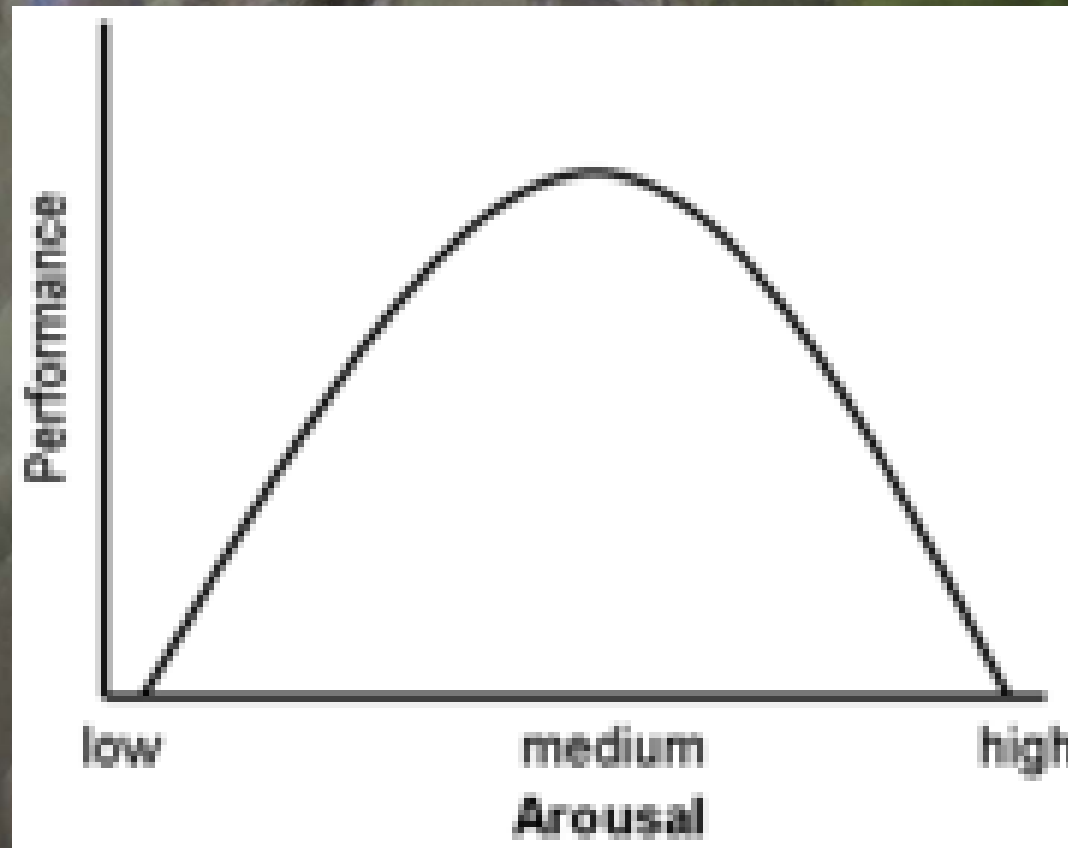
***Neuroscientist Paul Whelan  
February 28, 2004 issue,  
US News and World Reports***



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# The arousal curve





# GPS: Arbitrary “Zones”

## 6 x Speed ZONES

(KPH)

- Zone 1: Below 7
- Zone 3: 7 to 10
- Zone 3: 10 to 15
- Zone 4: 15 to 20
- Zone 5: 20 to 25
- Zone 6: Over 25

## 6 x Heart Rate ZONES

(BPM)

- Zone 1: Below 120
- Zone 3: 120 to 135
- Zone 3: 135 to 150
- Zone 4: 150 to 165
- Zone 5: 165 to 180
- Zone 6: Over 180



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# GPS Data Analysis 3

Sum of Time Segment

HR Zone

OPEN

Speed Zone	1	2	3	4	5	6	Total
1	2.32%	4.04%	5.87%	6.87%	64.47%	5.67%	89.24%
2	0.17%	0.31%	0.69%	1.46%	2.11%	2.14%	6.88%
3	0.04%	0.11%	0.33%	0.73%	1.06%	0.92%	3.19%
4	0.00%	0.02%	0.06%	0.12%	0.18%	0.12%	0.50%
5	0.00%	0.01%	0.02%	0.05%	0.06%	0.03%	0.18%
6	0.00%	0.00%	0.00%	0.01%	0.01%	0.00%	0.02%
Grand Total	2.53%	4.49%	6.98%	9.23%	67.89%	8.88%	100.00%

Sum of Time Segment

HR Zone

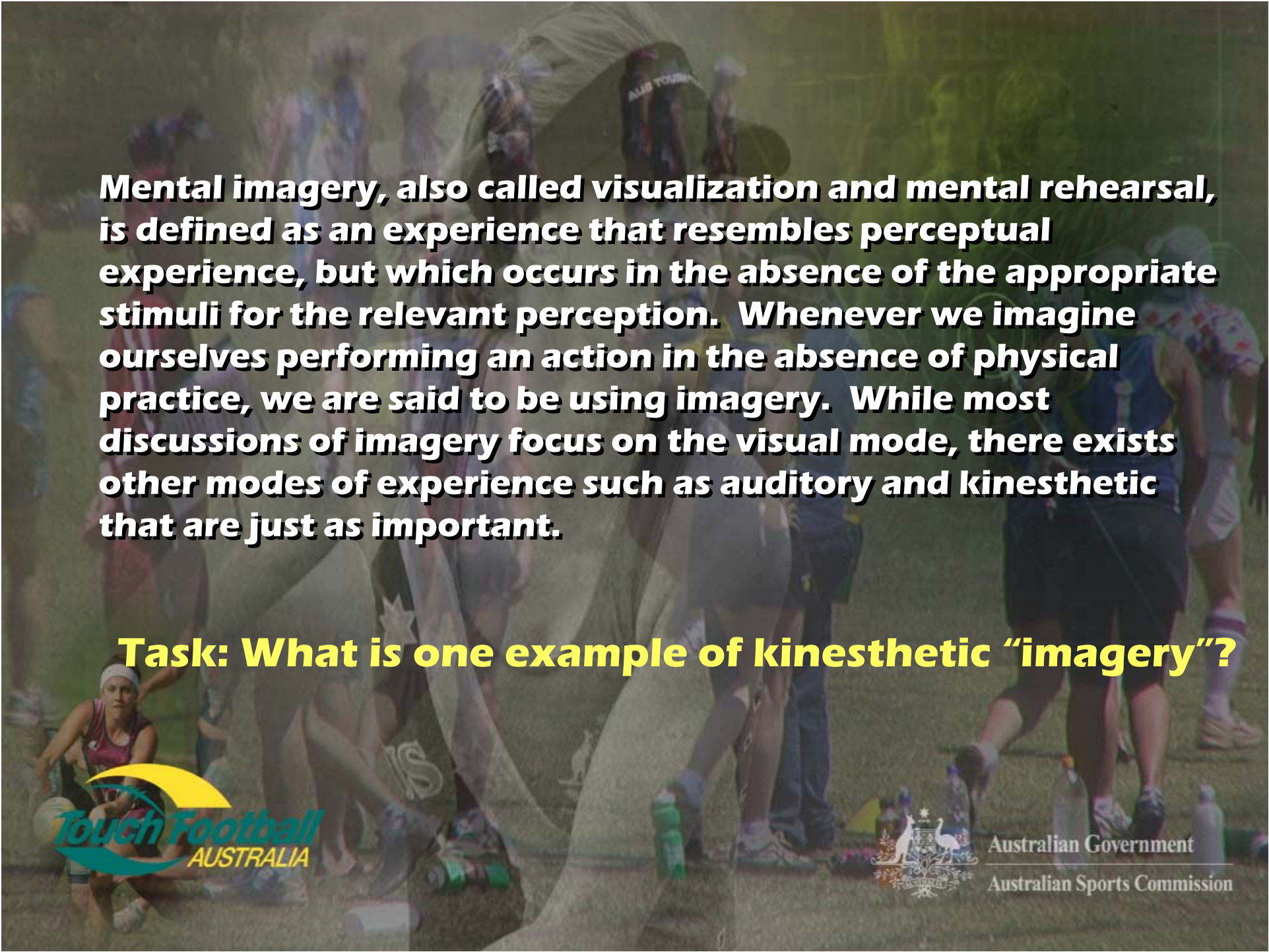
SENIOR

Speed Zone	1	2	3	4	5	6	Total
1	7.93%	12.68%	14.47%	17.13%	16.53%	4.49%	73.23%
2	0.29%	1.01%	2.67%	5.67%	5.94%	1.69%	17.26%
3	0.14%	0.36%	1.12%	2.49%	2.61%	0.71%	7.43%
4	0.03%	0.02%	0.26%	0.57%	0.46%	0.11%	1.45%
5	0.00%	0.01%	0.08%	0.23%	0.19%	0.03%	0.55%
6	0.00%	0.00%	0.01%	0.04%	0.03%	0.00%	0.08%
Grand Total	8.38%	14.08%	18.62%	26.13%	25.75%	7.04%	100.00%



# Mental rehearsal skills

- **Definition**
- **Why rehearse mentally?**
- **Case study – triathlon Vs touch**
- **Theory of imagery**
- **Strategies for rehearsal**



**Mental imagery, also called visualization and mental rehearsal, is defined as an experience that resembles perceptual experience, but which occurs in the absence of the appropriate stimuli for the relevant perception. Whenever we imagine ourselves performing an action in the absence of physical practice, we are said to be using imagery. While most discussions of imagery focus on the visual mode, there exists other modes of experience such as auditory and kinesthetic that are just as important.**

**Task: What is one example of kinesthetic “imagery”?**



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# Time management

- **Players**

- **Coach**



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# **Time management: a definition**

**“Conventional time management is a systematic application of common sense strategies and techniques to help you become more effective in both your personal, sporting and professional life. The promise is to become more productive, faster. All while decreasing the anxiety and pressure we often feel about time.”**



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# Key time management issues

- **Time wasters**
- **Priorities**
- **Interruptions**
- **Decision making**
- **Planning**
- **Delegation**
- **Saying "No"**



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# **Team motivation**

- **What is “motivation” & why?**
- **Strategies for team motivation**



# Why motivation?

- **Performance**
- **Team mates**
- **Pure enjoyment**



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# **Summary: better team**

- **Goal setting**
- **Personal arousal levels**
- **Mental rehearsal / imagery**
- **Time management**
- **Understanding motivation**