**Preparing your Goalball Players**

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# **Intro**

You don’t have to be elite to prepare like an elite player.

Everyone has the desire to win, but only champions have the desire to prepare!

10 things that require zero talent:

* Being on time
* Work ethic
* Effort
* Body language
* Energy
* Attitude
* Passion
* Being coachable
* Doing extra
* Being prepared

# **The 24 hour goalball athlete**

What things effect whether your players arrive prepared or not??

Food:

* Enough energy
* Type of energy
* Timing of intake

Fluid:

* Enough fluid
* Type of fluid
* Timing of fluid intake

Activity:

* Too much
* Too little
* Warming up
* Recovered

Stress:

* Life stress
* Sport stress
* Sleep quantity and quality

So how can *I* help my Goalball players prepare better?

# **The 24 hour clock principle**

Everything that a Goalball player does 24 hours before training or competition counts!

Example:

10.30am Friday Morning: the clock is ticking

Activities? Food? Fluid? Stress? Sleep?

10.30am Friday

1. What are your players eating/drinking for lunch on Friday?

2. Are in school and out of school activities fatiguing and exhaustive?

4.30pm Friday

3. What are your players eating/drinking for the evening meal?

4. What are your players eating/drinking before bed? What time and under what conditions are they going to bed? Have they packed their bag for the morning?

10.30pm Friday

5. How much and what sleep quality are your players getting and is this adequate for recovery?

7.30am Saturday

6. What time are players waking up? What are they eating for breakfast (pre match meal)?

Your turn:

When do your players train/ compete?

What are their hotspots and advice you could give?

# **Physical preparation**

Raise – Activate – Mobilise - Potentiate

* Developing resilience to injury and the ability to handle to demands of sport is tough
* Micro-dosing exposure to mobility, speed and strength activities is a good way of making improvements
* Session 2 from us provides an overview of the Goalball warm-up we endorse

# **Take away messages…….**

* Goalball players need to adopt good preparation behaviours
* Good preparation includes managing food, fluid, stress, and activity
* As coaches / support staff we may need to educate Goalball players around good preparation