

Preparing your Goalball players

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Image of international Goalball players

You don't have to
be elite to
prepare like an
elite player



Image of young recreational Goalball player



Image of international Goalball players

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

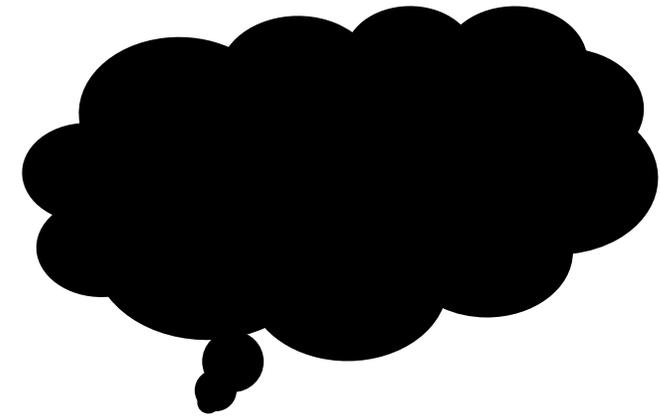
The
24_{hr}

Goalball athlete



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What things effect whether
your player's arrive
prepared or not??

FOOD

Enough energy
Type of energy
Timing of intake

ACTIVITY

Too much
Too little
Warming up
Recovered



Image of GB Goalball player

FLUID

Enough fluid
Type of fluid
Timing of fluid intake

STRESS

Life stress
Sport stress
Sleep quantity and quality

So how can / help my
Goalball players prepare
better?

The 24 hour clock principle

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

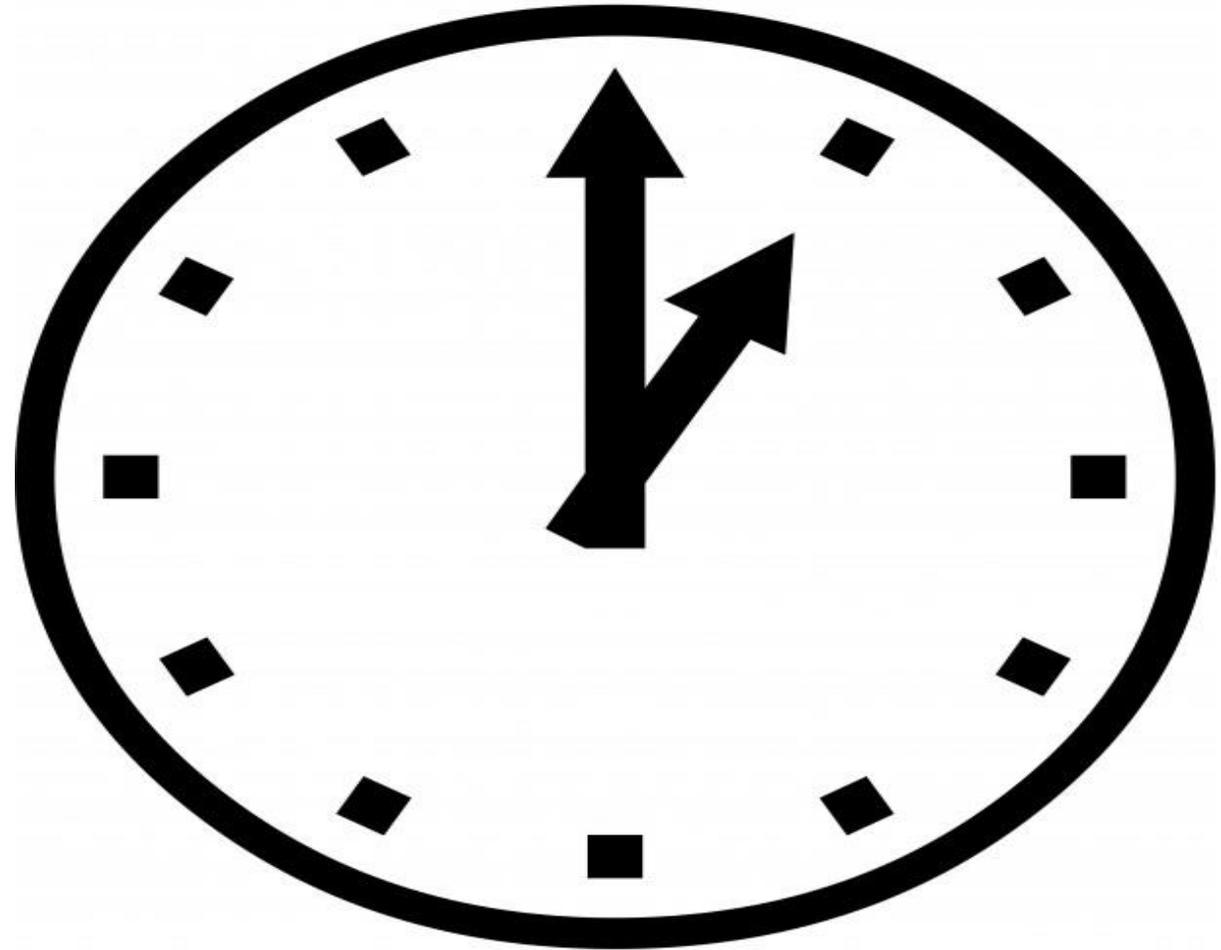
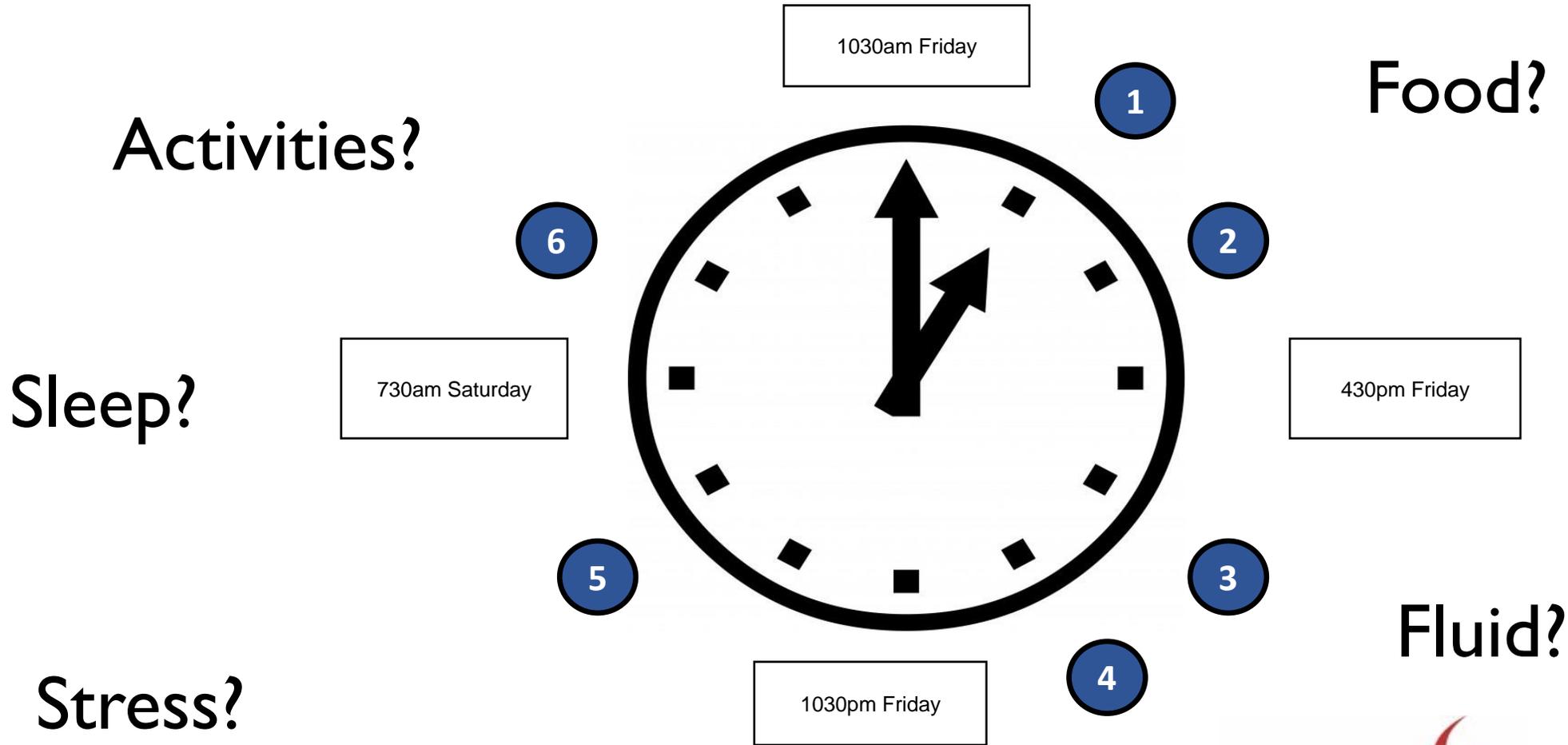


Image of a clock

Example: 10.30am Friday Morning: *the clock is ticking*



 = hotspot opportunities

Image of a clock with timepoints highlighted

- 1 What are your players eating/drinking for lunch on Friday?
- 2 Are in school and out of school activities fatiguing and exhaustive?
- 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?
- 5 How much and what sleep quality are your players getting and is this adequate for recovery?
- 6 What time are players waking up? What are they eating for breakfast (pre match meal)?

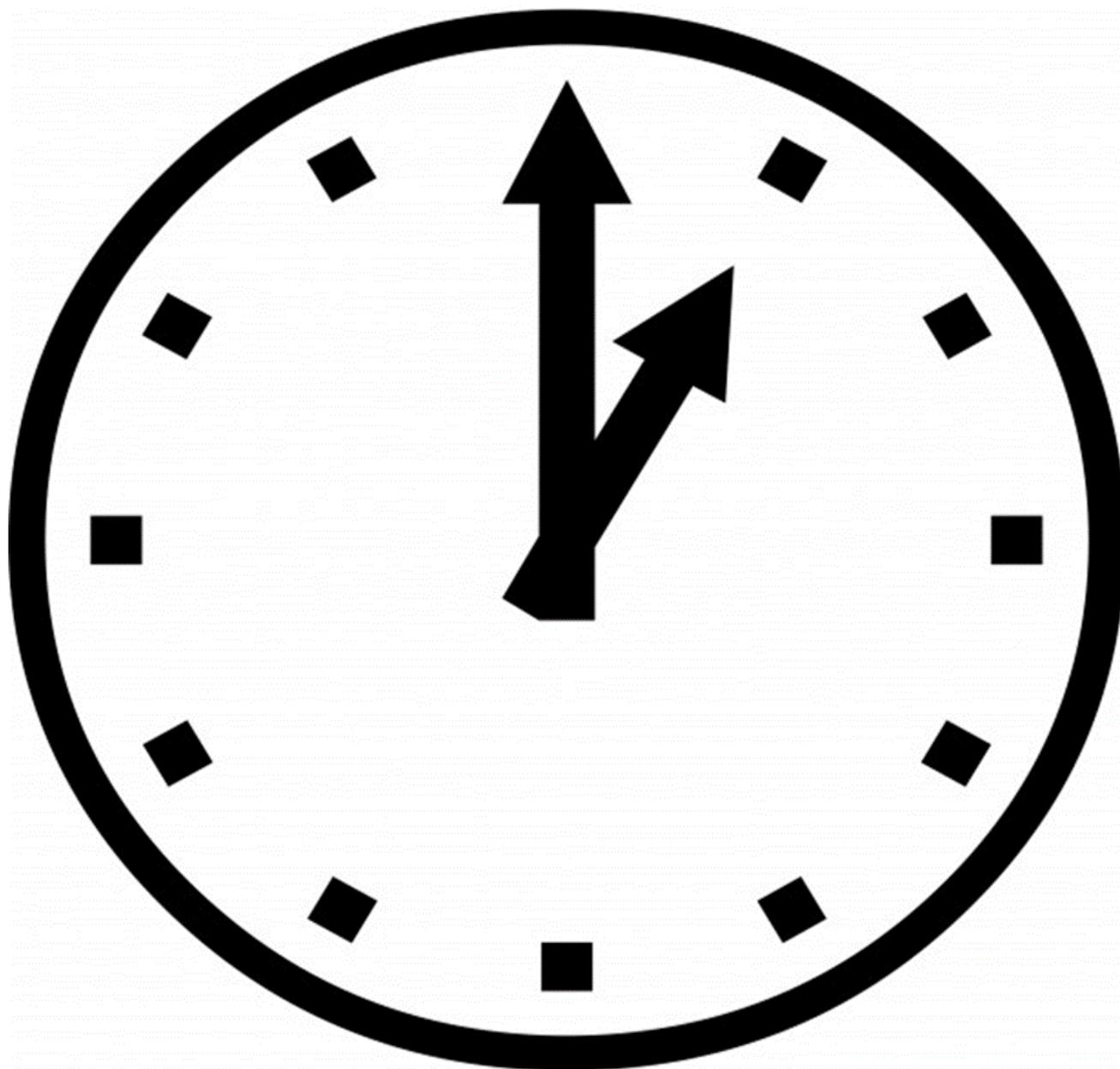


Image of a clock

Your turn

When do your players train/
compete?

What are their hotspots
and advice you could give?

Raise

Physical preparation

Activate

- Developing resilience to injury and the ability to handle to demands of sport is tough

Mobilise

- Micro-dosing exposure to mobility, speed and strength activities is a good way of making improvements

Potentiate

- Session 2 from us provides an overview of the Goalball warm-up we endorse



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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