Preparing your Goalball players

Dale Forsdyke  MSST, CSCS  @forsdyke_dale
Jamie Salter  ASCC, BASES  @jay_salter
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
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

FLUID
- Enough fluid
- Type of fluid
- Timing of fluid intake

STRESS
- Life stress
- Sport stress
- Sleep quantity and quality
So how can I help my Goalball players prepare better?
Everything that a Goalball player does 24 hours before training or competition counts!
Example: 10.30am Friday Morning: the clock is ticking

Activities?
Food?
Sleep?
Fluid?
Stress?

Image of a clock with timepoints highlighted

1030am Friday
730am Saturday
430pm Friday
1030pm Friday

= hotspot opportunities
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)?
Your turn

When do your players train/compete?

What are their hotspots and advice you could give?
Physical preparation

- 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