

## Performance Profiling

By the end of this course (two hour indoor workshop) coaches will be aware of the benefits of effective profiling and devise templates to assist accurate information gathering. Profiling helps coaches to understand the player's perceptions of his/her strengths and weaknesses; a properly completed profile can provide a base from which player development plans can be built and reviewed throughout the season or programme. The course is offered to two different coaching populations with the content and approach appropriate to the level of players being coached.

### Coaches of Children (7-12)

There is no Performance Profiling course for coaches of children. Players at these age groups should be encouraged to play and express themselves without analytical pressure from adults.

### Coaches of Youth Players (13-18)

This course will increase the coach's understanding of the development and application of Performance Profiling to measure progress, primarily of individual players. This course is an ideal partner to Goal Setting. The course will also develop the coach's ability to:

- understand why Performance Profiling is a valuable tool.
- establish dangers of inaccurate profiling.
- devise own ways to gather information.
- produce data that is accurate and specific and produce action plans.
- establish ways to measure progress in technical, tactical, mental and physical elements.
- devise ways to develop mental performance.
- understand why some performers may resist developing through profiling.

### Coaches of Adult Players

This course will enhance the coach's understanding of the development and application of Performance Profiling to measure progress, both individual and team. This course is an ideal partner to Goal Setting. The course will also develop the coach's ability to:

- understand why Performance Profiling is a valuable tool in coaching
- establish dangers of inaccurate profiling.
- devise own ways to gather information.
- produce data that is accurate and specific and produce action plans.
- establish ways to measure progress in technical, tactical, mental and physical elements.
- devise ways to develop mental performance.
- understand why some performers may resist developing through profiling.

