

# Auditing Your Performance

**It is only when you sit down to evaluate your efforts thoroughly that you can pinpoint the areas that need more work**

John Morrison



spent 24 minutes - eight games of three minutes duration - looking at the different challenge elements one by one.

The order of the elements looked at were as listed earlier in this article.

After each three minute game I posed questions - answered by players - on how they felt and by coaches on what they saw. We looked for as many positives as possible first, before debating one or two things that the players might need to fix in the next game.

For all eight games only the normal game rules of Gaelic football were applied. By the end of the eight games and their discussion afterwards, players and coaches, separately as groups, recorded the following reassessment for the order of elements listed earlier in the article.

Players: 5, 4, 4, 3, 5, 2, 1, 3  
Coaches: 4, 3, 4, 3, 4, 3, 0, 0

Thus for first touch - second challenge on the earlier list - players thought they were four out of ten, but coaches scored them three out of ten.

In most the players had scored themselves higher than the coaches.

I then put the players through eight more three minute games except this time each game had an extra rule above normal game rules to play to.

I told all before each game that each new rule was by the way players reacted to it, a means by which they could understand exactly how to make the challenge being looked at better and also to help them find

**R**ECENTLY I was asked to take a session with a county u-16 development squad. The mentors had asked me to try and improve their quality of play.

I suggested we first find out what the session would target under quality of play.

After discussion the following challenges were raised.

1. Intensity of play
2. First touch
3. Speed of thought
4. Telling movement
5. Ability to make significant runs
6. Advantage ball passing
7. Maximising scores
8. Overall game vision - including tactical and game sense awareness.

The mentors and players accepted my intention to solve or face the challenges by using a performance audit. Information, including an assessment score out of ten, would be recorded on each challenge dealt with.

Information from the players would come by questioning and feedback on how they felt they had played while the coaches would report back on what they saw.

After the warm up, the session

5. On the run-only passes given this way were allowed as standing still to deliver or receive passes was penalised to a foul blown - as in all eight games per rule

6. Give the ball before hit - no running into tackles

7. 1-3 - a score in any three consecutive attacks was needed

8. Vision - absolutely no noise of any kind for communication After positive discussion of each game the following scores were now given for the quality of play for each element.

Players: 7, 6, 8, 5, 8, 6, 6, 7  
Coaches: 6, 6, 7, 6, 7, 6, 5, 5

Thus players had felt they had improved from 27 out of 80 in total to 53 out of 80 while coaches viewed improvement as going from 21 out 80 to 48.

Over the course of the session both coaches and player saw double the improvement in their quality of play. Discussion afterwards on all aspects of their game through the course of the session - physicality, intensity, technique, tactical, mental and game sense was positive and long - too long for this article.

The head coach later wrote to thank me and noting, "The players said they understood so much of what I was explaining and showing them. They had learned a lot," I replied, "My job was to make them understand. Once they did they found the solutions themselves." Learning at its best, as the best learners know, is self taught. Try a performance audit with your team.

## LIFELONG LEARNING...Teach your players to teach themselves

Picture: Stephen McCarty / SPORTSFILM

2. First touch had to be perfect
3. Give and go in support immediately
4. Switch play with all passes regular; not straight line

ways - more than one - to make it better.  
The eight extra game rules played one game at a time were

1. Three seconds on the ball