Seminar Title: Get a ‘GRIP’ on your Best Pre-Season Preparation

The ‘how to’ on your best pre-season yet for the best season and winning results.

Learning Objectives:

1. Get a proven framework and key strategies to ensure you have the most effective pre-season possible.
2. Find out how to build strong team chemistry and unite your team - a practical guide to deliver improved performance.
3. Deal with potential conflict before it happens and reduce the distracting ‘drama’.

Key Points:

Anything of strength and resilience has a solid foundation. To end a successful season as a strong cohesive team requires starting the season in a deliberate way. We use the GRIP Model in the pre-season to bring the team together. This framework is referred back to throughout the season to ensure performance standards are upheld. Studies into effective teamwork have concluded that when teams underperform, at least one of these elements is missing.

"Team-building is not an event, it’s a process."

"It is about being the best athlete for the team rather than the best athlete on the team."

G - Goals. Set and commit to team goals that cascade to team members’ individual goals. This phase also covers developing team values, identity and behavioral expectations.

R - Roles. Expand team member roles beyond their technical or physical contribution. Identify each athlete’s strengths and how they can contribute to the team in a non-technical way. Examples include leadership, organizer, energizer and supportive roles.

I - Interpersonal Relationships. Build athlete self-awareness, understanding of others and communication skills. Focus on team dynamics and establishing strong and effective relationships.

P - Processes and Procedures. Articulate clearly the behavioral standards and expectations. Cover everything and leave no questions about team rules.

Conclusion:

When problems occur during the season, whether it be with athlete behavior, team chemistry or under-performance, it is because vital time wasn’t invested upfront. "Prevention is always better than a cure." This presentation ensures you have the strategies to have your best pre-season ever.