

Performance Profiling

Performance profiling is a simple tool that can help players (or coaches) with their planning and help prioritise their training and goals by rating their current capacity against the level they want to achieve. This can be a useful tool to reflect on current performance as well as to plan for the future.

A useful starting point is to identify the key performance capacities for Ladies Gaelic Football and rate how important these are for achieving success. These should be broken down into the performance components of the LGFA Player Pathway:

Technical: Skills of the game such as kicking, catching, soloing, hand passing, blocking, tackling and the pick-up.

Tactical: Game plan & strategies and ability to understand and implement these.

Physical: Aerobic fitness, speed, power, agility, mobility, strength and conditioning.

Mental: Psychological preparation, resilience, motivation, goal setting and ability to cope under pressure.

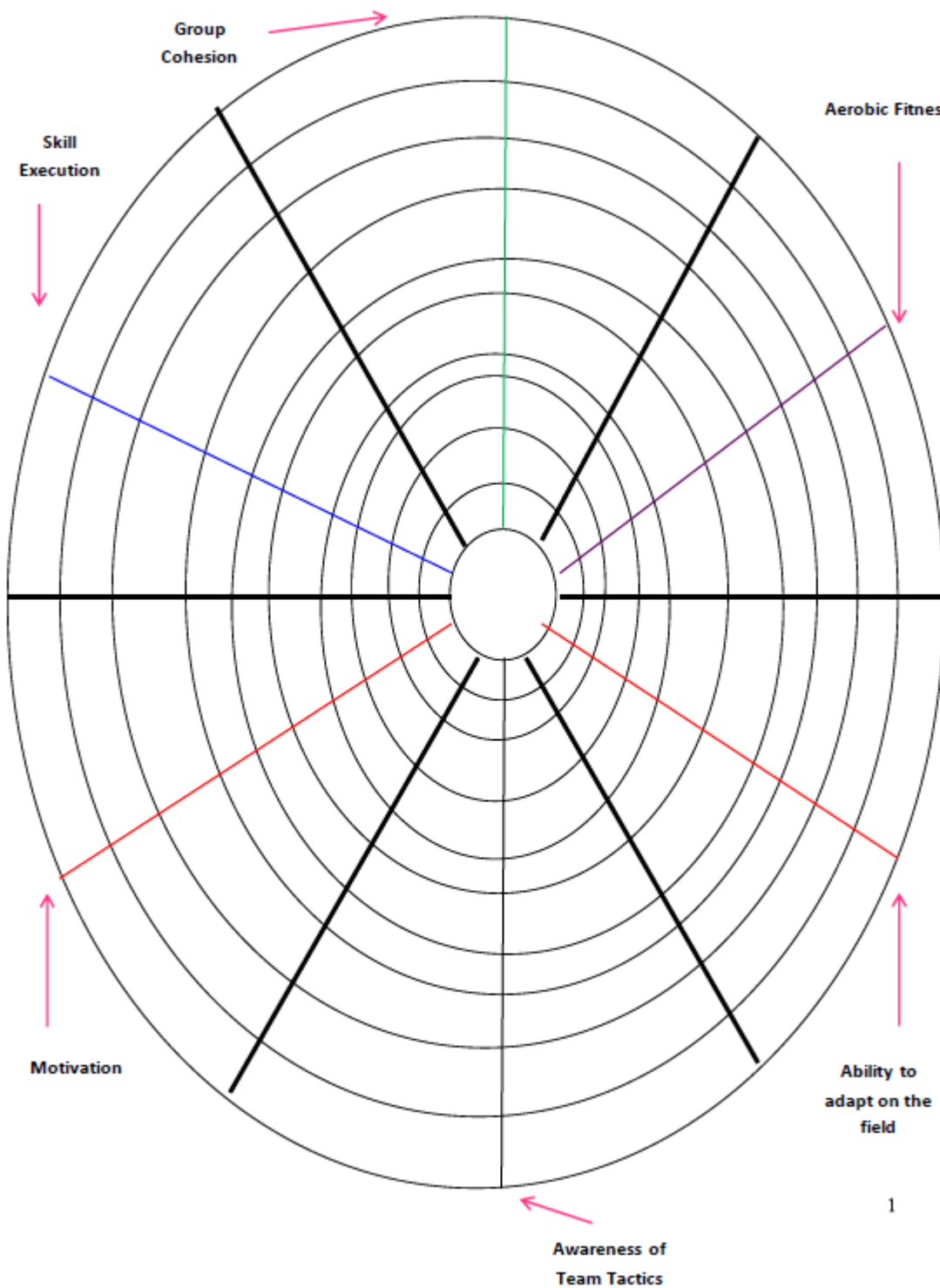
Lifestyle: Nutrition, hydration, sleep, recovery, wider lifestyle management (education, career), time management.

Personal: Beliefs, philosophy, values, approach, attitude, characteristics, team player.

The ranking scale for performance profiling is usually 1-10 with 1 being extremely low and 10 being extremely high. Performance profiles may be presented in a simplified performance wheel forward (see example below) where all performance components have been evaluated. This will help a player or coach to determine what aspects to prioritise and target both short term and long term. If areas are identified for improvement, these can be assisted through setting specific personal improvement goals and appropriate planning and interventions.

Sample Performance Wheel

Adapt the sections below based on the performance components and your key areas of focus



Technical

Notes

Goals

Tactical

Notes

Goals

Physical

Notes

Goals

Mental

Notes

Goals

Lifestyle

Notes

Goals

Personal

Notes

Goals
