

Creating a winning group
Coaching seminar in Vierumäki 3-4.1 2013



” To succeed we must first believe that we can”



Key factors in womens national team 2010-12

1. Handle generational.

- "Key/star" players quite after Euro 2009. Who would be new role models and leaders in the groups?
- Former "alibi" players take a bigger role or find new key players from youth national team?

We chosed younger players with high ambitions and good selfconfidence.

Needed (still needs) players that had keyroles in their home club. Naisten Liiga or abroad.

- Euro 2009 80% players in the team played abroad
- Euro 2012 60% players abroad

More players every year from Naisten Liiga. More important to build the team around these players, they are normally in bigger roles in their clubs.

2. Important messages during 2010-12

"Sometimes it has to get worse before it gets better"

- 2010 8 games 2-2-4
- 2011 8 games 2-1-5
- 2012 12 games 7-1-4

To inspire players meanwhile you are losing is difficult but not impossible if they believe in what we are doing.

3. "The will to win is important but the will to prepare to win is vital"

- Change preparation-tournament

Learn to win games!!!



4. Have a long term goal for the young players and team. See everything as a part of development.
 - Meanage 2012; 23,7. Meanage 2009; 27,1.
 - The players reach their peak at the 26-27 years old.
 - The goal is therefor WC 2015 and Olympics 2016.

PROCESS TO BECOME TOP 4 IN EUROPE



5. The player own the development

- How far this team can reach is depended on how the players are practicing and living every day. *This is the most vital thing in when the team is preparing for Euro 2013. The goal can't be set until we know how far each player has come in their development when the tournament starts.*



5. Winning factors - Individual/team

"If you don't know where you are going, there is no point rushing, you never know when you are there"

1. Goals. Specific.
 - Short(every year), longer(1-3 years) and long(5-10 years). Team goals; Each game/camp, tournament and WC 2015.
 - Development plans on all players.

" Each point I play is a new moment. The last point means nothing and the next point means nothing"

2. 100% focus and concentration in every practice and game.
 - Girls are more interested in their own development than boys. Use that!
 - Always aim for next step. Next practice is the most important in the players development.

" Dont let what you can't do interfere with what you can do"

3. Build selfconfidence to the individual player in the team.
 - Respect and see the individual in the team. We are all different but we need more Zlatans in Finland.
 - Positive feedback.
4. Learn to compete.
 - Count goals in all gamesituations in training. Rules and regulation.
 - Professional attitude from coach, well prepared. Teambuildings.
5. 24h players.
 - Always try to do your best.

" When the game is over, just look in the mirror, win or lose, and know you gave it everything you had"