

## High Performance Plan 2016/2017

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The high performance system will include five main categories;

### 1. Monitoring performance and analysis

This will involve athlete reviewing;

- Reviewing of the previous event fought at, each performance broken down and benchmarked against the European and world best players in that weight category. This will be carried out with Taekwondo coach.
- Athlete physiological profiling and testing every 6-8 weeks, players get a score sheet of progress/regression and sent back to training with work needs to be done to improve. This will be completed in line with the S&C coach and physio therapist (currently no financial availability for this).
- Academy monthly Taekwondo sessions in line with the training and development plan will create a hub for frequent taekwondo training analysis by academy coaches.

### 2. Creating positive culture

- Creating a rich culture and mind-set for players starting from the bottom up and from the top down. This will involve removing excuses players and or coaches may have. General behaviour will be conducted towards high achievement goals adopted by players and coaches.
- Goal focused alongside HP plan, involving step by step planning to achieve the greater goal. Professionalism is key on the part of all people involved.
- The academies have monthly psychological sessions with the sports psychologist.

### 3. Benchmarking training standards

- Athletes and coaches travelling to regular training camps to Taekwondo hubs around the world
- 2016 - there are five camps earmarked for different athletes.
- Creating good relationships and networking with clubs and coaches around the world as so the ITU can benefit from their best practice and transfer them to Ireland

### 4. Best in class training activities

- Ideally full time training is best practice, e.g. x3 times daily x6 days per week. However it is not financially viable. Athletes have access to four academy clubs who offer high standard Taekwondo training at least five or more days per week.
- Coaches are encouraged to adopt best practice training techniques in line with international standards.
- PSS system to be used as frequently as possible to create the most realistic setting for competition.
- Continuous Taekwondo training and performance monitoring and evaluation

### 5. Investing in our personnel

- Valuing the personnel we have is a new initiative set up by the ITU.
- This involves encouraging coaches and assistant coaches to achieve the European coaching licence and attending an increased number of G ranking events throughout the year.
- Coaches will be financially incentivised on the back of monthly academy session funds to travel with players and attend G ranking events.
- Integrating a specialised sport science and medical team, (currently partly in place)
- Accessing world class sparring partners from around the world by opening invitations to train in Ireland and vice versa
- Having full commitment from all personnel