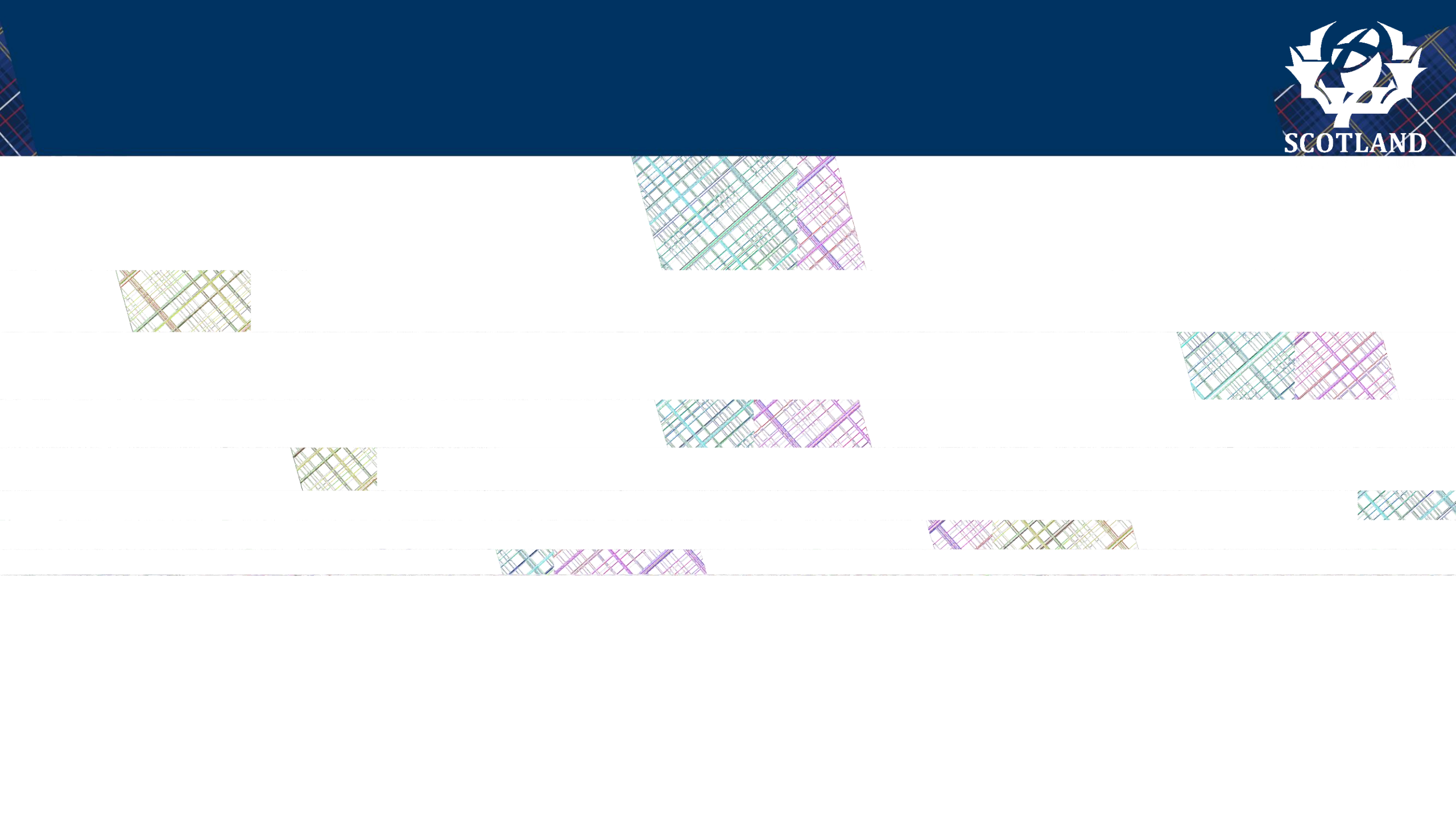
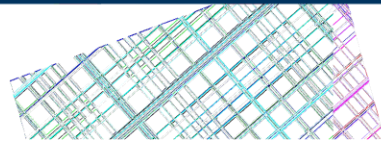


Scotland Wheelchair RL







RUGBY LEAGUE
**WHEELCHAIR
WORLD CUP**
ENGLAND + 2021



PRESENT
INTERESTED
NEAT
KEEN

RUTHLESS

HONEST

FAMILY

At the end of today.....



- We will have a deeper understanding of the shapes that we worked on at last session.
- We will be further down the track on shaping Project Braveheart.

RUTHLESS

HONEST

FAMILY

Today we will be good at.....



- Asking if you are not sure on something
- Ensure that you have provided some form of feedback to everyone here today

RUTHLESS

HONEST

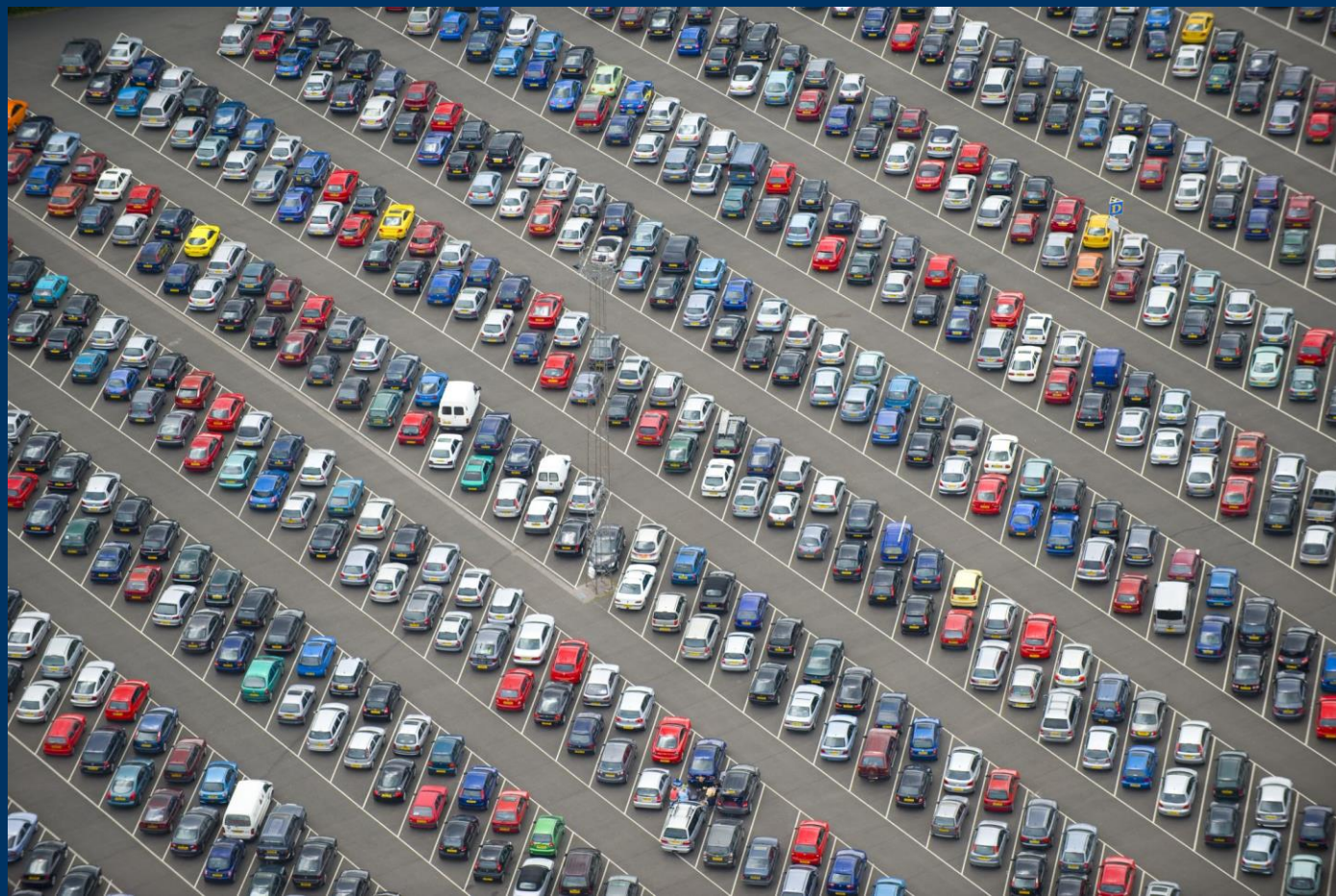
FAMILY

Scotland Wheelchair National Performance Squad - Session 3				
Date	Time	Duration	Activity	Location
Pre-Camp	Weds-Fri		Players to notify Alex of any injuries	
	Saturday PM		DA/MR Arrives at Hotel	
	Sunday AM		Players to complete wellbeing survey	
Saturday	09:00am	30mins	Staff Meeting	Pitch
	09:30am	30mins	Set Up	Pitch
	10:00am	45mins	Field Session 1 - Skills/S&C	Pitch
	10:45am	5mins	Transition from Pitch to Classroom	Pitch
	10:50am	90mins	Team Meeting 1 - Project Braveheart/S&C/Coloured Thinking	Pitch
	12:00pm	45mins	Lunch & Refuel/working lunch - Defence	Meeting Room
	12:45pm	45mins	Field Session 2 - Defence	Pitch
	13:30pm	5mins	Transition from Pitch to Classroom	Pitch
	13:35pm	20mins	Team Meeting 2 - Shapes	Pitch
	13:55pm	5mins	Transition from Classroom to Pitch	Meeting Room
	14:00pm	90mins	Field Session 3 - Games/Scenarios	Pitch
	15:30pm	10mins	Field Session 4 - Kaizen Time	Pitch
	15:40pm	20mins	Team Meeting - Day wrap up	Meeting Room
16:00pm	30mins	Staff Meeting	Café	

RUTHLESS

HONEST

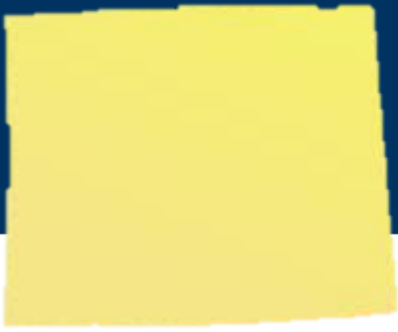
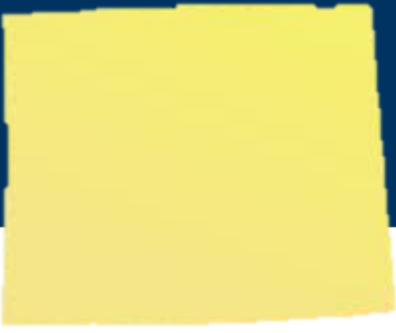
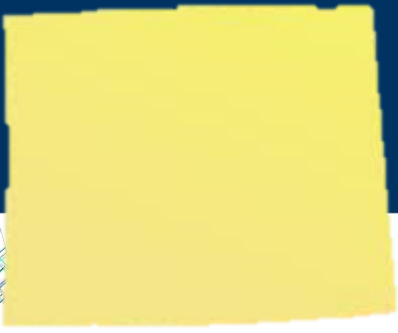
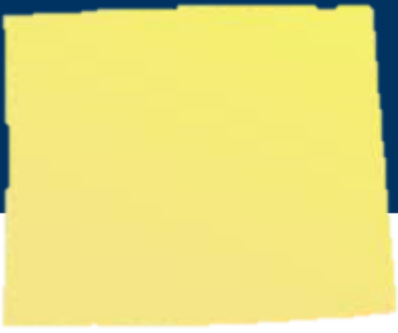
FAMILY



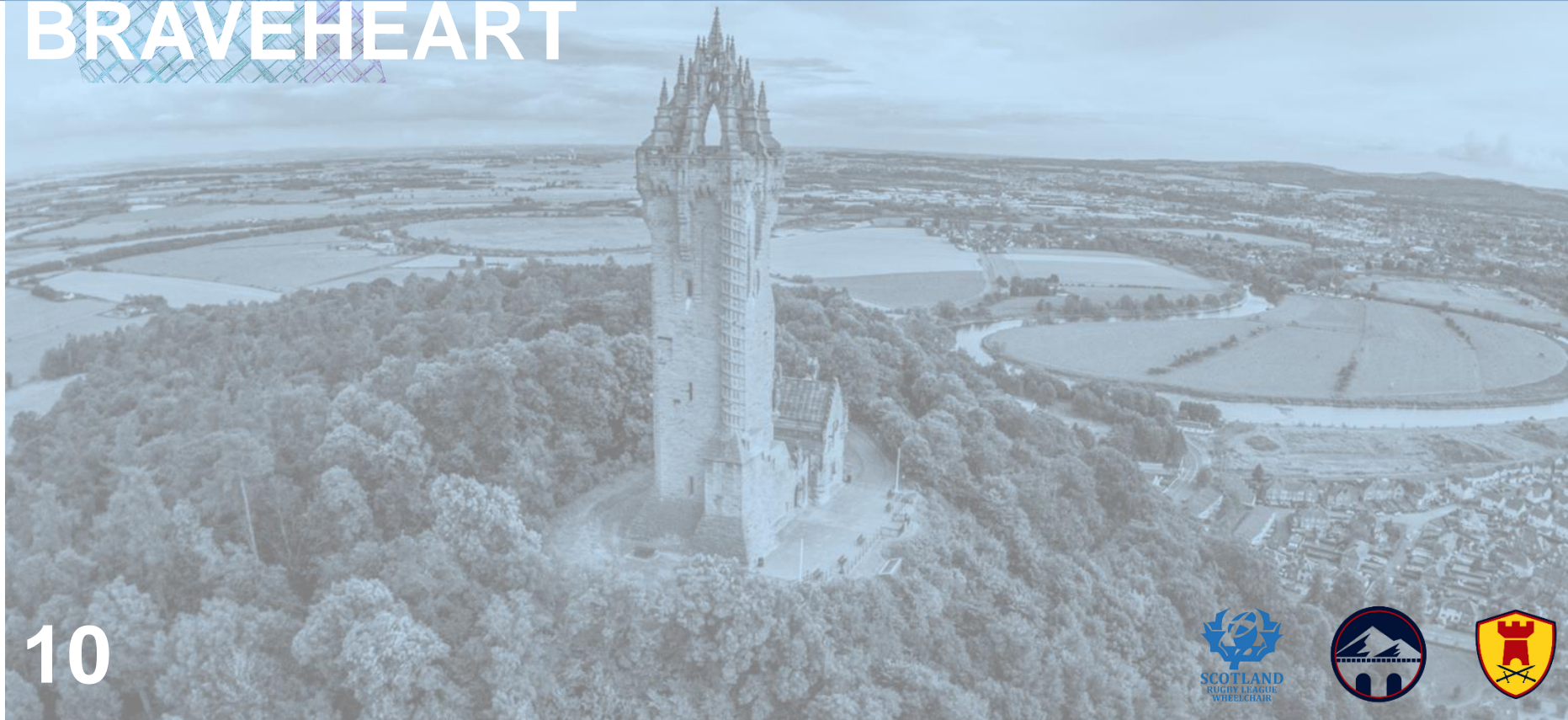
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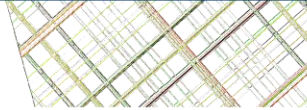
PROJECT BRAVEHEART



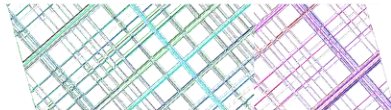
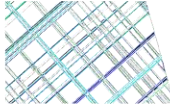
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PROJECT BRAVEHEART



S&C Report

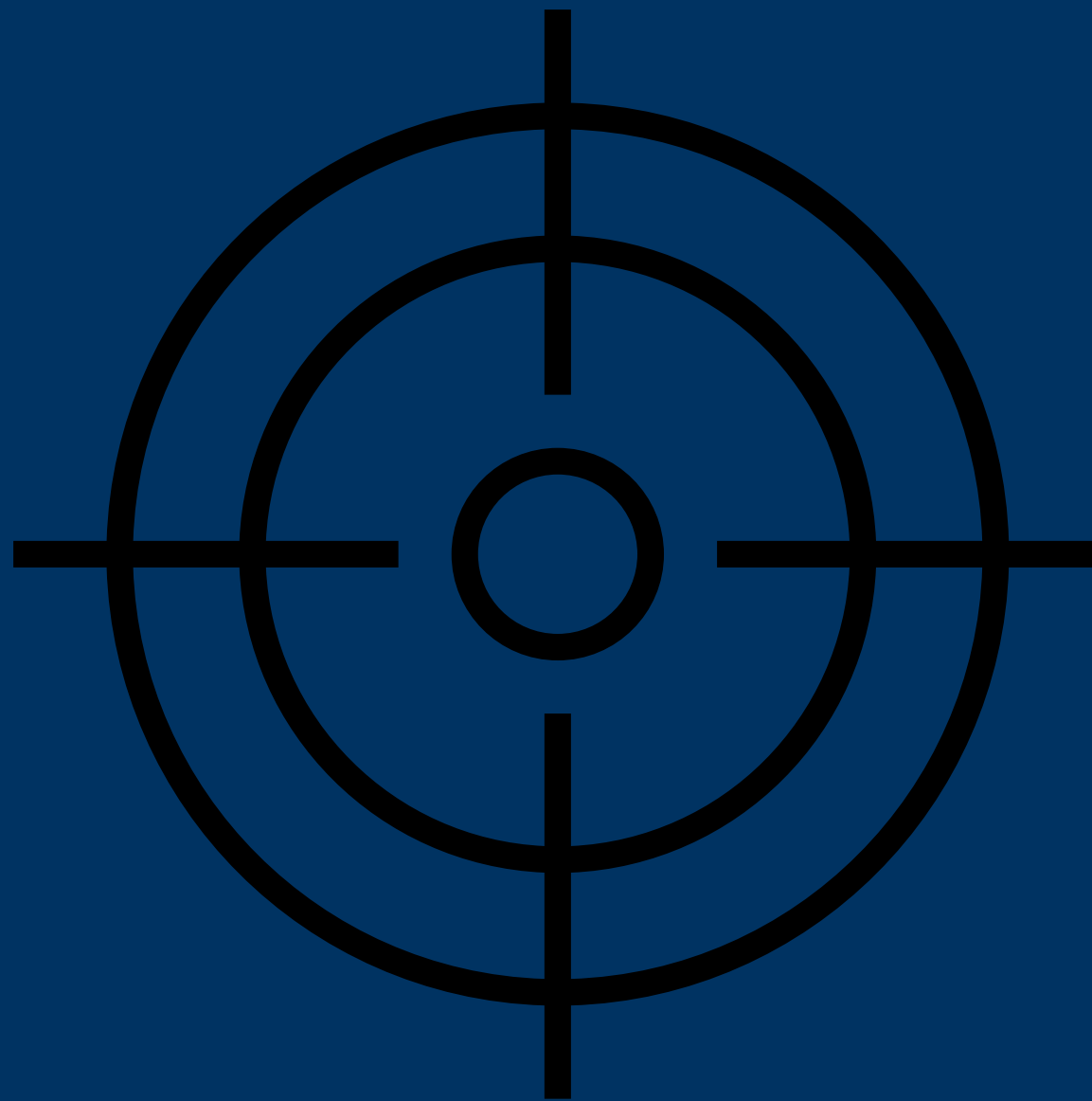


Coloured Thinking Recap

RUTHLESS

HONEST

FAMILY



RUTHLESS

HONEST

FAMILY

Coloured Thinking



Red - Adventure

<i>Colour</i>	<i>Colour Description</i>	<i>Effective communication with this colour</i>
RED	<ul style="list-style-type: none">• I like being free to do things my own way• Where are the new frontiers?• I want to explore• Life is a wonderful game; let's play• Where's the action?! (or the problem)• Variety is fun and stimulating• Give me a challenge—I'll handle it now!• I love the spotlight—watch me perform• Let's find a new and different way to do it• Freedom is important, don't fence me in• Rules that don't make sense can be broken	<ul style="list-style-type: none">• Visual actions• Verbal comms• Repeat• Get to the point quickly• Direct approach• Clear instructions• Create a sense of urgency• Use humour, clever expressions to maintain their attention

RUTHLESS

HONEST

FAMILY

Coloured Thinking



Yellow - Responsibility

<i>Colour</i>	<i>Colour Description</i>	<i>Effective communication with this colour</i>
YELLOW	<ul style="list-style-type: none">• I value rules, tradition and authority• I have a clear idea of what people should do• I want to belong• I handle details well and I'm a hard worker• I am useful, productive and a contributor• I like to care for others—look out for them• I want to anticipate and prepare for the future• The home and family are the core of society• It's important to have rules, laws and controls• I appreciate awards and public recognition• I provide stability within a team	<ul style="list-style-type: none">• Short clear and simple communication• We like examples• Ordered, shaped and structured• We like rules• We like demonstrations

RUTHLESS

HONEST

FAMILY

Coloured Thinking



Blue - Harmony

<i>Colour</i>	<i>Colour Description</i>	<i>Effective communication with this colour</i>
BLUE	<ul style="list-style-type: none">• Relationships are important to me• I want to have lots of friends; share and care• I have integrity. I'm authentic and unique• I like helping others become what they can be• Emotions are okay and I show mine easily• People are a lot more important than things• I enjoy music and romantic movies• I love to help friends solve their problems• My hunches work. I'm very intuitive• Empathy and sympathy are both easy for me• I thrive on recognition and acceptance• I'm really good at motivating people	<ul style="list-style-type: none">• Calm and composed approach• Tone and voice is important for us• Clear, concise, simple language reinforced with practical example• Multi disciplined approach (VARK)• Upbeat positive tempo• Learning points- failure: we all make mistakes• Supportive creates buy in• Constructive• Emotional Intelligence use it.

RUTHLESS

HONEST

FAMILY

Coloured Thinking



Green - Curiosity

<i>Colour</i>	<i>Colour Description</i>	<i>Effective communication with this colour</i>
GREEN	<ul style="list-style-type: none">• Searching, learning and understanding are fun• I love puzzles, problems and finding solutions• I like to work independently• Intelligence, justice and fairness are important• I want to be correct—to do things right• It would be great fun to explore the universe• Once I've found the solution, others can take over and put it into action• My calm exterior may hide some inner turmoil• I love to create a brand new idea• Being competent is absolutely essential• I want my brain to manage my emotions	<ul style="list-style-type: none">• Talk about the 'whole process'• See-Hear-Do• Have a reason doing something• Not always the loudest on the pitch• Challenge us to find a solution

RUTHLESS

HONEST

FAMILY

RED

Twig

Dave A

YELLOW

Bex

BLUE

GREEN



RUTHLESS

HONEST

FAMILY

Classroom Session 3:

Refuel/Working Lunch - Defence

RUTHLESS

HONEST

FAMILY



RUTHLESS

HONEST

FAMILY

Field Session 2: Defence

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HONEST

FAMILY

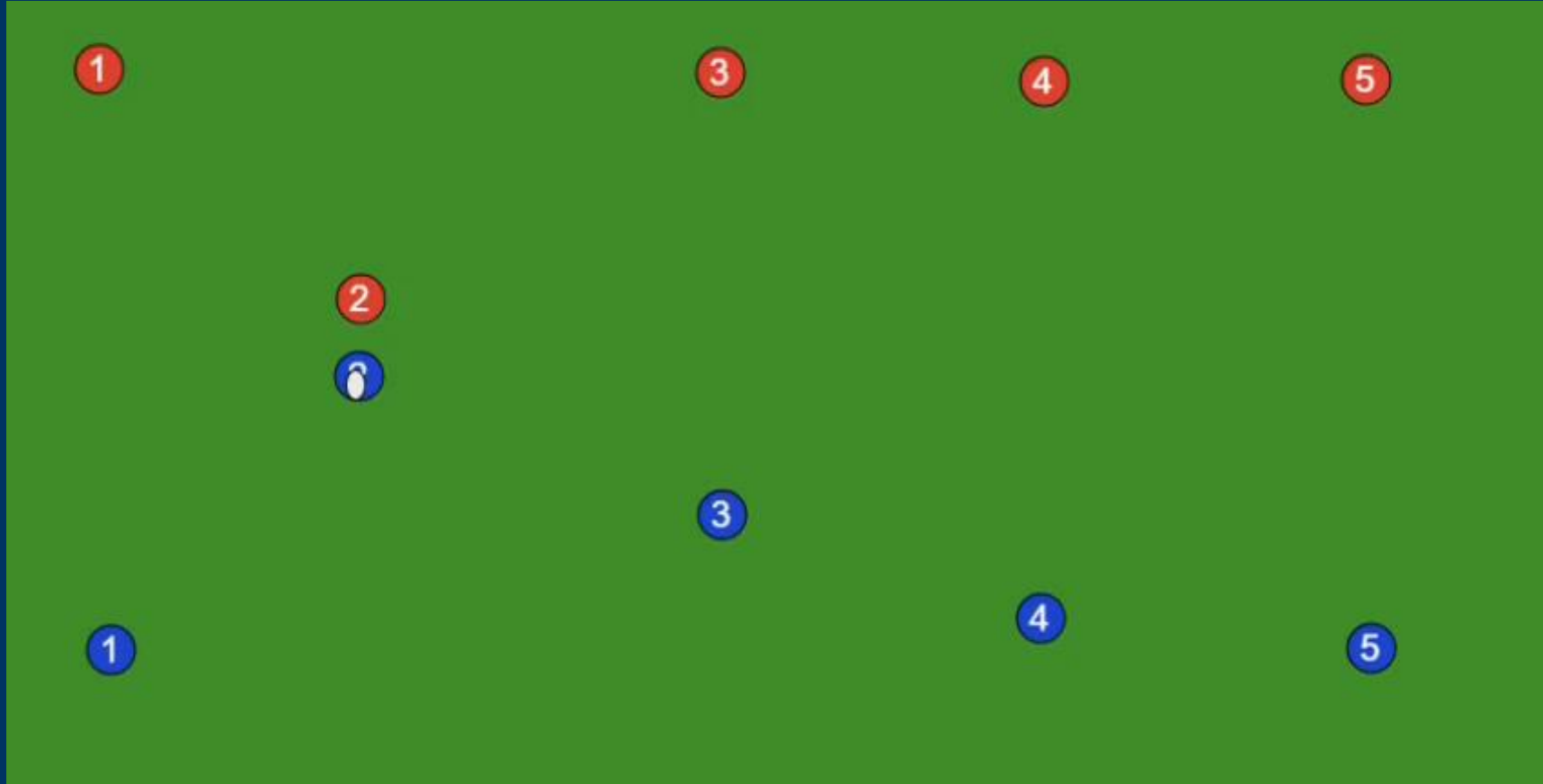
Classroom Session 3: Shapes

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HONEST

FAMILY

ONE

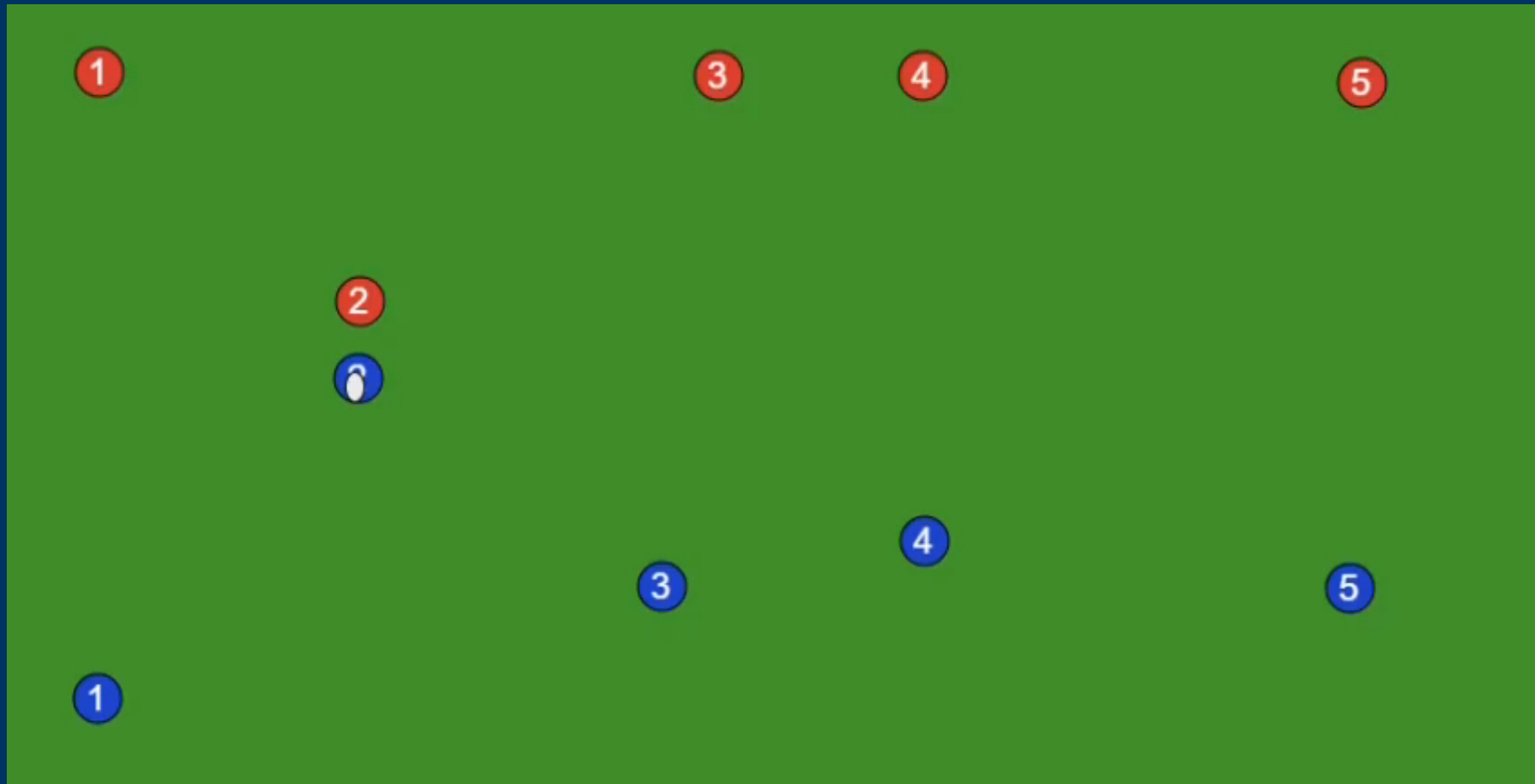


RUTHLESS

HONEST

FAMILY

TWO



RUTHLESS

HONEST

FAMILY

THREE



RUTHLESS

HONEST

FAMILY

Field Session 3:

Shapes/Game Scenarios/Kaizen Time

RUTHLESS

HONEST

FAMILY

Classroom Session 4: Day Wrap up

RUTHLESS

HONEST

FAMILY

At the end of today.....



- We will have a deeper understanding of the shapes that we worked on at last session.
- We will be further down the track on shaping Project Braveheart.

RUTHLESS

HONEST

FAMILY

Today did you....



- Ask if you were not sure on something?
- Ensure that you provided some form of feedback to everyone here today

RUTHLESS

HONEST

FAMILY

Next Steps...

- We will select a squad of 12 for the Celtic Cup and Ireland (Match Day Squads of 10)
- Squad will be announced around **1st May** Embargo until this date.
- We will revert back to NPS after these games.

RUTHLESS

HONEST

FAMILY

Selection Notification



- Selected players: Player notified by phone call from Twig/Dave ahead of announcement.
- Non selected players: Coaching Staff will follow up with our 'work ons' document and agree a plan of action with player.

RUTHLESS

HONEST

FAMILY