



CUSTOMER STORY

The importance of developing mental resilience for the next generation of footballers

Go4Goal are a leading football and futsal coaching company that are based in Surrey and are the UK's exclusive provider of Smartfootball - a revolutionary coaching methodology which has been specifically designed to enhance the football intelligence and abilities of young footballers. The methodology has its origins in Catalonia Spain but has been introduced to the UK by Go4Goal to help the players they coach to become better, more intelligent footballers. As a team the Go4Goal coaches have over 35 years' experience in grassroots football as well as the professional game and international experience in Futsal. Go4Goal offer a full range of coaching options – from beginners right through to elite players and offer coaching programmes at clubs, schools, academy and university teams.

Andy Maciel, Founder and Head Coach of Go4Goal is always looking to offer more than just coaching to their players and he works closely with all of his team to provide them with all the tools they need to become leading teachers of the game. After seeing Martin Fairn, CEO of Gazing, speaking at a Cohesive Coaching Seminar about Gazing's Red2Blue concept, Andy contacted us, "We have always accepted that mindset and mental approach plays a major part in sport, but had always thought it was only sports psychologists that would support in this area. Having read about Gazing on the Training Ground Guru website, I contacted them to see how they could support not only coaches but also players"



HELPING PEOPLE TO PERFORM UNDER PRESSURE
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Working with Andy, and also other Senior Coaches, Gazing developed a mental skills and performance coaching programme for coaches and players. The programme centred around working together to lay the foundations of a good structure, and the further development of the players mental skills to build resilience in competitive scenarios. We started working together in the Summer of 2018, initially introducing the coaches to the Red2Blue framework. This helped to enable the coaches to be able to provide a clear direction for the players and also to motivate them to maintain a positive mindset which can be transferred from the training ground to the pitch. Then we began a programme with some of the players, again using the Red2Blue framework, helping them to develop individual resilience in critical moments of pressure, "The workshops have impacted us as coaches, and we are all more conscious of managing individuals as well as ourselves. Our communication is different

“Applying mental skills training at the tender ages is a huge plus”

and our focus on mentality is at the fore when planning / delivering sessions or preparing for a game. We are thinking and talking more about individual mentality rather than when a player is having a tough time. One thing that has become very clear, is that applying mental skills training at the tender ages is a huge plus!" Andy Maciel

Gazing recently introduced a Red2Blue Coaching Certification Programme, enabling coaches from sport, business and education to teach their clients and teams key principles to improve performance under pressure. Andy and Paul Jones – (Director at Go4Goal) were keen to become certified Red2Blue coaches and took part in the

accreditation to further support players and staff to think more clearly and feel more in control when under pressure. Gazing are also now beginning a programme with individual players by way of one to one coaching session to help further support the application of the Gazing tools and concepts, not only on the playing field, but also to help other aspects of their lives, such as exam times.

In a rapidly changing world, which can create vast pressures on young people, Gazing are very much looking forward to continuing their partnership with Go4Goal and helping enthusiastic young children to work towards their football ambitions while developing their mental skills and resilience along the way.

Find out more about Gazing's unique training system at gazing.com

