

PHILOSOPHY OF SUCCESS



SUCCESS

STEPHAN LUNDH



CULTURE OF COACHING

STEPHAN LUNDH

TO BE A COACH?

COACHES ARE TRAILBLAZERS, THEY PAVE THE WAY FOR OTHERS TO FOLLOW THEIR DREAMS AND STEP INTO THEIR GREATNESS.

- POWERFUL TEACHERS
- GUIDES
- LISTENERS
- QUESTIONS ASKERS
- SUPPORT

”TELL ME AND I FORGET - TEACH ME AND I MAY REMEMBER — INVOLVE ME AND I LEARN”

B. FRANKLIN

A black and white photograph of a road with a large arrow pointing up and the word 'SUCCESS' painted on the pavement. The text is overlaid on the image.

THERE IS NOTHING TO
REPLACE HARD WORK, IT IS
THE PRICE OF SUCCESS

SUCCESS

DISCIPLINE

- Have common rules, times, etc.
- Preparations, before the match and practise.
- Good ambassador 24/7

HAPPINESS

- We should have fun!
- We will win games, but also lose. But we do it TOGETHER!

COOPERATION

- Towards common goals
- With different types of tactics
- Doing a task for the team is more important than your goal

ATTITUDE

- Hard work in every situation, 100% for the team.
- See yourself and the team as winners in every situation.
- Be humble

THE TEAM

- **Always we before me!**

RESPONSIBILITY

- To have patience for your development, performance and the way you want to be treated.
- To spread joy, and trust each other.



ANALYS HOCKEY

WE SHOULD BE AT LEAST AS WELL TRAINED AS THE OPPONENTS AND HAVE A
BETTER PLAYING SYSTEM - PLAY OUR GAME BETTER THAN THE OPPONENT.

A close-up, low-angle shot of an ice hockey player in a blue and white uniform, leaning forward on the ice. The player's stick is visible, and a puck is on the ice in the foreground. The background is blurred, showing other players and the arena lights.

OUR GAME

- PLAYERS CLOSEST TO THE OPPONENT WITH THE PUCK SHOULD ALWAYS ACT SO THAT HE PUTS PRESSURE ON HIM WITHOUT LOSING HIMSELF
- OVERLOAD/SUPPORT, WE WILL PUT PRESSURE AND MAKE IT CROWDED SO THAT THE OPPONENT HAS NO TIME TO ACT ON.
- TURN THE GAME AROUND QUICKLY, HAVE SOLUTIONS TO GET INTO THE OFFENSIVE ZONE - CARELESSNESS MAKES US VULNERABLE, WE LOSE PUCKS AND PLAYERS.
- STRONG IN MAN-TO-MAN STRUGGLES, IS LINKED TO AGGRESSIVE/INTENSE ACTION.
- MANAGE NUTRITION AND EXERCISE, THAT WILL MAKE US TO TAKE THE RIGHT DECISIONS UNDER PRESSURE



WINNING TEAM

GETTING ALONG IS A
START

STICKING TOGETHER IS
A PROCESS

WORKING TOGETHER IS
WINNING.

TEAMBUILDING

ROBERTS

21

- LEARNING
- RESPECTING FELLOW HUMAN BEINGS AND THEIR GOOD SIDES
- RULES/NORMS
- VISION/PHILOSOPHY
- GOALS
- KEYWORDS
- SELECTION

STOLM
22

McSHANE

19



PERFORMANCE GOALS

Short-term goals

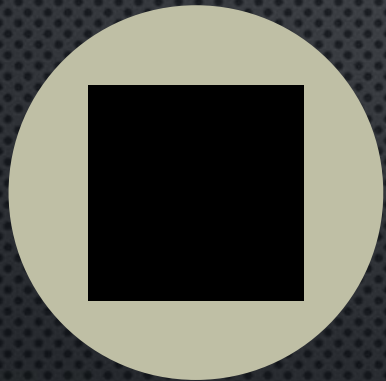
- A good training
- Develop and improve moments in the game
- Next match
- Compete

Long- term goals

- Building a culture
- Physical requirements
- Gold medal
- European top
- Competition culture
- Selection process
- Create players for higher leagues, NHL etc.



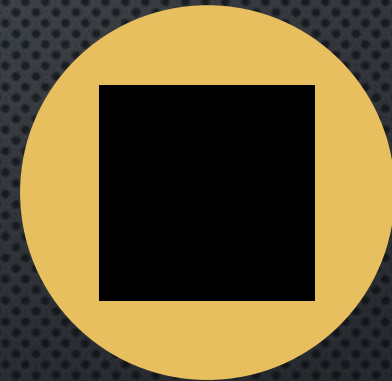
WHAT COULD BE A PROBLEM?



DIFFERENT TYPES
OF CONFLICTS



SUBGROUPS ARE
FORMED



INTERNAL AND
EXTERNAL PRESS

LEADER / COMPLAINER

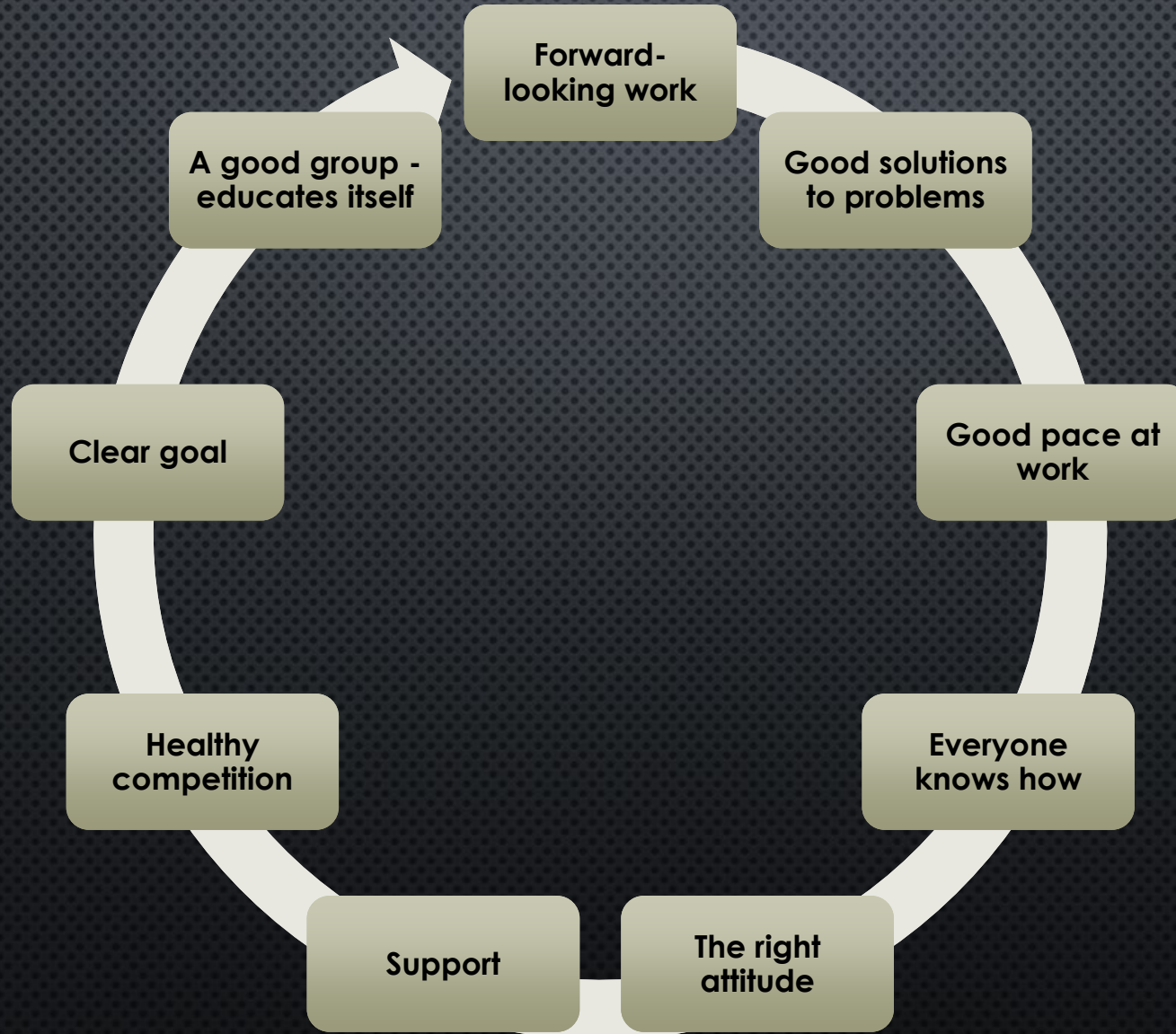
- LOYAL AND RELIABLE
- CONSTRUCTIVE CRITICISM THAT MOVES THE GROUP FORWARD
- CORE GROUP / CAPTAIN AND PLAYER COUNCIL
- DEVELOPER / EDUCATION
- WEEKS OF HELL
- STRENGTH TRAINING / TESTS
- ICE SESSIONS
- MENTAL TRAINING



TO THINK OF

- EVERYONE WANTS TO DO A GOOD JOB
- PEOPLE ARE DIFFERENT
- CONSCIOUS VALUES ABOUT THE WORK AND THE TEAM
- BUILD THE TEAM BASED ON THE PLAYERS YOU HAVE
- AVOID STANDARD SOLUTIONS
- COMMON SENSE

GOOD WORKING GROUP



THE SEVEN MISTAKES

-
1. Not 100% commitment

 2. Not enough people want to change

 3. Unclear vision

 4. Do not live as you teach

 5. Do not remove obstacles

 6. Do not plan for rewards

 7. Take out the victory in advance



SUCCESSFUL TEAM

- RESPECT FOR KNOWLEDGE / WILL
- MUTUAL TRUST
- THE WILL TO ACHIEVE COMMON GOALS
- EVERYONE IS IN THE SAME "BOAT"

THE "IDEAL PLAYER"



COMMITMENT
ATTITUDE- CONTROLS
ONE'S OWN
DEVELOPMENT



GAME INTENT- OWN
THINKING



THE RIGHT PHYSICAL



DO OTHERS GOOD



DEFINITION OF COACHING / LEADERSHIP



To lead a group forward
Firmness / generosity



Success by developing
the individual



Gets 100% of each
individual through
"personal knowledge"



Is in the "boat"- show the
way



A good coach gets what
the group can do, a
good leader gets out
more than the group can

COACHING THROUGH "PERSONAL KNOWLEDGE"

Takes time
and energy

Max of the
individual

The right
working
groups

IMPORTANT!

It is not just the coach who should influence the others in the right direction!

Everyone on the team **must** take their responsibility!

If there is a will-
there is a way!

GUIDING STARS



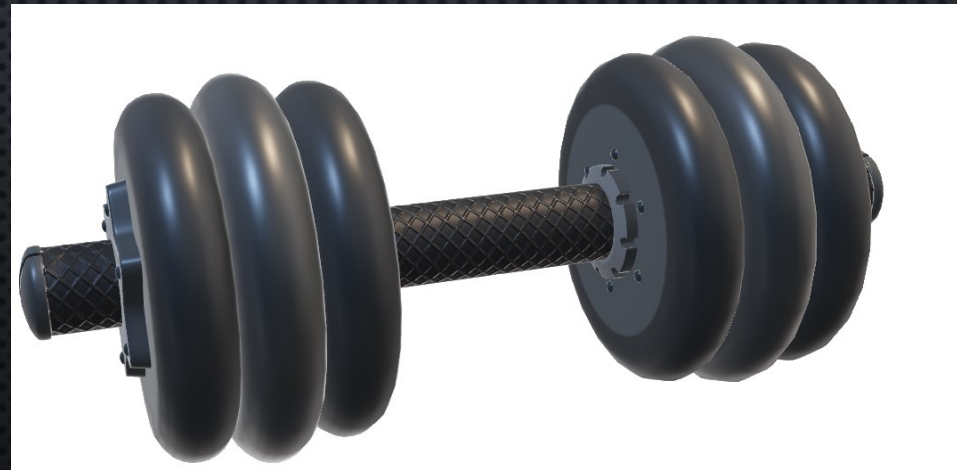
- SAY IT LIKE IT IS
- ENDURANCE
- PLAYERS DO NOT MOVE ...
- CHANGE / RISK-TAKING — DO NOT BE AFRAID TO MAKE MISTAKE
- POWERLESS IS THE ONE WHO FEELS POWERLESS



COACH IDEAL?

- DARE TO DELEGATE
- HUMAN KNOWLEDGE
- ABILITY TO COOPERATE
- CIVIL COURAGE
- PRESTIGIOUS

“MAKE IT AN EFFORT TO GET TO KNOW
YOURSELF, WHICH IS THE HARDEST LESSON
YOU CAN GET IN THIS LIFE”



If you want to
create something
good, you have to
think long-term

He who is not fooled
by success is not
broken by adversity

The only way to get
stronger is to get
through adversity

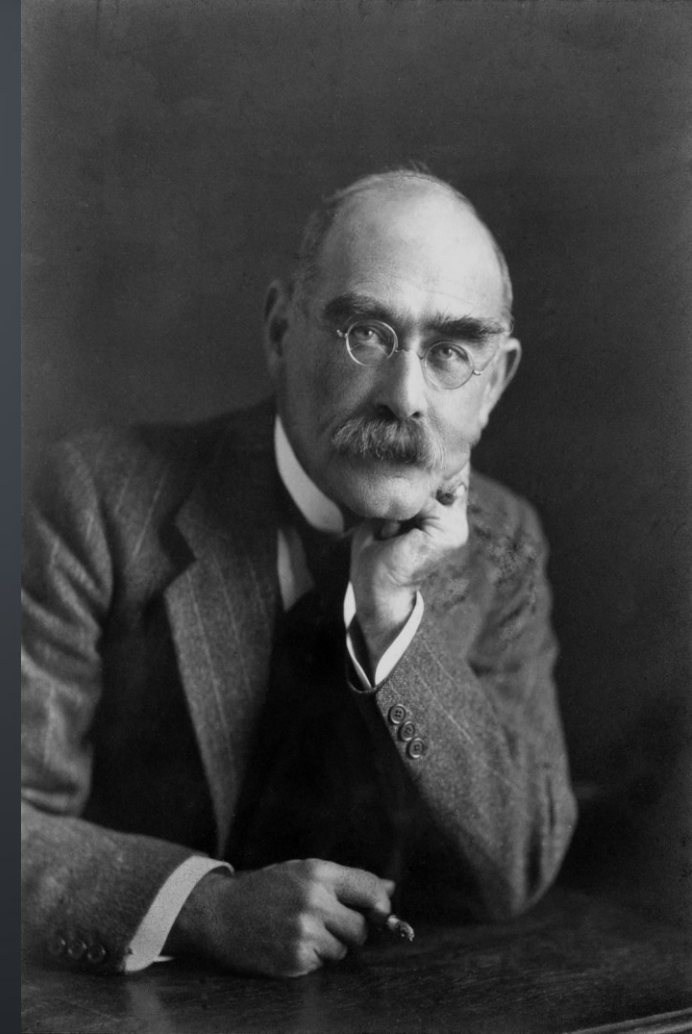
To win without
danger is to win
without honor

Everything has an
end, but it is always
the beginning of
something new

“LIFE
ADVICE”

CONCLUSION

- CAN WE HAVE PATIENCE AND BELIEVE IN WHAT WE DO - THEN IT USUALLY GOES WELL.



"If you can keep your head cool for 60 seconds, then the earth and what belongs to the earth is yours" (Kipling)