

EDITOR'S NOTES

20.5.08.

Last week I asked for any ideas on motivational speeches that could be used pre-game. There were some interesting replies and you might all like to share them.

1. Ian Legrand, London Docklands Volleyball: "Further to your request for speeches, It has to be the "Inches" speech from 'Any Given Sunday.'

Our psychologist set it to a series of stills for the 2007 National Knockout Cup Final and you can see it at www.londondocklandsvc.com

When you are on the website, click on Players Profiles then go to Staff. Click on Julie York and you can see the work she has done. I think it is the 2007 Final 2.

2. Ian 'Spike' Milligan from Swaffham usually comes up with the answers and did not let me down this time: "There is a speech from 'Any Given Sunday' which works well. In the film Al Pacino delivers it.

However, the one I've referred my boys to is the adaptation which Sky sport used for the Heineken Cup a year or so ago. The link is <http://www.youtube.com/watch?v=QuajNdA9fBw>

There is also Will Greenwood's article from around the time of the Rugby World Cup when he talks about preparation; it's quite long but works on all aspects of the game.

One of my personal favourite relates to the scrum in the England game against the All Blacks where we had two players binned and the pack held the Blacks out. In the post-match interview one of the commentators asked Martin Johnson what was going through his head at the time; his reply was, 'My spine'. Not sure it is motivational but it has worked for my lot in the general discussion prior to a game."

3. Danny Lyons from Aldwinians RFC: "Without a shadow of doubt the best speech I have used and have seen used at club, county, division and junior international level is the "inches" speech from the film Any Given Sunday. If it is combined with images of the team in relevant situations, it raises the hairs on the back of the players' neck and will have them bouncing off the walls. Failing that, Vince Lombardi is always good for quotes and speeches."

4. Steve Johnson, recently of Japan and back here now: "There is a book, 'Speeches that changed the World' by Simon Sebag Montefiore, published in 2006 by Quercus Publishing and is available in Amazon at about £7."

The lengths some of you coaches go to is remarkable because Steve went on to say,

“I saw a copy in our local Oxfam shop on the way back from the gym, but it was too late - the shop was already closed. I'll buy it tomorrow and if it's not that good I can give it back next week.”

If that isn't dedication to the Technical Journal, I don't know what is!

Keith Richardson (Technical Journal Editor).

Cheers,

Steve
