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JOSÉ MOURINHO
FOOTBALL

Multiple National
Championships
The "Special One"

"The pianist doesn't run around the piano or do push ups with the tips of his fingers. To be great, he plays the piano... The best way to be a great player is to play..."



THE UNIVERSITY *of* EDINBURGH

THE MICROSTRUCTURE OF COACHING PRACTICE

Edward Hall Shirley Gray John Sproule



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ATHLETE CENTREDNESS

Empowerment
Ownership
Choice

GAME SENSE

Tactical understanding
Reading the game
Decision making

GAME-LIKE ACTIVITY...

"...provides a catalyst for coach behaviours and a practice setting which supports long-term learning"

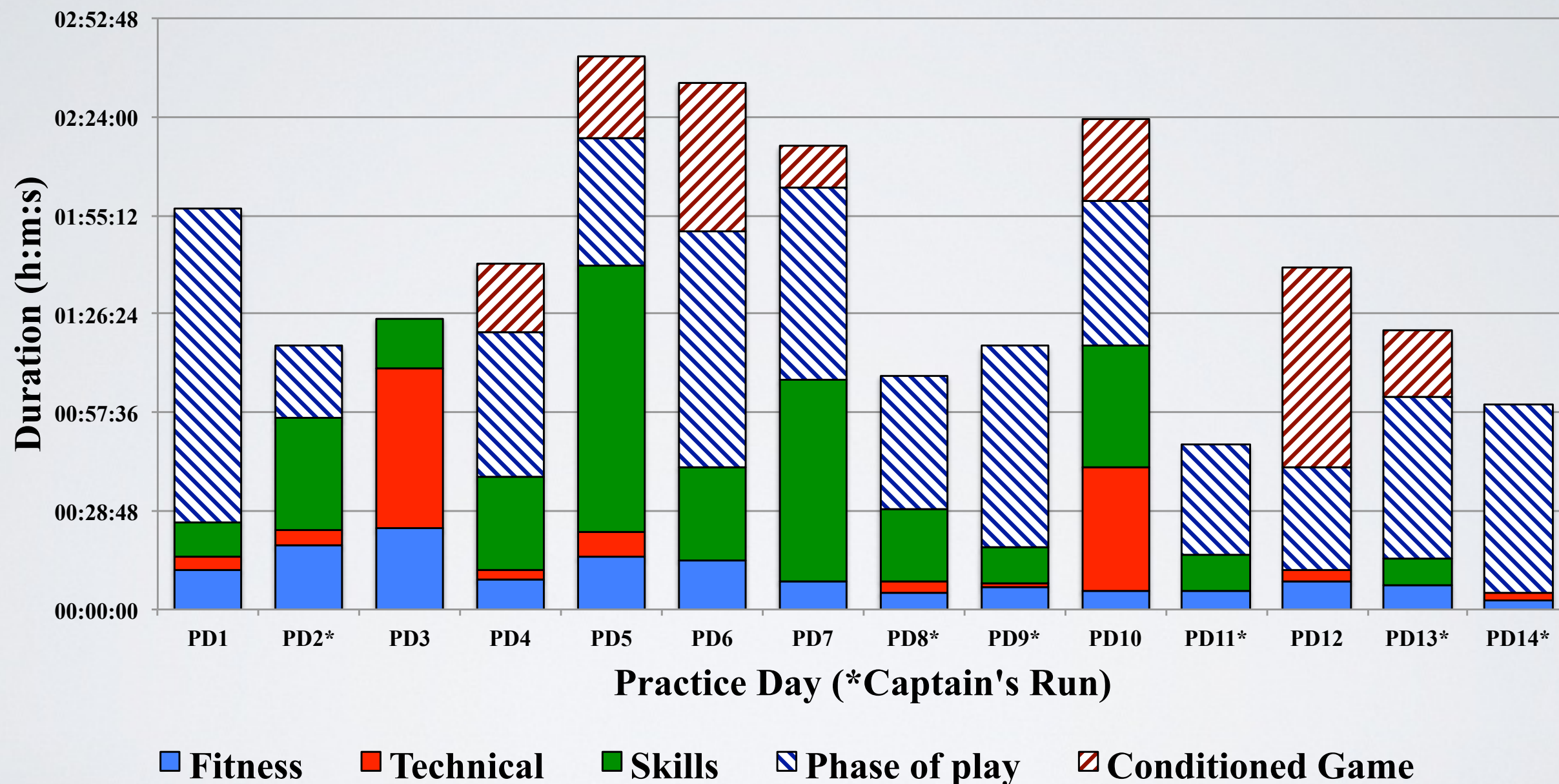


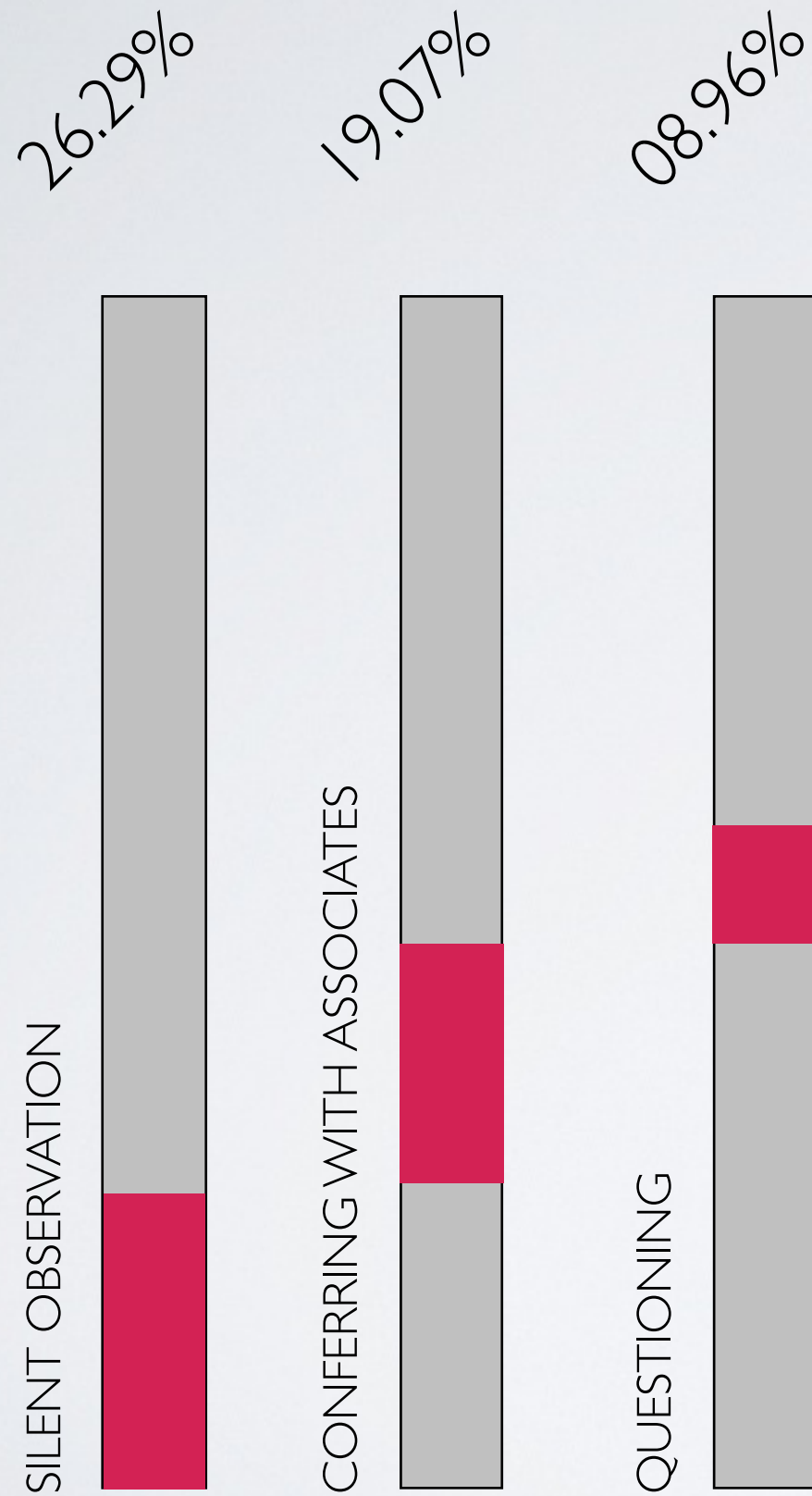
R.U.C.O.I.

Time-use
analysis









- More & less game-like games
 - Adaptive pedagogy
 - Microstructure of the microstructure
-

- Develop declarative knowledge & self-awareness.
 - Refine notions of best practice.
 - Further research in more contexts!
-

COACH

knowledge • philosophy

Role Frame

ASSOCIATES

needs • expectations

Role

INTERACTIONS

Organisation • Preparation • Competition

COACHING CONTEXT

situational factors • resources • extraneous factors

THANK YOU!



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