



Winning and Losing: Out-Played or Out-Talented –

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In high performance sports you have a relatively simple equation to evaluate performance – you either win or lose. When you lose, it is natural to look for the reasons “why”.

A critical aspect in understanding the “losing process” is to find the answer to the following question: **“Were you outplayed or out-talented?”**

What does it mean to be out-played? Being **outplayed** means that your opponent planned and prepared better than you did.

Being out-talented means you were beaten by someone who possessed a superior athletic talent. For example, in the golden era of the Chicago Bulls in the 1990s if you were unlucky enough to come up against Jordan, Pippen, and Rodman and company then you were always going to be **“out-talented”**.

However, sporting losses due to being **out-talented** are very, very, very, rare.

What’s the difference?

The difference between being **out-talented** and **out-played** is that **being out-played is totally your own fault and you had complete control and responsibility over your own preparation.**

The most important principle in competitive sport:

The most important principle in competitive sport is that you as an individual must out-prepare, in every aspect, on and off the field, in training and self management areas your opponent. It doesn’t matter if you are in an individual sport or in a team sport: You, as an individual must out-prepare in every aspect the person you will be competing against.

Competitive sport is not a handicap event:

You either win or you lose. Excuses do not count. Blame does not improve performance. It is pointless blaming losing on having “less talent” than your opposition

unless, you know with **absolute certainty**, that you have prepared better in every aspect than they did.

Control the Controllables.

In high level sports it is common for athletes and coaches to look to blame factors outside their control for their failures.

“They had more money than we did”.

“They had more support staff and better access to facilities and sports science”.

“They had the best of lucky breaks from officials and referees when it mattered”.

“They had a better group of players than we did”.

All these factors can influence the result of games, matches and even seasons but, they do not overcome the basic requirement of **responsibility for optimal personal preparation** for every athlete, coach, support staff member and manger in the organization.

Let’s look at 20 (and there are hundreds) of the key factors in preparation that **you** as an athlete or as a coach have complete control over and therefore have complete responsibility for:

1. You are responsible for **every mouthful of food you eat**
2. You are responsible for **every drop of fluid you drink**
3. You are responsible for **every drop of alcohol you drink (or don’t drink)**
4. You are responsible for both the **quantity and quality of your sleep**.
5. You are responsible for your **level of commitment to and engagement with your training program**.
6. You are responsible for **studying your sport** and understanding who/where the benchmarks are in all aspects of planning, preparation and performance.
7. You are responsible for the way **you interact with and communicate with team members, support staff, members of the public** and other people involved in your club or organization.
8. You are responsible for the **way you look** (i.e. dress codes, personal standards – “professionalism”).
9. You are responsible for **your attitude** to training, preparation, and playing
10. You are responsible for **saying “no”** at times which can impact negatively on your preparation and performance (e.g. mid to late evening in social situations, saying no to alcohol, reduced sleep, etc
11. You are responsible for **managing your own travel stress**, i.e. eating, drinking, sleeping, etc. during your travel periods;

12. You are responsible for your **recovery program**;
13. You are responsible for the **attention to detail to skills practices and learning**;
14. You are responsible for maintaining a **balanced lifestyle and keeping mentally healthy**;
15. You are responsible for the attention to detail and a methodical systematic approach to **planning your preparation and competition program**;
16. You are responsible for your **level of passion, drive, and enthusiasm**;
17. You are responsible for **being consistent in preparation**;
18. You are responsible for **managing you own time**;
19. You are responsible for **understanding who you are and living according to your own set of personal values**;
20. And...**you are responsible for out-preparing in every aspect, your opponent.**

Conclusion:

- Loses in sport which can be 100% attributed to being **out-talented** are very very rare: most of the time you have been **out-played**;
- Being **out-played** means you were **out-prepared**;
- And being **out-prepared** means the loss was **largely your own responsibility**;
- Take personal responsibility for the “controllables”, out-plan and out-prepare your opponent in every aspect and you **have the opportunity to win more often**.

**Remember to

1. Always plan ahead for what you are going to eat
2. Obtain adequate amounts of protein
3. Work on Flexibility
4. Supplement your diet with a fish oil and multi-vitamin

Let me know if I can help. Email me at architechsports@gmail.com

God Bless,

Alan Tyson

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