

Robin Wray on “Making the Team”

With over 40 years of coaching experience from grass roots to the highest level, the knowledge I have assimilated tends to be very fragmented with much of it being stored in my head and the rest in various files a round the house.

Coaches in today’s game need a much wider knowledge of its many different aspects and new concepts which improve performance. Whist in the past technique, skill and basic fitness were enough, now individual fitness programs, psychology and nutrition improve personal performance and are an integral part of the scientific preparation for winning matches.

With the advent of Sky and the huge amounts of revenue coming into the game, many clubs at the highest level are able to employ specialists in each discipline either full time staff or consultants on a part-time basis. They are experts in their own field and are able to draw on the recent explosion of nutritional, physiological and psychological knowledge from research which has taken place over the last decade.

This book encompasses all these disciplines and as such is a valuable source of knowledge which will aid coaches working at all levels of the game.

Robin Wray’s Qualifications

D.L.C. Honours (Loughborough College of Physical Education)
Cert. Ed. (Nottingham University)
Adv. Cert. Ed (Sheffield University)
Adv. Dip. P.E. (Leeds Carnegie)
Full Badge F.A. Coach from 1969

Experience

Head of Faculty of Sports Science Leisure and Recreation (Barnsley College)

Finalists E.S.F.A. U18 Trophy
Winners E.S.F.A. U18 Trophy
Winners British Colleges Championship

Youth Coach Huddersfield Town A.F.C.

Runners-up F.A. Youth Cup

Youth Coach Sheffield Wednesday A.F.C.

Runners up F.A. Youth Cup

Youth Coach Leeds United A.F.C.

Twice winners F.A Youth Cup

Players coached include:

Paul Garner, Steven Spriggs, Bob Newton, Mel Stirland, Mark Smith, Peter Shirtliffe, John Pearson, Siggy Johnsson, Gavin Oliver, Brian Cox, Bob Boulder, Jonathon Woodgate, Harry Kewell, Paul Robinson, Stephen McPhail, Alan Maybury, Gary Kelly, Andy Grey, Jon Stead, Jon Wothington, Andy Holdsworth, Nathan Clarke and Nicky Byrne (Westlife)