

Leading coach Dave Alred holding webinar with Irish athletes

Performance coach has worked with the likes of Jonny Wilkinson and Man City

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Eamon Donoghue



Dave Alred worked with former England out-half Jonny Wilkinson throughout his career. File photograph: David Rogers/Getty Images

One of the world's leading performance coaches is holding a webinar with Irish athletes and coaches this weekend.

Dave Alred is an elite performance coach who has worked with some of the world's top sportspeople - most notably former rugby World Cup winner **Jonny Wilkinson**, former World rugby player of the year **Johnny Sexton**. He brought golfer **Luke Donald** to world No 1, and he's also worked with Major golf winners such as Pádraig Harrington and **Francesco Molinari**.

Wilkinson, the star of England's 2003 **Rugby World Cup** win, has said in the past: "Dave Alred is a genius, he changed my life."

Learn from one of the best coaches on the planet - Saturday morning (May 22) at 9.30am, hear from [@dave_alred](#) as he talks to [@DonoghueEamon](#) about all things performance and answers questions

Register for this open to the public webinar via this link:<https://t.co/oleozneThC> [pic.twitter.com/8TkAEYkZBV](https://t.co/pic.twitter.com/8TkAEYkZBV)
— Sport Endorse (@Sport_Endorse) May 19, 2021

He's also worked with the England rugby team over four World Cups, the British and Irish Lions for three tours, the Springboks, the England cricket team, and Premier League champions [Manchester City](#). He holds a PhD in Performing under Pressure from Loughborough University and is the author of "The Pressure Principle". Alred is currently coaching New Zealand outhalf Beauden Barrett.

Irish sport management agency, Sport Endorse have organised the talk to help their clients who include the likes of Ireland and Sheffield United centre back [John Egan](#), GAA players such as Dublin's Dean Rock and [Damien Comer](#), AFLW star Orla O'Dwyer, Irish rugby international [James Lowe](#), and rowing World Champion Sanita Puspure.

Alred told the platform: "I've been lucky enough to work with [Padraig Harrington](#), Ronan O'Gara and Johnny Sexton and I'm really looking forward to sharing my experiences."