

Why You Are Training

(Yarra group champions preparation 2019)

Research (the best or most widely regarded is by Anders Ericsson, USA) has shown talent is nowhere near as vital to gaining a standard of excellence / expertise as is the quantity / quality of purposeful practice.

Elite performers devote hundreds of hours to become the BEST.

Ericsson found there were NO exceptions to this pattern: nobody who first reached elite level did so without copious practice sessions and nobody who worked their arse off (my words) failed to excel.

Purposeful practice / training was the sole factor distinguishing those who excel from the utter champion.

When the research findings were made, Ericsson and his research crew were aghast: like all of us, they thought talent was the fundamental factor.

Now they advocate that the reason for elite performance is due to prolonged persistent deliberate effort to improve.

You may read occasionally an expert is described as one who has accumulated 10,000 hours of application, or sometimes, 10 years of dedicated practice.

I keep a log summarizing what I do as a coach and all these years on I reckon I have accumulated 8,500 hours of experience hence slowly, but surely, I am moving toward that zone of “expert”.

To you few players as champions at group level who agreed to have me direct your preparation, your coaching, your training, one final word from the footer below:

attitude, sums it all up.

Have attitude

Enjoy the ride with me. I shall.

Lachlan Tighe, 2019

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(this article will go on my website sometime soon as I just wrote it now with you Yarra region champions at the forefront of my mind)