

Henselite coaching Column...On line Delivery Coach consultant, Lachlan Tighe

June 2013 edition titled '...WARRIORS'

Way back at Manchester Games 2002 I wrote this theme for Lina, who was preparing to compete for the women's singles final, and talked to her in the car about this theme and made it my final pep talk with her;

Warriors are never satisfied
 Never need be told to give 100%
 Never concede
 Want to succeed
 Dedicated to the achievement
 strive to be better, always
 learn from each performance, analyse each performance

so train like a warrior
 think like a warrior
 plan like a warrior
 fight like a warrior
 walk like a warrior
 enjoy being a warrior
 play like a warrior, and
 WIN as a warrior

All good: except not all people are born warriors. Some even never want to be warriors. Most people are waiting for someone to inspire them. So what we coaches need to do, create this 'inspired' person. People lack belief they can be winners. Coaches can teach these people (to be winners). Show them they can win, and once they start to achieve, watch the self confidence grow, the self belief soar.

Next time you have a chance to watch any sporting team compete, watch and then listen to the team members. As the volume of mutual support increases, their collective behaviour meshes, and, chances are they are going to win. As pressure mounts this team invests, finds the time in the heat of battle to be relatively calm and composed. They compete as a team of warriors.

Recently I met with another player and talked about the merit of seeing yourself as a warrior. Incidentally this player won that championship game too, most rewarding.

Lachlan Tighe, May 31. 2013