

## Coping with competition pressure

### QUESTION:

As a Division one skip, I feel frustrated that I am not as productive in conversions compared to my opposing skip in playing the big pressure shot; what pressure training for skips do other coaches use?

### ANSWERS:

- Train with intensity.
- Have a purpose each session.
- Sets up heads to experiment with, in readiness for pennant.
- Expectation is for 5 conversions in a pennant game.
- Prepare by competing in singles.
- Is the expectation exceeding the reality.
- Visualize delivery.
- Head reading and pressure training.
- Practice on the task at hand.
- Practice having the distractions.
- Conduct club session on avoiding verbal distractions.
- Session on identifying our sources of being flustered.
- Training to deal with being flustered.
- Learn to energize yourself.
- Learn who and what saps your energy.
- Repeat simulated pressure training.
- Score the training to register your capacity.
- Tangible rewarding the training effort.
- Analyse how and what you are missing in converted shots and replay in training.
- Include training of the mind in sessions.
- Training to acquire mental and delivery skill will result in confidence.
- Self talk the delivery in training then into the game.

**Lachlan Tighe, 2017**