

Excellence For Bowls

To start my 2017 year off in sport and coaching, I took an opportunity to browse through numerous sports book I have in my library to detect and refresh myself of any valuable messages from the books to refer over to bowls, bowls coaching and elite level bowls.

The generic themes I reacted to were these:

- Attitude
- Choose the players of character
- Culture and teams
- Coaching
- Leadership
- Measuring performance, observing and statistics
- Mental skill
- Selection and teams
- Skip skills
- Teamwork
- Team roles and positions
- Winning is a mindset (as is losing)
- Xcellence.

Here then are some précised statements, and my take too, on the specific theme below. Each theme will be on a separate article / column.

Xcellence

Gained at training.

Practice makes players.

Practice has to have a purpose.

Training is to be physically and mentally tougher, more complex and more demanding than the competition. This ensures you have the skill capacity to deal with whatever comes along.

Develop excellent habits at training.

Remember it is the power of the mind that excites us to excel at such a level.

Great players enjoy that standard of training. They can lose themselves to the task at hand as they trained with that intensity of purpose as they work hard at excellence, never complaining, always sparing time to devote to the

Website menu- facts, knowledge, measurables
Books on sport, Excellence for bowls

path of excellence. Excellence to these players is unconditional. It is hard work. It requires commitment. It is the base for motivation.

Eric Cantana as Alex Ferguson's outstanding M.U. model player doing more than required despite him being the already acknowledged champions player by his peers. (4)

From Olympic experience it is known that these gold medal teams go into training with a singular purpose of skill development, enhancement. (10)

Nurturing Xcellence

All great performers have - fun, joy, passion, love - as their essential ingredient in allowing them to be free to excel. It is that ingredient which enhances their commitment, their motivation, their positive approach in the journey.

Now for commitment & focus great players have incredible intensity on display at both training and competition. They train with a purpose, focused every moment, energized. Their pathway to success is - set goals, train with purpose, perform at your best, debrief to learn the lesson from today. (9)

Xcellence is a habit (4)

Sources

- | | |
|----------------|---|
| 1 Bryant | Bryant on Bowls |
| 2 Belliss | Play better bowls |
| 3 Benincasa | How winning works |
| 4 Charlesworth | Shakespeare the coach; The Coach; |
| 5 Collins | Good to great |
| 6 Dwyer | Full Time |
| 7 Matthews | Accept the challenge |
| 8 O'Neill | Sport leaders and success |
| 9 Orlick | In pursuit of excellence |
| 10 Parkin | Perform or else |
| 11 Pyke | Toward better coaching |
| 12 Syer | Sporting body, sporting mind; Team spirit |
| 13 Woodward | Winning |

Lachlan Tighe, 2017