

# Training For Skips

## QUESTION:

As a top side club 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:

We asked our forum attendees for responses:

- Train with intensity;
- Have a purpose each session;
- Sets up heads to experiment with in readiness for pennant;
- Expectation is for five conversions in a pennant game;
- Prepare by competing in singles;
- Is the expectation exceeding the reality;
- Visualise 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 energise 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.

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