

'Elbows' 2010 Summit pyramid Session,

Henselite Online delivery July 2010 coaching column

Session schedule: Friday & Sundays (in season)

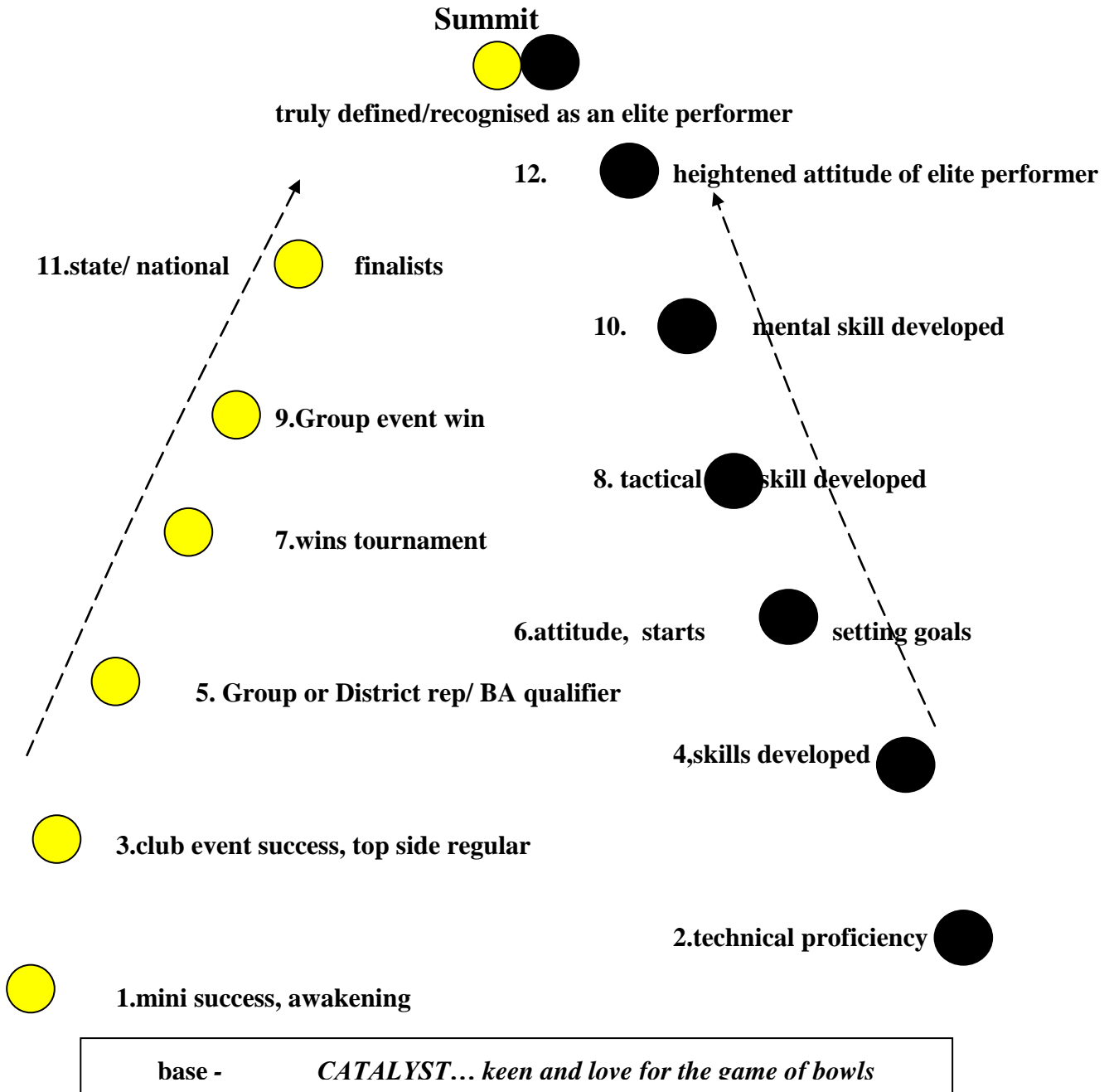
PURPOSE of the session

.....make bowlers aware of their current skill proficiency and required skill competency

LESSONS learnt from previous performance (training or competition)

Mental SKILL

Know your strength, identify and, importantly, accept weaknesses to ensure you continue to develop the skill to reduce or minimise the weakness ; in fact the weakness may even disappear as you acquire the skill and thus a weakness is not apparent anymore.



as coach have every player pinpoint to me where they reckon they sit in the pyramid, discuss.

Edited last on Tues 29/6/2010

Player awareness of skill requirements