

Performance Indicators – TRAIN THE BRAIN

All indicators:

Anxiety Management, Attitude, Emotion, Focus, Goals, Motivation, People Skills and Positivity need to be trained for at the formal regularly supervised training sessions.

When not performing well, or to your expectation, it is the brain you need to regain.

Monitor and measure your brain training.

BAT (best at training) is not a new concept. In the 1990s the Australian Football League club North Melbourne applied it and won two premierships and was runner-up in a third in that decade.

Know your own team role (as measured and stated) and prepare accordingly.

Lachlan Tighe, 2015.