

Elbows
Coaching 2012 - Lachlan Tighe

Facts and knowledge

Cliches, phrases, etc

- I coach people, who bowl
- Don't accept mediocrity, and, be bloody intolerant of those who do
- If you work hard you get to make the choices- if you don't (work hard) others make the choices for you
- "I want to be one of those who relentlessly chase perfection knowing we won't catch it; but, if we constantly chase it, we will achieve excellence".
- Chase perfection, knowing, we won't catch it, but, chasing it we end up with
.....excellence
- My job coaching, is to make players realise how good they can be
- I want my coaching to mean something....to me, to the player, to the sport
- Forever striving, never arriving
- Positive people are amazing
- No one, not one of us is as good as all of us
- Choose a team on talent, however, where two players are equal take the one who has the stronger team character
- Success breeds success (in the mind)
- A goal may be to compete against better players
- Athletes spend <5% of training on mental skill
- Most obstacles to success appear to be mental
- 85% of success is attitude not aptitude
- best performances come as a result of optimal skill preparation
- being the best may require behavioural change
- to be above average, don't do what the average do
- to know your direction/ goal, know where you are
- champions put in endless hours to practice their sublime skill, and, to be comfortable to reproduce when in competition pressure
- champions know how to have fun
- train to be positive as part of the session program
- RIP recruit, improve, perform
- A long term plan/ goal requires short steps to measure progress
- **Traits of team spirit:** who are the players applauding, picking up bowls, displaying levity, intense not spectate, good sport, accepts bad luck, no complaints, no explains when we do poorly; better realisation of the decision options a skip has to consider and why team has to accept the differences that can occur;
- questions themselves for improvement rather than for resistance to change; personable.
- What you see I see, and I then plug it into my memory bank for later consideration and selection.
- Attitude is all about practising habits.
- I tried to apply drills that have tactical application and then you had a go in a modified game, competitive setting. Imperative that we/ you know what you are trying to achieve.
- A player does not have to be physically gone (absent) to be out of the team/ squad- if they are already tuned out, bored, negative, disruptive, too obstinate to learn, they have already left the team/ squad
- A player who dreams (goals) needs a coach. Why? Because that coach also needs to be a dreamer of their own goals

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