

How To Deal With Pressure

QUESTION:

How do you deal with pressure?

The questions should be able to flesh out observations on players' focus...concentration...composure...relaxation...arousal levels compatibility...communication...team harmony...verbal language...body language...use of eyes and ears.

ANSWER:

Maybe we need to check what we do in readiness for competition by seeking some answers to these few questions:

What is the mental preparation level of players during competition?

What is the response by team members when we lost a big score?

What is the response when a turnover occurred through our fault?

Is there any compliance with team meetings?

Is there consistent behaviour of all team members throughout the contest?

Now in answer to the question above answers may well include:

- Focus concentration on basics of delivery,
- Confident in ability to draw,
- See pressure only as self applied,
- Concentrate on shot, not outcome,
- Imagine self playing perfect shot,
- Self talk and active relaxation,
- Taught myself to exclude it in games,
- Use pressure as motivation to thrive on,
- Consider the situation not the pressure,
- Block out negative thoughts,
- Pretend that I hold the shot,
- Deep breathing,
- Don't let it affect me.
- Sheer confidence.

Lachlan Tighe, 2018