

Turn Talent into Elite

Earlier in another column presentation I summarized talent as:

- T Technical base for development – fluent, consistent, competent
- A Aim, aspiration, attitude, achieve
- L Listen, learn, laugh
- E Excel, endeavour, evaluate, exceptional
- N Note (stats), notice (senses) natural sport skill
- T Technically, tactically, TCUP

Now I scribble down how you might turn the talent into an ELITE performer as a bowler.

Elite sports persons have (some) A-Z attributes, some factors, to achieve success.

This list of attributes, factors, may well be applicable:

- Aim above ordinary
- Attitude
- Belief in themselves in their effort
- Coach driven programs
- Committed not involved
- Dedication
- Discipline, persistence
- Direction, goals
- Enthusiasm, energy, passion, motivation
- Excellence as a standard
- Exceptionally drilled in the basics
- Evaluates & set new goals as they meet standards
- Fundamentals in technical skill exceptional
- Game plans to use to achieve competitive success
- Goals to steer their effort
- Honest- mirror & window analogy
- Intensity in the training to succeed

Turn talent to elite level
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Intolerant of mediocrity
Knows their skills and knows when to use them
Knows how to win
Learns by seeking, by experimenting, by listening
Leadership
Mental toughness
Natural ball skill, sport instinct
No limits in pursuit of success
Purpose in training
Procrastination doesn't exist
Persistence does exist
Positive attitude, self confident
Plans a schedule to guide them
Programs training and coaching over the year
Relaxation a component
Reviews performances as a debrief
Team player
Trusting positive attitude to teammates
Wants to win

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