

## Back End Team Skills

### **QUESTION:**

I have competed at premier league these past few years. Now I want the skills to be a back end team player at that elite level. What are these skills? How do I train for them?

### **ANSWERS:**

Summarised within these skills / attributes of back end personnel

1. Management
2. Tactical
3. Fitness
4. Mental
5. Technical

More specific comments included

- Skips can play every shot and perform well under pressure.
- Fitness – physically fit, mental strength.
- People skills – communication; positive reinforcement.
- The skip doesn't need to be the best bowler in the side.
- Head reading.
- Psychology.
- Team player.
- Tactician.
- Capacity to convert shot position.
- Coping with pressure.
- Leadership.
- Decisive.
- Confidence.
- Game awareness.
- Percentage player.
- Visualisation skill.
- Draw shot prowess.
- Capable of drawing off centre.
- Mental toughness.
- Lengthy concentration.
- Managing the team emotions and behaviours.

- Game plan knowledge.
- Energiser for the team.
- Situation awareness of us, the opposition, the score; analyses game in progress.
- Firm, fair, fun and fighter for the team.

**Lachlan Tighe, 2017**