

Books On Sport, Attitude

To start my 2017 year off in sport and coaching, I took an opportunity to browse through numerous sports book I have in my library to detect and refresh myself of any valuable messages from the books to refer over to bowls, bowls coaching and elite level bowls.

The generic themes I reacted to were these

Attitude

Choose the players of character

Culture and teams

Coaching

Leadership

Measuring performance, observing and statistics

Mental skill

Selection and teams

Skip skills

Teamwork

Team roles and positions

Winning is a mindset (as is losing)

Xcellence.

Here then are some précised statements, and my take too, on the specific theme below. Each theme will be on a separate article/column.

Attitude

Attitudes are habits of mind. Attitude is based on experience(s). It is a starting point. The strength of good players and coaches is their ability to learn from an experience and not have to be constantly relearning basic skills and strategies.

No need to rely on personality to lead if you inspire and aspire to standards. By not accepting mediocrity and being intolerant of it and anyone who accepted that good is good enough. (12)

Doing what you are good at will only make you good; focusing on what you can / could do better, exceptional, than other(s) teams is the path to higher levels of success. (5)

**Website menu- mental skill
Books on sport, Attitude**

Habits are formed by the way you train(ed). As coach be unforgiving of lowering the standards you set. Note the need to measure a player against their skill capacity, don't expect beyond that capacity. Kennedy said...from each according to their ability. Jeans said...get the basics done well, basics win games. (7)

Talent is an ingredient to the (hard) work ethic. Seek out the hungry competitor. They reflect who and what you want or NEED, in the team. (6)

Lombardi insisted his players strive to be the best (attitude); Lombardi said we are going to chase perfection and we won't catch it, but if we constantly chase it, we will embrace excellence. As the one out in front of the team he was their role model. (8)

Benincasa says ATTITUDE is
Pride says it's impossible
Experience says it's risky
Reason says it's pointless
Heart says let's rip into it

Have the attitude of motivating your team, not impressing your team. Be the one others trust, to count on, others want in their team. (3)

Practising what you are already good at, means you are good at what you do. Trying to do increasingly difficult things improves your attitude, your level of challenge. Great players love challenge, losing is not a barrier or even failure, simply a lesson to learn. For them ambition means they end up where they aim.

The right team culture when embedded is contagious allowing brilliance to be on display for the individual whilst they understand and are aware of the need for the team thing. That culture of excellence is one of team first, always. It may mean we push one another even though we are competing for the same position in the team as we share that understanding of the standards necessary. (4)

Never be afraid of experimentation; be aware not all experiments succeed. There is no total failure, solely a loss or a bit of a disaster. If you fear defeat you dare not to win, simply enjoy the challenge.

Losing is an occupational hazard. It has to be swallowed with acceptance this time, only.

**Website menu- mental skill
Books on sport, Attitude**

Practice makes the player. Practice with purpose makes the winner.(1)

Sources

1 Bryant	Bryant on Bowls
3 Benincasa	How winning works
4 Charlesworth	Shakespeare the coach; The Coach;
5 Collins	Good to great
6 Dwyer	Full Time
7 Matthews	Accept the challenge
8 O'Neill	Sport leaders and success
12 Syer	Sporting body, sporting mind; Team spirit

Lachlan Tighe, 2017