

*Website menu-mental skill training
Performance strategies, outcomes*

Performance Strategies-Mental Skill Fours

I have read templates from various national coach associations and endeavor to translate the model headings into a bowls relevant content, or I hope I have, as it is a new approach to me.

Might I say much of what I have written and applied over the years forms the content below.

Content	Training, How to...	Outcome sought
<i>Mental skill</i>		
Goals for the player	Write specifics - results & skills	Sets a target, an aim
Arousal	Train the process & tools	Think and act TCUP
Anxiety	Define it, practice to deal with it	Recognize & accept it
Composure, pressure	Trained & modify game for pressure	Recall training for games
Support / encourage	Simulate relevant, levity training	Apply when struggling
Emotional intelligence	Train senses to work in event	Take heed, take advantage
Visualization	Each delivery visualized	As trained
Positivity	Train to embrace positivity	Apply in event
Confidence	Repeat excellent deliveries	Reminders and recall
Focus	Every delivery with purpose, standard	Every time
Imagery	See, feel & do the perfect delivery	As trained
Pre-delivery routine	Established, repetitive, solid	Essential for each delivery
Team dynamics	Simulate dynamics as team training	Supportive, energize
Expectations	Only as good as effort expended	Acceptance of variance
Thinking hardly	Games sense trained as tactical skill	Think before acting
Winning	Train with intensity greater than game	Expect it
Slump in performance	Simulate games for such situations	Accept its temporariness
Unexpected / bad luck	Part of positivity	Accept, move on
Motivation	Effort, training, skill development	To perform well, wins
'PB'	Know your skill, winning skill level	Aim to aspire
Rehearsal	Train to do what you do in games	Repeat training
Recording	Know your standards	Reality check, reinforce
Rules	Know, reminders, value	Play advantage within rules

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