

Rebuilding Confidence

Question:

Hi Lach;

I need some help as I try to retain my spot in our state team and win events that will keep my name in front of selectors. Can we meet to discuss?
GB

Response:

I met the player a few times and the following is the outcome of his / our strategy to rebuild his confidence.

The main goal is to reinforce the self-belief that he is good enough to be playing at elite level, to be in a state team. And that includes dismissing some poor performances in previous state team games.

The performance levels will increase the more we abide by the structured intense training we have scheduled over the next four months. The discussion enabled him to refresh his attitude, his want to be there at the elite level.

His feeling is that the Elbows squad can assist his performance by simply being his training partners with their own take on attitude.

Our discussion included some aims starting from the very next training session or forthcoming event which were:

- Raise the level of concentration, done through training sessions,
- Remain focused on the task at hand, training or events,
- Avoid peaks and troughs in competition to be balanced in effective bowling,
- Reinforce the mat length approach as a measure,
- If skipping, be encouraging always,
- Seize the opportunities to train,
- Seize the opportunities to take advantage in the competition,
- Every session, every event to be fun,

Website menu- ...Q & A
TOPIC: rebuilding confidence

Just feel comfortable being myself,
Come the next state trials, compete to satisfy myself and like what I
am and do,
Now, make it happen in the trials knowing the training we did
prepared me for it.

Coaching can often be no more than sitting and advising or
influencing the player to sort through the solutions for themselves.

Lachlan Tighe, 2019