

## *Attitude, says it all*

In these past weeks since my return to Melbourne from coaching in Canada late August, I have conducted 14 training or presentation sessions at numerous clubs.

After one such session I casually mentioned to 3 executives from the club that two of the players in attendance at training were suspect with their attitude.

All three officials were dismayed by my comment.

How could I sense that they asked!

Simply, whenever I coach I am using my eyes and ears mainly to observe the behaviours (be they physical or emotional) and efforts of the players to the task at hand, their preparedness to challenge themselves, not to satisfy me. Who would anyway, might I ask!

Some observable questionable behaviours we can all see in various bowlers if our eyes are open to such include:

- Taking opportunity to cut corners to avoid the effort required.
- Lacklustre obligation to training.
- Self possessed approach to a team training program.
- Complains about the challenges.
- Level of persistence is low.
- Dislikes intensity of training.
- A bit of, near enough, is good enough.
- 'Know all' behaviour.
- Self satisfied with a few good deliveries.
- Irritated that team members are performing better, training or competition, than them.
- Critical of fellow team members.
- Not a team communicator.
- Self motivation level low.
- Not a student of the 'no pain, no gain' school.
- Not self-critical or not sufficiently self-critical.
- Brusque, not willing or able to listen, a no no in a team format.
- Leadership qualities not evident.

If I was to summarise to fellow selectors and coaches and executives then the above is a good sample of the phrase...Attitude is all about practising habits.

I like to see and hear the natural appetite for training, learning, challenges, improving, sharing, intensity of application, yet fun in both the training session, and importantly, in the competition.

*Website menu- Facts, measures & knowledge*  
*ATTITUDE, says it all*

Top performers in all sports do these things, as should you vying to be better at bowls.

Young bowlers bring (some of) that appetite to our sport. With the younger brigade of bowler, I love their natural enthusiasm, optimism brought into a team.

I see too many glum buggers, generally older players, in bowls. No doubt good bowlers, but too protective of glories now past.

They fight hammer and tong with selectors in holding down senior playing positions without trying to ramp up their skill level to justify the position they are selected for in teams.

To my way of thinking, it is great to whet the appetite of the young brigade, and, hopefully rejuvenate the desire in the experienced good bowler to keep improving all in the spirit that the more we collectively improve the better our team(s) perform.

The attitude then says we are being never totally satisfied without being too over critical.

A bit of...striving, never arriving.

**Lachlan Tighe, 2016**