

Henselite Consulting Coach Column...On line Delivery

Welcome to the June 2010 edition of the coaching column titled '...On Line Delivery' on Henselite's website. This month I discuss ...pressure. Pressure is something you place on yourself. What produces pressure, simply human frailty. Here are my views on pressure when coaching players

Pressure

What produce it

What produces pressure, the human frailty

- I won't do well
- Hell I might blow it
- This pressure is getting to me
- What will other bowlers think
- My image and career is on the line here
- I cant afford to lose

What reduces pressure, the tools to have

- I can only do my best
- I have prepared well for this
- I remember this situation from training
- Gee I am going to enjoy this experience
- What a real challenge this is to enjoy
- Hey no one died
- This is a challenge not a threat
- Winning / losing is for others, all I do is perform on the green
- I love the adrenalin pump of these tough situations

positivism love it, love the thrill, love overcoming the adversity

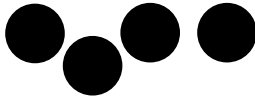
- Relish the fact so few are playing in this event
- Don't worry if very few barrack for you as the quality of the support is the value
- Hey some of your best games and worst games were here
- Opponents have all the luck
- You have felt shit all week yet still out here
- Others don't reckon you should be here
- Crap is happening away from bowls
- You're not feeling a million \$\$\$ right now

Any or all of these are examples of added pressure. Players often feel no chance of challenge, inspiration, determination or even being positive except the champion player, and that should be you. Champions know that is part of the deal, handling crap as pressure and moving it into challenge mode.

Henselite Consulting Coach Column...On line Delivery

And what does it look like on the green when you are **black** with one or two bowls still to play
(assume a mat is at the bottom of the page)

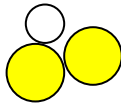
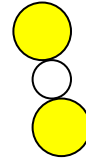
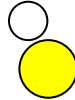
this head



this head



or this head



why not practice getting used to that series of heads and set out to be
one down after you bowl 2 black bowls
rake the head with your first and see what you can do with the second
practice driving
all of these situations occur in games so get used to them in training.

easy stuff actually and get a coach at the club to set and re-set heads so he/ she can be of
assistance to you being better at bowls.

Lachlan Tighe,