

TRAINING SESSION: Confidence

PURPOSE of the session

Confidence is another part of excellence and it requires (self) trust in your plans, goals, skill, preparation, training, coaching, decisions, task or role and then a trust that it will succeed.

LESSONS learnt from previous performance (training or competition)

Utter confidence comes knowing who you are, what you are doing. Confidence flows, even overflows, by us noting our improvements, learning from others (eagles not turkeys), absorb their wisdom, learn from all our event experiences, win lose or draw.

You lose your confidence not your skill.

Effectiveness /decisiveness itself creates a new level of confidence.

Confidence is contagious.

Mental toughness (confidence) can be learned, trained, skilled.

Positive people are confident, are amazing:

- Be realistic.
- Know you're A game, your B game, your C game.
- Know and accept when you are in the C game.
- Set mini goals to move from C to B to A level of performance.

Drill objective

3 ends of the following caterpillar type process

- Have to get one delivery within ML of original bowl
- Have to get two deliveries within ML of original bowl
- Have to get three deliveries within ML of original bowl

CONFIDENCE in drawing shot as Yellow

End two - in this end access for shot on the BH for the RH is a no go, so Alex Marshall had to draw FH and needed a shot to win where opposition shot was about just over a full bowl from jack; he goes and draws twice for 2 shots, wow.

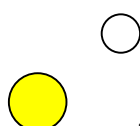
Training - each bowler has up to 8 deliveries, and attempts to set these objectives:

Draw around and behind the head 7/8 as objective (can do this both hands).

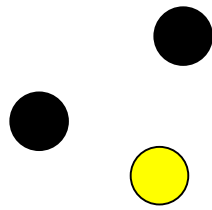
Draw around and within ML (mat length) behind jack, 6/8 ML as objective (both hands).

Draw shot FH 3/8 as objective.

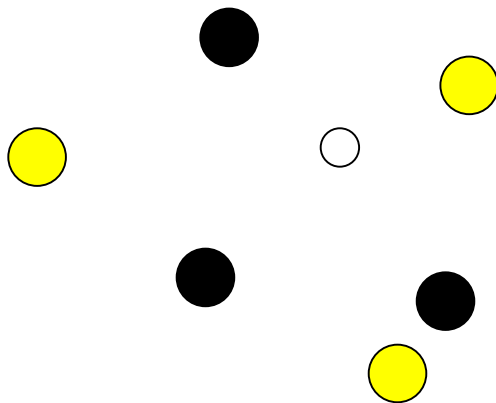
The head is re-set by a training partner after every attempt or disruption to the head.



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CONFIDENCE inyard on priority
(presume mat at bottom of page)
holding shot



BLACK bowl has 3 second shots, your choices as first delivery are

- Draw shot, both hands
- Play into shot yellow bowl to push out, both hands
- Push up our bowl short left, BH

YELLOW bowl has shot, your choices as first delivery are

- Draw shot, both hands
- Play narrow between short black bowls to add, BH
- Draw onto back black bowl BH for another shot

TRAINING SESSION REVIEW