

*Website...Lachlan Tighe*  
*Menu- mental skills...Emotional Intelligence*

## **EMOTIONAL INTELLIGENCE**

**‘...decision making + strategy plan = emotional intelligence ?’**

Picture this situation – 17 of 18 games played in the season in a 10-team Victorian bowls association pennant league competition and your club record to date is seven wins, eight losses, two draws placing them 7<sup>th</sup> and preparing to play this weekend against the second club who have a record of 11 wins for the season so far.

You, as one of the team members, are given five minutes warning time that you are asked to talk to them during the training week in readiness for their week of preparation, wherein a thrashing sees the club exit the present playing division.

What would you say to them? If YOU were asked as a player or as a coach to give a few minutes of advice at training what would you have done in that brief time?

Try this for size as one option. Those two drawn games played meant the club was only one bowl away each time from victory, which had it occurred, would place the club with a nine win eight loss ratio and have them third on the ladder and making the contest the clash of the round as it would have been second versus third.

So, why not have the players view the game in that vein as prospective third place getters and arguably able to defeat this second placed club, or, at worse if we have to consider losing (not that you mention it to players) that it will be a close encounter and our club thus earns sufficient points to finish mid field on the ladder and avoid relegation.

Further, reinforce to the players that the previous week the club tied with the current fourth placed team (who they beat in the first round) so our form going into this week’s final match is strong and that our opponent is coming off a thrashing and may be vulnerable.

On the basis of a game plan that we prepare in training the club players believe they have given themselves every opportunity to win this last

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game of the season remaining in the present pennant competition league and finishing on a roll.

**Lachlan Tighe, 2016**