

# Back End Team Skills

## QUESTION:

I have competed at premier league these past few years as lead or second; now I want the skills to be a back end team player at that elite level.

What are these skills?

How do I train for them?

## ANSWERS:

This question was posed at a seminar I convened and the responses of participants is summarised within these skills / attributes of back end personnel.

1. Management
2. Tactical
3. Communication
4. Mental
5. Technical

More specific comments included:

- Skips can play every shot and perform well under pressure.
- Fitness – physically fit, mental strength.
- People skills – communication; positive reinforcement.
- The skip doesn't need to be the best bowler in the side.
- Head reading;
- Psychology;
- Team player;
- Tactician;
- Capacity to convert shot position;
- Coping with pressure;
- Leadership;
- Decisive;
- Confidence;
- Game awareness;
- Percentage player;
- Visualisation skill;
- Draw shot prowess;
- Capable of drawing off centre;
- Mental toughness;
- Lengthy concentration;
- Managing the team emotions and behaviours;
- Game plan knowledge;

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- Energiser for the team;
- Situation awareness of us, the opposition, the score; analyses game in progress;
- Firm, fair, fun and fighter for the team;
- Really good communicator.

I think this collection of responses gives an overview of what you need to be competent at elite level to be a back team bowler.

**Lachlan Tighe, 2018**