

MENTAL SKILL DEVELOPMENT IN TRAINING

Segmentation

Haslah was the Malaysian female player I dubbed the ‘warrior’, as she never knew how to concede in a contest.

I interviewed every one of the 14 players representing Malaysia the night before the start of each of the Commonwealth Games we were involved in (2002 & 2006) and sought a response as to what each one had learned from my time with them as coach.

‘Segmentation coach’ was the reply from this delightful Malaysian lady who in battle doubled as a ‘warrior’.

And well may you ask what segmentation is?

Quite simply a notion borrowed from most ball sport team games. Think AFL football four quarters, netball four quarters etc. I have the players divide the game into approximately four or five segments. Hence an 18 end game would include 4 ends a segment for 16 ends and a 2 end segment to finish.

Why segment?

Look at all major sports. In fact FIFA World Cup 2018 in Moscow. There was a halftime to allow a segment for the game progress to be reviewed.

Why segment?

In Games 2006 where the format was sets play the segments were three ends. The purpose is to allow the bowlers to monitor progress of the set game plan and the objectives of the segment.

Simple really!

Lachlan Tighe, 2018

Segmenting the game
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