

*Welcome to this (monthly) edition of the coaching column titled ‘...On Line Delivery’ on Henselite’s website*

I choose to talk about lessons learnt from events.

## Lessons learnt

Mental toughness is learned as an acquired skill and champions are the ones who train at this skill alongside the delivery technique training.

Have a Lesson for the week in training as a method of considering what it is you need to do to be above the opposition.

Know your strength, identify and accept weaknesses to ensure you continue to develop the skill to reduce or minimise the weakness ; in fact the weakness may even disappear as you acquire the skill and thus a weakness is not apparent anymore.

Did you work on scoring a 'pb' in one of the Technical skill ratings and which one did you improve upon

What worked well today at training with mental and tactical skill  
What did you gain from today using Modified games in training

How well did you perform today at training in the set play format?

***Emphasise the standards*** at winning

(use of stats I observed at world womens in NZ)

Effective/ acceptable Mat Length (ML) as a %

35% & 42% were losing % results; and 47% won the title

How did you compare in any of your training sessions or competition games to these standards today?

Keep working at being better than these % ratings as a guide

You can win this title - feel it, see it, believe it, accept

Those of you wanting confirmation of the above go out and buy Kel Kerkow’s book ‘Rolled Gold’ and turn to page 160 and his statement .....how does your practice routine rate?  
probably not that well if you are honest!

**Lachlan Tighe, March 1. 2010**