

*Welcome to the September 2014 (monthly) edition of the coaching column titled '...On Line Delivery' on Henselite's website.*

The theme of this column is.....

## What is mental toughness...

An expression we hear in all sport and again in our sport. Selectors or critics of bowlers will often pass judgment on a player saying they lack ....mental toughness. Asked what that means and there is no sensible response.

Well, what is mental toughness?

My reading and application of mental toughness is your capacity to remain in control of what you can control.

NOT

- the score
- The result
- Winning
- The opposition
- Or external factors (green, wind, bowl)

BUT it is any or all of these

- Emotional reactions you have to distractions, unwarranted outcomes
- Recall of your intense and relevant training in preparation for this event
- Rehearsal of actual situations you now come across
- Effort
- Attitude
- Levity
- Challenge
- Fun
- Self talk
- Confidence
- Objectivity
- Pride & appearance (perception of self)
- Personal responsibility
- The process to execute, to compete

You do many of these and you are mentally tough.

*Note: My bowls book 'Winning becomes you' is now available from Henselite and other bowls shops. If interested in purchase, contact me direct on email [l.a.tighe@bigpond.com](mailto:l.a.tighe@bigpond.com) or check the Henselite website for details of availability. Or my own website [www.lachlantighebowls.com](http://www.lachlantighebowls.com).*

Lachlan Tighe  
September, 2014