'Elbows' 2011 Training Session: Positivity, Belief, Toughness

TRAINING SESSION PURPOSE; Positivity, belief, toughness

PURPOSE of the session

positivity = self belief = mental toughness

- ...history only records the names of those who were (there) first
- ...unwavering faith regardless of the difficulties(which requires discipline)

LESSONS

Mental toughness is a degree of self belief and of extra effort

Mental toughness is that ability to return stronger after losing rather than never having failed

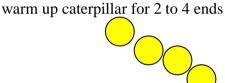
-we all make mistakes; make the same mistake twice then have a 'red alert' signal to alter behaviour
- ...train as if you were only second best in the world
- ...You are worthy of success
- ...Other people don't do as well because they do not believe it applies to them
- ...Make sure you believe this success does apply to you
- ...Stand tall in that view

Positive people are amazing

- Learn by seeing positive people behave
- Be around positive people
- Borrow from positive people without changing you as a person
- Find out how they are positive
- Have role models, be a role model

WARM UP physical toning exercises,

(10 minutes)



Draw every bowl within ML of ditch, repeat till complete

SKILL Rating,

(20 minutes)

Measuring performance score out of 10 attempts: scoring is done by the number of deliveries ending within 'Mat Length' (ML) of delivery being attempted at the distance indicated below;

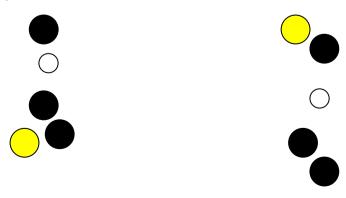
Type of delivery (10 attempts)	Max. Length Alternate Hands	Max. Length Forehand
Wrest out toucher		
2 yard on shot		
Widen heads		

TACTICAL & MENTAL / Communications Skill in drills

(60 minutes)

10 attempts at all diagrams

You are the YELLOW bowl, must reduce to second shot



• Now you are the BLACK bowl, draw another within ML to win 4 shots (bocce)

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second diagram on right, yellow is third shot

BLACK wrest out yellow as we get 4 shots if we stay BLACK must draw third shot to come out as a draw diagrams below

• you are the **BLACK** bowl, draw another to win more shots (bocce)



 you are the YELLOW bowl draw to win shot, forehand then backhand draw to win second shot, forehand then backhand drive as want a dead end, right diagram, caterpillar onto front bowl to move jack for shot left diagram, firm shot & stay forehand into black bowls

DIAGRAM BELOW



- if black, caterpillar for another shot
- if yellow, slight push into black to move both bowls and stay for shot

MODIFIED Games

(50 minutes)

simulating pressure: use diagrams to apply to a game for all black and yellow options to win, to add, to reduce,

KEEP A SCORE OF ANY OF THESE PERFORMANCES

FINISH with FUN Completing session with fun programs (10 minutes)

Noughts / crosses or Caterpillar or football

Bocce or Target mat or Specified purpose eg world series one bowl nearest ditch

TRAINING SESSION REVIEW