

Welcome to the June 2013 (monthly) edition of the coaching column titled ‘...On Line Delivery’ on Henselite’s website.

The theme of this column is.....

Warriors

Way back at Manchester Games 2002 I wrote this theme for Lina, who was preparing to compete for the women’s singles final, and talked to her in the car about this theme and made it my final pep talk with her;

Warriors Are never satisfied
Never need be told to give 100%
Never concede
Want to succeed
Dedicated to the achievement
Strive to be better, always
Learn from each performance, analyse each performance

So Train like a warrior
Think like a warrior
Plan like a warrior
Fight like a warrior
Walk like a warrior
Enjoy being a warrior
Play like a warrior, and
WIN as a warrior

All good: except not all people are born warriors. Some even never want to be warriors. Most people are waiting for someone to inspire them. So what we coaches need to do, create this ‘inspired’ person. People lack belief they can be winners. Coaches can teach these people (to be winners). Show them they can win, and once they start to achieve, watch the self confidence grow, the self belief soar.

Next time you have a chance to watch any sporting team compete, watch and then listen to the team members. As the volume of mutual support increases, their collective behaviour meshes, and, chances are they are going to win. As pressure mounts this team invests, finds the time in the heat of battle to be relatively calm and composed.

They compete as a team of warriors.

Recently I met with another player and talked about the merit of seeing yourself as a warrior. Incidentally this player won that championship game too, most rewarding.

Lachlan Tighe
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