

Welcome to the December 2012 (monthly) edition of the coaching column titled ‘...On Line Delivery’ on Henselite’s website.

The theme of this column is.....

Deliberate Practice

‘How do extraordinary achievers get to be so great at what they do?’

Research published this year showed the best performers rated practice alone as the most important aspect of their activity. Elite performers, even those who perform in teams and groups, describe practice sessions with a group as ‘leisure’ compared with solo practice, where the real work gets done.

Elite athletes in team sports spend unusual amounts of time on solitary skill practice.

In many fields according to research it is only when you are alone that you engage in, what is referred to as a ...**DELIBERATE PRACTICE**; which is identified as the key to exceptional achievement. When you practice deliberately you identify the tasks or knowledge that are just out of your reach, strive to upgrade your performance, monitor your progress and revise accordingly.

Practice sessions that fall short of this standard are not only less useful – they’re counterproductive. They reinforce existing habits and mechanisms instead of improving them.

‘**Deliberate Practice**’ is best conducted alone for several reasons

- It takes time and concentration
- Other people can be distracting
- It requires an intense motivation which may often have to be self generated
- importantly it involves working on the task most important to you, personally, only when you are alone.

If you want to improve what you’re doing you have to be the one generating the move. In a group session you’re only generating the move a percentage of that time together.

So when next someone wants to join you in practice, diplomatically respond saying you are in a deliberate practice mode thank you, interested in joining? Watch their reaction.

Let’s conclude 2012 with a warm up training diagram-

A caterpillar routine is where the delivery rests on the **black** bowl, not the jack; use one bowl at a time (lot of walking here) see how many deliveries it takes for you to rest each of your 4 bowls on that black bowl - our best effort is 25 deliveries to secure the 4 caterpillar deliveries on left diagram and 28 for the right side of the diagram where the jack is a mat width in front; oh, and just to do that took about 45 minutes; (place black bowls and jack on a CD so you can replace if bowl pushed away from original spot- try at minimum length for starters)



Thank you so much for your interest in the column and importantly in being a bit better at bowls; and thanks Henselite for their support.

Lachlan Tighe
December, 2012