

STAYING MOTIVATED

By Ken Perks

Motivation is possibly the most important component that stimulates players in achieving success and peak performance. It is a source of energy, that driving power that arouses you towards learning the mental and physical skills of our sport. In general terms when we speak about motivation, we think of it in the singular form, but in reality there are two types of motivation, the first being positive and the second negative motivation. Both types create the drive, to do, to accomplish, to excel, and to achieve your goals, dreams and ambitions.

Positive Motivation

This comes from within the individual as a natural response to desire-: example-

* Bowlers practising their shots for an hour every day because they like to do so and want to improve their game.

Motivation creates energy to do things, relieves stress, reduces fatigue, relaxes you physically and mentally and allows you to play at your best.

Negative Motivation

Negative Motivation in most cases is usually induced by fear of a penalty, your attitude or pressure from other players.-: example- A player not performing because he may not like the players he is with, in a lower grade or team or being pressured by the skip to play better.

What type of motivation do you use?

These phrases indicate **positive motivation**-: I like going to training, I want to go and I enjoy practicing with other players.

These phrases signify **negative motivation**-: I have to go to training, I must do it or I have to do it to get some where.

Start today, change the words you use and you will begin to notice a difference.

How do we get motivated? Be realistic about what you decide, picture what you want to be, make a decision on what level you want to play, if it's "**I would like to play in the higher divisions**", with this decision you are not being controlled by the environment or by others. Get in touch with your coach and work out the best way to implement your plan.

How to make a decision-: Evaluate your strengths and weaknesses.

What skills do I need to improve to elevate myself to the next level, what do I need to learn about my game, could the coach identify and teach what I need to improve in to succeed at a higher level. Decide on what performance target and goal you are trying to achieve and write

them down on paper, ask yourself is this what I want, if yes, start working with your coach on a training program to achieve your goal.

Remember a decision never becomes a positive decision till you do something about it

Tip of the month.

Remember the player is responsible for their own development. The coach's role is to assist and encourage this development. Remember feedback is a communication that should be both ways, coach to demonstrate and player to participate and letting the coach know how it felt will go a long way to achieving their goals.

GOOD BOWLING

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