



Switching on Lightbulbs – developing talent

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Part 1: Open your minds on skill

- Facilitation v Instruction
- Why are the best good?
- Understand Skill Acquisition and Learning
- Balance, stability the human body
- Explore variables
- Assumption & Compromise



“It’s funny how much we don’t know about a game we’ve been playing all our life”

Mickey Mantle



Part 2: Mental Skills & Cognition

- Getting away from the stigma of Psychology
- The power of Self Awareness
- Cognition
- Process over outcome
- Key Mental Skills
- Development tools



The Reality of Crossing the Line

A GOOD COACH
CAN CHANGE
A GAME,
A GREAT COACH
CAN CHANGE
A LIFE.



**PLEASE DO GET IN CONTACT – IT'S
HOW I LEARN TOO;**

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