

Mental skills can be learnt

How can a bowler, or how can the coach, develop their mental skill.

Drawing on my exposure to a lifetime working in the sport industry, I think the basis for the learning is about the personal quest to excel (to the best of personal ability).

Presuming we have a reasonable level of bowls talent, I tend to think these below may be some, not all, of the aspects we could train for to put in regular quality performances in bowls competition.

- Self awareness of our own skills set - strength and weaknesses.
- Situation awareness - knowledge of the options, and opportunities, for any given head.
- Learning capacity or even to say learning quickly.
- Analytical skill - for the game, the situation, the team members, the opposition, the playing conditions (such as weather, surface etc.).
- Decision making - fast, forthright, favourable.
- Self motivation - striving to perform better and others noting that need for drive.
- The right attitude, positivity. Craig Fox once told me that attitude is like a business card; you take it everywhere as a means of introduction.
- Set goals, set objectives - in the case of we bowlers, it would be a personal, measurable performance factor, whilst for a team, it would be observable or measurable contributions against stated targets.
- Focus - practice, practice, practice this mental discipline at training.

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