

MENTAL SKILL DEVELOPMENT IN TRAINING

Sensory Intelligence, Aka Common Sense

Like many people, I have read and heard about Emotional Intelligence. Not too sure I understand it all or have much myself. But that is another matter.

What I want to introduce is a better application of the phrase ‘common sense’.

I will refer to it as Sensory Intelligence in that we players and coaches should use our brains and link it with our eyes, ears and touch so that the cranium is playing bowls with the rest of our body.

It is about understanding how we react to positive and negative stimuli for the level of support we need to enjoy our next challenge.

It is exemplified in why we do not compliment the opponent – why feed them to victory. A word of explanation: that approach is not to be interpreted to mean we have no respect for the opposition. Respect is a byword of how you always approach any opponent, at any level. Though in 2018 the cricket Australia model is flawed by being so far away from sportsmanship.

Back to bowls. It is exemplified in teams, by a refrain from indicating negative scores / calls so simply stating that...we are down ...is ample prior to specifying the direction of a delivery.

It is exemplified by observed winning behavior.

It is exemplified by agreement to meet to Segment the game: do not wait until it is too late – agree which ends for meetings, take responsibility if no one has prompted to meet;

It is exemplified by altering strategy “Seeing is believing” when we are not getting outcome and they are; when one hand is crap and yet we still are using it;

Sensory intelligence
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It is exemplified by not being greedy when holding shots;

It is exemplified by selfish decisions of the skip; challenge that approach;

It is exemplified by positive calm demeanour under pressure;

It is exemplified by ensuring the lead places the mat and rolls the jack to the extreme lengths, as agreed, and intruding if they do not comply;

It is exemplified by a call from the skip to have the second deliver a bowl behind the head as agreed where we have not one bowl there as yet.

Common sense, I reckon.

Lachlan Tighe, 2018