

## Skill Improvement Methods

Think, plan and then act on your skill.

And do that process at training and take it into every event regardless of the importance of the event. One day it will be the major event for you in the season.

So the methods for your action:

- Know what the choices and options are for particular delivery executions.
- Process the options for your choice, especially whilst you are awaiting your turn for bowling delivery.
- Estimate distances of bowls in the head whilst at the mat end.
- And, confirm the accuracy of the distance judgement when you go to the head.
- ‘Photograph’ every head every time.
- Be ‘prepared’ to give a call (even though your team position may not require you to actually provide the call) and have options in mind for either hand.
- Condition your skills set at training.
- Practice concentration (which can be done through some of the above incidentally) and learn how to neglect distractions.
- Self talk your next delivery.
- All bowlers will ultimately be positioned in the back half of a fours team, so, ensure you gain or have good and quick comprehension of the situation, pattern of the play and anticipate options.
- Similarly be attuned to opponents behaviours, traits.
- Focus, regardless of your position in the team.
- Tune out for a second and second is where you end up.
- Players who manage their emotions are less likely to disrupt the important balance necessary in a successful cohesive team.
- The very next moment (that is bowl delivery) is all that counts and remember it is controllable (selective attention).
- To gain skill in that above deliberately have the coach introduce distractions and sources of frustration into training.
- Visualize every delivery before the actual delivery.

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Incidentally the bowlers who detest measuring delivery performances (especially those of you who reckon you are any good) would be able to cope if they trained the skill above, 'Estimate distances of bowls in the head whilst at the mat end,' because not only would your measuring of distance improve, your awareness of how much room you have to deliver the next bowl (especially a draw shot) makes you more confident to be able to achieve that challenge.

**Lachlan Tighe, 2017**