

Performing at your best

I ventured overseas on holiday these past months and upon my return I realized I might as well have been away (from bowls) forever.

In the month since returning, I have been invited to do about 10 presentations to bowls clubs, nearly all along the theme of measuring and performing at your / our best.

Simply, I think everyone is performing at their best (in the circumstances).

Last week I met a bowler, nice bloke and keen bowler, who was a bit critical of approaches taken by his pennant teammates. I listened to his gripe, which summarily was that others did not take it as seriously as he did. He sought my reaction.

In suggesting to him a need to know your technical skill, then work on it to improve it, and forego some mid-week games for time to apply this skill training, he displayed a sense of concern.

The concern – his reasoning was that these mid-week games, especially if he opposed a name bowler, were the places where he learned the most from the name bowler.

No, I said, using that mid-week time to do serious skill training was where you learned about yourself to take to a game. Opposing good players simply means you observe what they have learned. Your own unwillingness to ... put in the hard yards of training ... shows me you learn nothing about the (unseen) work ethic of the name bowler.

The bowler heard me, but, did not listen. Thus he performs at his best, given the mindset restrictions. In many ways he is not dissimilar to his pennant mates, though he may not comprehend that observation.

One of the clubs has re-invited me to present on the above topic. That was their theme last time I presented. Their club officials are obviously keen to address the prevailing problem as they view it. I wandered over to the

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Menu folder- mental skill

club twice, pre my formal presentation, to get a feel for the members approach to their training. If there was any formal coaching I did not witness it.

My reaction: my presence and presentation was novel, but not enduring, because it takes EXTRA effort to train properly, so I expect their members will continue to ... perform to their best as it prevails past and present.

In contrast, to these club experiences, after months working with a squad of good level bowlers, I feel many of these bowlers will prosper and find a new and better level of performing at their best.

Why? Well they collectively and individually have made a commitment to train, to learn, to share, to plan for bowls events, to apply the training in tournaments and pennant (even if slowly and surely), and to rate their skills.

And, as club pennant team members, they have attempted to work harder and better at being team members. I think I said once a fun team is a winning team. Let's try and have fun.

This group of bowlers listen. Individually some will advance further than others. That difference is simply down to raw skill levels. Moreover there is a good chance these bowlers, by approaching their sport / games in a better way, will (fingers crossed) find they are all able to perform at a new level of their best in bowls.

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