

Team Skills
Skill Functions That Have To Be Trained

While reading a document on mental skills, as they are applied to international rugby union players, I stopped to think what skills and behaviours we need to train for in bowls, for any one of us to be a better team performer.

Cognitive function and your team

Measured by:

Perception
Process
Decision making
Exertion / bowl delivery

Includes:

Eyesight (perception)	alertness
Decision making	inhibition
Reaction	short term memory
Anticipation	spatial orientation (the head situation)
Sensory awareness	spatial recall
Visualization	imagination
Focus	attention

Emotional function and your team

Measured or observed by

Emotional awareness
Social / communication skill
Personality

Includes

Pressure	agreeableness
Stress	conscientiousness
Challenge	mood (state)
Mental strength	control
Goals	techniques to cope
Goal setting	

Training mechanisms for

Behavior issues in team
Form slump
Optimism versus pessimism
Arousal
Choking
Expectations (unrealistic)
Recovery (after a loss or significant mistake).

Lachlan Tighe, 2015.