

Let Your Senses Drive You

“Lasciatevi guidare dai vostri sensi,” is the Italian for...let your senses drive you.

That expression resonated with me in my approach to bowls coaching.

Recently I conducted training three times a week (though it is winter) for an elite squad called *pBus*. Made up of really good committed bowlers and top level coaches, the 20 member squad had three players preparing for a tilt at the Australian Indoor bowls title this month. Of interest, two other members have a chance to win separate national titles later in the year having won through for eligibility to contest that championship.

Most of what I impress upon these bowlers is the capacity to use their senses - touch, eyes, ears, various parts of their body important in the weight transfer required to excel.

I am forever amazed over the long journey coaching bowls to see how few, so very few bowlers are “in touch with their body”.

I reckon anyone who played sport at a high level knows and feels their body (parts) performing on their behalf in the contest.

This *pBus* squad will have me overseeing their increased capacity to be aware of those senses contributing to a higher level of performance and we will do this by a constant series of training that reinforces this skill awareness, that elevated level of performance.

Oh, incidentally I got that Italian expression reading the label on one of my Italian bottles of red wine.

Amazing where you can find insights to take you further in pursuit of being better.

I raise a glass in testimony, salute.

Website menu- ...coaches corner
Drive your senses

Oh, I forgot, one of our squad drove his senses to the top of the pyramid and now he is Robbie Briglia, 2019 Australian indoor singles champion.

Hey and of Italian origin, how coincidental.

Yippee.

Lachlan Tighe, 2019