

Myths in bowls which need to be dispelled

Muscle memory

God I cannot tell you how many times over all these years in bowls I keep hearing crap, myths, that have been handed on and down to the next generation of bowlers without anyone stopping to guide the new generation toward analyzing the merit of what they are hearing or seeing.

The one that jumps out at me today is....bowls is a matter of muscle memory.

There is no such thing as muscle memory.

Our muscles, if not atrophied from age already, cannot remember anything.

Memory is actually there in your cranium, your brain.

So go out and practice, and practice,. and practice and no matter how good you get your muscles are not doing the remembering.

Your muscles, like all other parts of the body, are under the control of the mind.

If that, the mind, is struggling, your bowls delivery invariably will struggle.

When that little mind of yours has a 'mind of its own' your performance is going to reflect that.

What to do - work at your mental skill, your mental toughness, that is control of your emotions, as part of your training sessions over the season.

Did you read that correctly, at training yes training, ladies and gentlemen.

Enjoy.

Lachlan Tighe, 2020