

The Bowls Brain: Cognitive Function

Cognitive function simply expressed is part of the little brain of yours working, or maybe not, through your:

Eyesight, decision making, reaction, anticipation, focus, spatial reasoning, visualization, imagination, attention.

All of these factors or attributes affect your perception.

They enable you to process, or to enable your processing to operate at certain levels.

That in fact sets up your decision making.

And, finally your execution.

Can you imagine in a fours team the spectrum of levels when all these factors are multiplied by four (teammates).

I have read all about this cognitive function in reference to rugby, soccer and AFL football.

Dare I suggest I would not readily come across it in bowls.

For my own growth and learning as a bowls coach I shall explore this type of function stuff to enhance my own coaching (especially to elite bowlers).

Good enough for profile sports, good enough for me.

Lachlan Tighe, 2018