

## Team skills: facts

Once it is accepted (by observable and measured basis) we bowlers have the appropriate technical skill level, winning in competition then depends on information process.

Seeing,  
Interpreting,  
responding

spontaneously in accord with our training regime.

Elite athletes (bowlers) have superior skills. They are seen, known, to have such levels of cognitive skills / assets allowing them in competition to:

Encode  
retrieve  
process

relevant information selectively for the competitive situation they find themselves in right here and now.

Elite individuals form the team. They individually and collectively make predictive decisions rather than reactive decisions. They take the opportunity as it arises, or, anticipate (a barrier or difficulty) and act before it eventuates. Concentration (attention) and awareness skills are essential to competitive situation awareness.

Research has found (Hodge, 2004):

The key difference between winning and losing, or that difference between a great or poor performance, is more psychological than physical (or technical in our sport, bowls).

Winning is both in their mind and on their mind for the elite performer.

Lachlan Tighe, 2015.