

Sensory / Situation Awareness

INTRODUCTION

This paper is for coaches and bowlers evaluating the sensory and situation awareness skills of their bowlers, especially that elite bowler with reference to their training performance, and competition performance.

When doing the regular reviews (weekly, monthly or quarterly) use a ratings score from an excellent at ten (10) down to a dismal one (1). Any score below a five for a Skill would suggest a real NEED to improve in that skill.

The coach and the bowler need a mechanism to evaluate performance, both at training and in competition. An alpha score could alternatively be inserted into each box below when doing the regular review where the four alpha letters used:

E = excellent, G = good, A = average, B = below average (in skill or performance , i.e below a 50% capacity). Skills scored B suggest a real NEED to improve for that skill.

Sensory and Situation awareness in Technical (Delivery) Skill

- Feet placement on mat for chosen shots
- Stance and direction for forehand deliveries
- Stance and direction for backhand deliveries
- Posture for minimum length draw deliveries
- Posture for maximum length draw deliveries
- Posture for drive shots
- Shoulders and hips in sync with body square to flight line
- Front knee adequately bent at time of bowl release
- Back knee adequately bent at point of delivery
- Length of step forward is along grass line
- Consistency in direction for step forward
- Non bowling hand is suitably aligned and used for balance
- Weight transfer over onto front foot
- Follow through with hand extended and straight out along line
- Stays down for a sufficient period to ensure a fluent follow through
- Visualisation of anticipated delivery apparent
- Reads visual cues from all rink deliveries
- Reads cues of body / verbal language of fellow bowlers
- Watchful and aware of what wins ends
- Use of eyes in their skills toolkit to perform well

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Sensory & Situation Awareness Skills Competency: Bowler

- Use of ears in their skills toolkit to perform well
- Body weight awareness
- Motor control, soft touch
- Distance judgement
- Sensory awareness touch and temperature
- Judging short bowl and jack distances from the mat
- Judging long bowl and jack distances from the mat
- Judging bowl and jack distances from minimum length
- Judging bowl and jack distances from maximum length
- Visual - speed of green each end
- Visual - narrow and wide hands
- Visual - attitude of all players on rink
- Oral - hears positivity, caterpillar
- Oral - attitude of all players on rink

Physical (fitness) sensory Skill

- Pre game / training warm up routine
- In game toning routine
- Post game warm down
- Leg stretch, lunge capacity
- Leg extension
- Squat exercise
- Back extension exercises
- Core endurance
- General flexibility, bending
- Nutrition needs
- Hydration needs
- Clothing - sun smart, warmth

What are you looking at when you are in the stance position ready to deliver?

- The focus point, stare point
- Feet in line with grass line
- Line of bowl on the grass
- Finishing point of intended bowl

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What are you looking at upon release of the bowl?

- Line of bowl on the grass
- Focus point, stare point
- The intended shoulder of the path

What is the main focus of concentration upon release of the bowl?

- Weight / speed of my bowl
- Combine line / speed

What is your freedom (of body / mind) checklist?

- Feet in line with chosen direction
- Concentration on smooth follow through
- Concentration on staying on mat

What constitutes your grip?

- Relaxed but firm, comfortable
- Thumb comfortable not stressed
- Mid finger along centre of bowl surface

How do you time your step and delivery action?

- Natural walking step with swing
- Step timed with arm swing
- Walking step predominant
- Maintain constant speed of action

How do you vary your grip for slow greens?

- Firmer grip for faster shots
- Bowl placed further back in hand

How do you vary your grip for fast greens?

- Hold bowl on fingers
- More gentle feel of bowl
- Emphasis on comfort

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Sensory & Situation Awareness Skills Competency: Bowler

How do you vary your delivery action for fast greens?

- ‘Soft’ hands sense in delivery
- Shorten pendulum for varied distances especially start position
- Lower body more than normal
- Use eyes as primary (but not sole) bodily sensory detector

Note: The bowler who goes home after the game (regardless of the result today) and assesses each match for tactical strategy, skill and performance purposes and in this particular area, sensory and situation awareness, will be the bowler who eventually wins the most and important singles events.

It all comes back tofail to plan, plan to fail.

Lachlan Tighe, 2018