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Mental Skills Competency Evaluation: Bowler

Mental Skills Competency

This article is for a coach or bowler evaluating all the mental skills of the bowlers especially that elite bowler with reference to their training performance and competition performance.

Also 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 5 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.

MENTAL SKILLS Competence Evaluation

- Pre-delivery routine
- Shows signs of Relaxation
- Directed focus in a game
- Prolonged focus for the entire game
- Distractions adequately coped with or ignored (control factors)
- Visualisation apparent
- Meditation
- Emotional control
- Coping under pressure
- Knows how to win
- Conversion draw shot results - attacking under pressure
- Reduction draw shot results - defending under pressure
- TCUP- thinking carefully under pressure
- Plays own style of game
- Game plan
- Learns from a win
- Learns from a loss
- Seeks insight from past champions
- Goals set
- Goals set for the game
- Understands the necessity to improve skills
- Positive communication & body language

Attitude: all about practising habits

Email la.tighe@bigpond.com mob 0409 532 953 www.lachlantighebowls.com

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- Reactions when delivery / score unsatisfactory
- Caterpillar principle applied
- Bocce principle applied
- Concentration span / intensity
- Kept aware of 'pb' for this event format
- Mat set at relevant winning length
- Assertive
- Displays self confidence
- Prepares pre game
- Awareness - feelings of team mates
- Team oriented
- HICCUP - hell I can't cope under pressure
- Decision making options are mostly the best choices

Mental skill Training

Here are some factors that demonstrate the Training session is satisfactory for an elite level performer:

- Drills established
- Goals set
- Purpose set for this next session
- Training Diary recorded
- Skill rating program inclusive
- All skills 1.1 – 1.6 weighted within session
- Simulated competition / situations practice
- Game analysis observations applied at training
- Frequency of training
- Vary training venues
- Video session
- CD burnt for review
- Technical coaching
- Variety of training partners
- Feedback
- Trains diligently
- Trains regularly
- Attitude at training reflects the necessary intensity
- Trains with intensity
- Highly motivated
- Coachable
- Preparedness to experiment & learn

Lachlan Tighe, 2018