

Technique Overrated

In so many elite sport seminars attended over the years, various experts, elite coaches, elite players all uttered this same sentimenttechnique is not as important as people believe.

Within the sport of bowls, many bowlers, coaches and selectors place excess emphasis on copy book techniques.

I am the first to be initially impressed with that bowler possessing an exquisite delivery technique, from a distance. I value that delivery style, but hard work is more likely to impress me about this bowler.

And in the scheme of performance thing I want to check out the players tactical nous, their mental skill and toughness.

As long as the bowl gets close to the jack, regularly, I take little heed of technique.

Guess what is not overrated though?

The motivation of a bowler to take their game, their skill set, even further.

Never under rate that factor.

After all it reflects attitude, the right one.

Lachlan Tighe, 2020