

Mental Preparation

Mental Skills

As you are now quite aware dear reader, I place more emphasis on mental and tactical skill at elite level bowls.

I do so as I think all of you should have the needed technique (skill) that gets you selected in any elite through to national squad in bowls.

However, without the varying mental skills, players will never reach levels of excellence.

In any sport, in order to excel, players have to learn fundamentals and these are game plays and mental skills.

The technical skill is retained by repetitions of drills.

What I do with a bowls squad is give a portion of training time to mental and tactical skill to add to the needed technical skill. Some bowlers reckon they have the mental skill and I say to you who think you have it all already, think again.

Self-satisfaction ain't gonna last long in a squad I coach. Striving means we never arrive.

That's why I believe those who adhere to that will do well, ultimately.

Lessons (quotes) heard / read from other elite sport

Athletics

...Technique is not so important as people believe; value it, but hard work and tactical and mental strength count for much, much, more.

...Whatever we do now others will copy, so we won't be doing it next year.

...Athletes know where the success lies hence it is easy to adhere and listen.

Basketball

...A relentless desire for knowledge, for learning, for networking in sport.

...If you play good defence (read front end head building) you get the choice of delivery in bowls.

...Too much emphasis on tools (read technique) and not enough on personal coaching.

...Turn despair into humour.

...If you work hard you are equal with everyone, now you go to another level.

...Need to buy into the philosophy of ATTITUDE.

...Selection is meant to be tough and recruiting too, as it eliminates the need for the tough decisions as good selection though tough is a requirement of good coaching.

Lachlan Tighe, 2018