

Lachlan Tighe

.....bowls presentation, 2012

‘Seeing is believing ii’ - visualisation

I once wrote about a legendary Australian footballer and coach commenting on the value of young talented footballers observing the best players in major competitions, such as the AFL grand final.

Former Bowls International and England coach, Tony Alcock, noted that

‘...as a youth I was not allowed on the green which meant hours of watching and exposure to the tactics over many years’

‘...such lengthy watching / observation gained a foundation of knowledge by following the style and good examples of international players’

‘... compare this to a club players mediocre approach where I saw 2 former world champs practice in readiness for forthcoming world events and the supposed good club players went off on other rinks and did their own practice rather than sit, observe and learn from the former world champs’

‘...if I were a rising star I would make it my business to grasp the opportunity to learn from the best and hope this would enable me to set my objectives and achieve my goals; perhaps this is just the difference’

Both sporting legends pump the same message : it reinforces the ‘thinking hard, hardly thinking’ approach I reinforce.

If a leading international bowler and a former great of AFL football both encourage us to watch and learn from the best, why are we not seeing more bowlers and budding champs in bowls watching major events.

Over the next bowls season when you play in major events, plan to watch the best in the tournament.

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