

Focus: A Skill To Learn, Develop

I want to cover this topic (Focus) in two ways: as the bowler and as skip of a fours team.

I as a bowler:

First and foremost the very next delivery is all that counts and that focus is controllable. That titan of bowls David Bryant talked about him...riveting his focus on a spot out on the grass line.

What we require is selective attention to focus clearly especially when under pressure.

For me, I reckon your focus is in your pre-delivery routine wherein you ignore anything else.

No, repeat no, wrong bias bowl is allowable.

You do that, deliver on the wrong bias, and you have very, very limited focus.

One way of enhancing the (focus) skill is to have some coach driven training session with distractions inherent in the session.

Some distractions I use include having players literally right along side you as you (all) deliver; giving you a different set of bowls to use at training; bowling back to another player on a mat at the other end, while they also deliver back to you. And just this weekend I realized the players take insufficient notice of head set-ups when I want to them to replay the head again. A tool to enhance their focus and be alert to their not taking enough notice of the behaviors of their training partners, so as to enhance their focus skill. Basically use your brain, eyes and ears to train the focus.

I as a skip.

You want to be a capable skip.

Use coach driven training to learn to anticipate the game, the presumed choice of next deliveries, the distractions, the pattern of play, the conditions. Thus thinking ahead.

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You play in an important event, focus on the teammates as to their technical efficiency today, their arousal level today, their intensity level today, their comfort or anxiety level today, their involvement in team today.

How often are leads seen scampering up to the skip end after completion of their second delivery. Skip, your focus is being general of the team. Get that player back with their teammates to have them focus on the tasks and responsibility they still have within the team.

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