

Elbows

bowls columns

What is mental toughness

An expression we hear in all sport and again in our sport. Selectors or critics of bowlers will often pass judgement on a player saying they lackmental toughness. Asked what that means and there is no sensible response.

Well, what is mental toughness?

My reading and application of mental toughness is your capacity to remain in control of what you can control

NOT the score
The result
Winning
The opposition
Or external factors (green, wind, bowl)

BUT it is any or all of these

Emotional reactions you have to distractions, unwarranted outcomes
Recall of your intense and relevant training in preparation for this event
Rehearsal of actual situations you now come across
Effort
Attitude
Levity
Challenge
Fun
Self talk
Confidence
Objectivity
Pride & appearance (perception of self)
Personal responsibility
The process to execute, to compete

You do many of these and you are mentally tough.

P.S....my book "**Winning becomes you, in lawn bowls**" is now available from December, 2013.

If interested in purchase, contact me direct on email l.a.tighe@bigpond.com or check the Henselite website for details of availability. Or refer to my own website www.lachlantighebowls.com

Lachlan Tighe, 2014