

## Mental Skill: Rehearsal, Visualisation

To start my year off in sport and coaching, I took an opportunity to browse through numerous sports book I have in my library to detect and refresh myself of any valuable messages from the books to refer over to bowls, bowls coaching and elite level bowls.

Here then are some précised statements, and my take too, on the specific theme below. Each theme will be on a separate article / column.

### Mental skill: rehearsal, Visualisation

Techniques are these:

Auditory \_ caterpillar, bowl bounced, calls.

Gustatory \_ (taste) drinks sweets victory

Kinaesthetic \_ (feel) grip fingers wrist legs swing

Olfactory \_ (smell) grippo, grass, surrounds

Visual \_ jack bowls head grassline

Visualisation:

Affects physical functioning

Accelerates the learning process

Links to the body

At the relevant speed replicating competition (12)

Spitz: you need a blue print, a goal, a structure, an expert guiding you the coach; attach yourself to a good coach; for some profile coaches a player lacking the right attitude does not get a guernsay. To these coaches attitude overrides ability (cite Tomic, Kyrgios) (8)

Practising distance awareness is a skill learned from the mat by judging the distances of bowls and jack apart at the head in front. (2)

### *Sources*

1 Bryant \_ Bryant on Bowls

2 Belliss \_ Play better bowls

3 Benincasa \_ How winning works

4 Charlesworth \_ Shakespeare the coach; The Coach;

5 Collins \_ Good to great

6 Dwyer \_ Full Time

7 Matthews \_ Accept the challenge

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**Website menu- mental skill**  
**Books on sport, mental skills for sport**

- 8 O'Neill \_ Sport leaders and success
- 9 Orlick \_ In pursuit of excellence
- 10 Parkin \_ Perform or else
- 11 Pyke \_ Toward better coaching
- 12 Syer \_ Sporting body, sporting mind; Team spirit
- 13 Woodward \_ Winning

**Lachlan Tighe 2017**