

MENTAL SKILL DEVELOPMENT IN TRAINING

Visualization

Visualization is amplified all over sport in recent years as we keep watching elite sport on our television sets.

I keep looking at our sport of bowls to see how I can adopt so many of these tools.

Visualization in bowls for me is applied in these ways as an example:

Twice the shot –

You deliver twice the number of bowls (compared to the opponent) if you firstly visualize your delivery and then secondly execute your delivery;

Deliveries of the opposition –

You see more bowls and flight paths if you observe the opposition deliveries and if you guess the outcome of their bowl you add another skill of judging distance;

Seeing is believing –

Watching your bowl until it completes its path enables you to believe that the bowl delivered undertook a path directly in accord with the execution, be it a good or poor one;

Body language –

A picture is worth a 1,000 words and your eyes interpret the language emitted from others on the rink;

Sensory reaction and perception –

Using your eyesight is that application of common sense (eyes), which ensures you have all your skills responding to the cause;

Memory retention –

Watching the precise path of an excellent delivery can allow the memory to tune into the eyes and call for that ‘file’ to be used again from the ‘computer ‘ brain. My version of this is termed ‘caterpillar’.

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