

Concentration: A Skill For Bowlers

Like most people I have an erroneous idea of what concentration is when I read more about it.

I had associated it with hard work and an elevated level of intensity.

But I read recently that I should recall how I have ever lost myself in the enjoyment of a movie or comedy. I concentrated quite naturally when absorbed in something you enjoy.

And this is the point where I learned the lesson: concentration is a natural activity when absorbed in the thing, bowls, which we all enjoy so much.

Concentration requires no extra effort, it simply needs practice.

As with all our skills to compete well in bowls.

Concentration is a skill, it is learned, it is developed and as with all our skills the more we train it, use it, the easier it becomes, now more so for and in performance.

My job, role, task as a coach in bowls is to introduce components for concentration skill, enjoyable components that assist you bowlers to develop, maintain then elevate their concentration skills.

Simon as one of my squad of bowlers rang me recently knowing the social isolation restriction from Corona Virus was soon to be eased and asked if I had something in mind to get the squad back into the training fray instantly.

I pondered, liked his question and came up with this idea as the introduction into our first training session, whenever that may be:

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1. Ten ends of one bowl singles: gets them to focus on the merit of that one bowl, that first bowl; gets them to exercise walking up after both players have delivered a bowl each; gets them to unwind mentally while walking in readiness for the next end.
2. Five ends of two-bowl singles with all the above merits still applicable.

All up that should be the first 20-30 minutes of our first session upon resumption after the virus social lockdown.

Feel free to try it. I am interested to see how valuable it was when we do it.

Oh I have even plotted the first session to cover these six factors:
Warm up, concentration drill, concentration & exercise, intensity & exercise, purpose of attacking weight delivery, competition as singles, as pairs.

Lachlan Tighe, 2020