

Switched On Is Situation Awareness (SA)

Situation Awareness as a facet of Mental toughness: an ability to understand what is happening, like a WIP to be ready to quickly anticipate and decide.

Tiger Woods' president cup USA golf team has a shocker performance day one of last year's 2019 President Cup golf event. If his history is anything to go by, he goes home that night and practices specifics and goes about his proper rehearsal in readiness for the situation the following day. And I bet his approach is replicated by his USA teammates. Why not, he is an icon in sport. His toughness is his capacity and willingness to do all that the same night his team experiences a dreadful day.

Day three and four he burns, they burn and he wins their big event. Again.

Situation awareness affects your performance. Situation awareness can be practised in our sport. I do it in nearly all my training sessions for the benefit of these bowlers. Simply it is a matter of setting up heads, experiment and train.

After some experimenting over the years, situation awareness (SA) seems to have four things to factor in:

- Perception, what do we see, hear or feel (if anything),
- Limited memory, forgetting what we trained for; bit like oh gosh that's right we did that last week, too late!
- Goal driven, maybe something like having to prove yourself in front of everyone, bit of vanity really,
- Expectation, false, high, unrealistic, or no can do.

What causes we bowlers to fail to pick up the situation (awareness)?

- No pre-training or experience in reading heads or being conscious of other cues.
- Narrow attention from us in the game; this may best be seen when you are playing 'like a dog' and totally immersed in your current sub-standard form rather than switched on to all goings on in the competition.

Website menu- tools to perform
Column: switched on is situation awareness

- Player readiness to react especially applies to those of you in singles events.
- And not picking up on an opponents' readiness and capacity to react either.
- A basic failure to comprehend the progressive situation (as more bowls keep coming into the game and head).
- Not having a game plan to give a sense of focus.
- Presuming bowlers can do what they have not achieved in deliveries the previous 15-20 ends; I think it is called ...expecting miracles.
- Poor emotional responses basically as we continue to play poorly, keep losing ends.
- Play too much, train purposefully too little.

Lachlan Tighe, 2020