

## THE GOOD OLDE DAYS

03-23-2015 by Harry Zirkelbach

Grandpa, tell us another story of your good olde days.

Certainly Geoff. But as you already have been told by your grandma and me, these are the good olde days. They are dissipating as life at a hectic pace. That's reasonable, as we immediately learn of events in any part of the world, then that event fights for its fifteen minutes against other breaking news, all the while ignoring our adventures, which are life's only important moments.

At other times you and I have ran around the family tree in conversation and you know bits and pieces of our significant others. For me, mom, dad and my sister Patricia Ann; for Barbara it her her Mom, two brothers Bill and Litmer, her sister Betsy, who have walked to the other side years ago. Still we see them as giants in our hazy rear view mirror, along with so many interesting Aunts and Uncles, cousins galore.

So today how about a modern trek across these Eastern Plains to meet a man who coached High School boys in multiple arenas. His teaching was basic. Learn the fundamentals of any game, then get a clear view of Where Are You Going. Doesn't sound like much? He meant it to be a prelude to excellence for sports education, then later in that meandering walk through life.

Children seem intimate with games at birth. Anything is a toy. This is reinforced by watching young wild animals. The parents protects, don't have to teach them games. So it has been with humans.

Games universally involve an intimate coordination between the mind-eye-limb.

With few details, remember your first bicycle? It required only a bit of encouragement, testing and the bicycle became a favorite toy, almost effortlessly transporting the rider anywhere, or later to where they wanted to be. The mind-eye-body began the journey; the selection of a destination followed.

Many children's games involve a ball. For the present, let us consider baseball. Basic tools, ball, glove bat, and of course playing surface. But basketball, tennis, hockey, football, rugby, bowling, yes writing too, all require the same mind-eye-limb coordination, then goal. Concentrate on that; you will be superior.

Throwing the ball - you have to have a destination clearly in mind. Velocity follows thru physical exercise. The hand-eye-limb coordination develops with concentration. Look at the target, where the ball is to go, and the mind-eye-limb will estimate 100% accurately what the arm should do to reach that goal. This applies in all sports. Keep your eye on the immediate goal.

Hitting the ball is another essential most sports. Again consider baseball. The game has one great basic rule. The batter is always safe until the opposition get his out. Ties favor the batter; he was safe because the opponents did not get him out. Concentrate on following the ball the moment it leaves the pitcher's hand and your mind-eye-limb team will direct your bat to meet the ball, eventually hitting it to where the ball should land to provide a safe hit.

Games provide the intimate guide for life beyond childhood also. I hope you will be surprised how essential the mind-eye-limb coordination developed as child and student, remains as employee, manager, whatever.

There, never take your eye off the goal.  
That could confuse your mind-eye-limb coordination.

These good Old Days began as a game for all animals.