

Coaches Corner

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“GAME DAY”

Be positive, stay in control, trust in your self and execute the skills that you have practiced to the best of your ability.

● GETTING READY TO PLAY.

- Discuss the game plan with your team.
- Greet your opponents - never fear them.
- Know the pace of the green.
- Gather information about line and weight from the roll-up.



● CONCENTRATION AND FOCUS

The actual time taken to deliver 42 bowls is approximately 3½ minutes. Successful outcomes occur when you focus on what you can control;

- Your pre-delivery routine and delivery action.
- Your level of concentration - shut out distractions.
- Your attitude - be positive and confident.
- Your internal voice - no self-doubt just “I can”.
- Performing your team role to the best of your ability.

● YOU ARE THE PILOT - Execute your Skills

- Do not worry about the things you cannot control, like the opposition playing good bowls, the rules and the playing surface.
- Consistently deliver the bowl on the intended line.
- Play the right weight for the shot to be played.
- Correct and improve on a bad bowl when (not if) you play one.

● TOP TIPS

- Only step on the mat when you understand the type of shot to be played, the intended line and required weight to execute it.
- Try and Visualise the shot and the possible outcome.

Remember success on game day will only be achieved by practicing your skills with purpose and intent.