

Team and Player Preparation- finals or championships

1. ***'Winning ways' come from***
 - Goals set for all by all*
 - Preparing by planning*
 - (mental)preparation an equally important component*
 - Analysing*
 - learning*

 2. ***'Winning ways' comes pre game***
 - Training as opposed to 'practicing by playing'*
 - Knowledge of us and opposition*
 - Technically proficient at this level*
 - Tactically make preferred decisions, minimise errors*
 - Game plan devised, acknowledged, shared*

 3. ***Goals***
 - What did you/we set and write for yourself*
 - monitoring the progress*

 4. ***Training, including Mental Preparation***
 - number of times you play per week & in hours/ positions*
 - What ratio of time training for that role/ playing position*
 - Parkin Principle hourly ratio of 3 planning, 2 preparing, 1 performing*
 - Pre delivery routine exact and constant*
 - Visualise every delivery*
 - Simulate game in training,*
 - Tactical training via set situations*
 - The TEAM wins, not you, not the Skip etc*

 5. ***Game Plan***
 - Take the 'training' into the game*
 - Set objectives for team in event*
 - responsibility is shared equally , e.g...25% per player in fours*
 - ends won, segments won,*
 - team meetings during and post*
 - 'TEAM' focus on front end players having a 2 of 4 bowls contribution*
 - Minimise losses any end with shots limited to a limit of 2 shots*
 - Analysing team, player performances, post game*
-ask what I need to do to fulfil my own goal (and the team will benefit by my extra commitment***

Lachlan Tighe May, 2011