

Winning, the team way

Welcome again to this series of columns expressing my approach to winning.

Let's begin at the beginning with:

FUNdamental — *Keep it fun*

Keep it basic

Retain a 'reality' check on your game - lose confidence, not skill. Good teams are those who win even when not playing well.

One in all in from herein.

Winning Ways

- **Teamwork** (are you working as a team and how well are you doing it?)
- **Relationship building** (an interesting one as you need to work through who is best for you, however helpers don't fall out of trees.)
- **Commitment to perform** – Shapawi was the gentleman in charge of the Malaysian Olympic & Commonwealth games contingent. His presentation to the entire games team (bowls being one of the sports represented) heading off to compete in Manchester. Asked the attendees the questions - have we chosen the right people, are you prepared to take the responsibility to perform for the team / state / country, are you involved or committed?

Passion – not a big fan of passion, no good without the work. Don't let it blind you. As humans, mistakes do happen and we need acceptance of them to be able to be on the Winning Way to victory.

- **Coaching** – what's entailed, what mental skill has the player undertaken, what tactical skill sessions and is there a standard and a regularity to the sessions?
- **Training** – is your training including caterpillar, zone length, tactical skill, composure.

Winning ways....during the game

Pre-delivery routine is exact and constant in every bowl.
Visualise every delivery thus we 'bowl' 2 bowls to the opposition's one.

Technically be proficient, bend extend low and slow.
Maintain your standard, accept your mistakes.
Tactically make preferred decisions, minimise errors.

Team awareness

Everyone reacts favourably to compliments.
Front end team - think like that every end.
The lead sets the tactical foundation for the team, the length, the strong start.

Don't be greedy.
Maintain, then gain.
Bowls in the head reduces the risk factor.
Responsibility is shared equally, 25%, in a fours team.
How often are we monitoring the progress of me, team.

Summarising

Those who play (games), practice (games) and may not get to finals.
Those who compete in bowls as a sport, train to win FINALS.
You don't rise to the level of your expectations, you fall to the level of training.
If you do what you always do you will get what you have always got.

Lachlan Tighe, 2021