

Talking heads

I went along to the profile bowls event Ultimate Bowls Championship (UBC) in Melbourne recently where numerous name players were competing for the big \$\$\$ prize money.

What I was able to do was have chats with a number of them and on reflection there was a lot of good bowls knowledge to be shared with you readers to help you move your own bowls along. I won't cite the names of the players as they are not to know I was going to write their views, but I shall summarize in single sentence form the comments I reacted to for your reading.

One chose to drive, but did not react instinctively in my delivery.

One spoke about overcoming doubt, embarrassment as a barrier to success.

One reinforced the necessity of getting the fundamentals spot on.

One said to add shot when holding was a prime focus for him.

Another said he had a team game plan, front end bowls in head and have back bowls.

Youth lack inhibition, which is the contrast to older player approaches.

Game plans are a must.

Players at elite level need to know their role in team position.

Good coaching for players is being challenged.

As an international player noted (most) women seem not to drive.

Premier club imploded when losses occurred and the team had no coping tools.

So there is an obvious need for team training in such settings.

Self talk as part of training has elevated one player's performance.

Dealing with slow starts raised some suggestions:

Tell yourself you are a ripper starter.

At training reinforce this self talk.

At training & events, record your performance as a self talk tool.

Positive spin not double negative stuff.

Soak up what you can from these hot shots comments and enjoy your next level of bowls.

Lachlan Tighe, 2019