

Winning Is Planned

Player Preparation-Event Finals Or Championships

1. 'Winning ways' come from:

Goals set by all for all
Preparing by planning
(Mental) preparation an important component
Analysing
Learning

2. 'Winning ways' comes pre game:

Training as opposed to 'practicing by playing'
Knowledge of us and opposition
Technically become proficient
Tactically make preferred decisions, minimise errors
Game plan devised, acknowledged, shared

3. Goals

What did you / we set for yourself
Did you write it down
How often are you monitoring the progress

4. Training, including Mental Preparation

How often do you play per week and in hours / positions
What position are you generally played in pennant
What ratio of time training for that role
How often do you train per week to hone skills
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 set situations to learn composure under pressure
The TEAM wins, not you, not the Skip etc.

5.Game Plan

- Take the 'training' into the game
- Set objectives for team in pennant
- Responsibility is shared equally 25% per player
- 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 less than 3
- Analysing team, player performances, post game.

Ask what I need to do to fulfil my own goal (and the club will benefit by my extra commitment.

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