

*Bowls Website menu – Q&A
winning*

How To Win From In Front Or Behind

Question:

Hi Lachie:

It was good to have a bit of a chat recently and watch as three of the best young bowlers around were listening to you and bouncing comments off you.

It got me thinking that I could send you this email and ask for some input from you as to what I should do next. Happy to take on board whatever you have to offer.

My problem is basically that I find myself playing a lot of singles matches and getting some pretty awesome results and then scattering a couple of "bad ends" in there and f*cking it all up.

I have made some big changes to my lifestyle recently, losing some weight and practising more than ever.

I am better suited to coming from behind in games rather than leading comfortably as I seem to be able to do everything correctly when I absolutely need to, but become a bit blasé when I have a big lead.

Hoping that there is a strategy you might suggest.

Wondering if a sports psychologist might be useful even though I think that my issue is partly tactical in nature.

Hope this doesn't present to onerous a task.

Cheers and kind regards.

Response:

Hi mate;

Quite interesting that these last two years I have had an international, two premier leaguers, and three division one (skips) all seek me for personal coaching and in every case a common factor was... how do I win the close ones, the profile events.

Three or four of the six will be at the Sunday program too which may be good to share when we chew the fat.

I throw the comments below in no priority for you to check for relevance to you, so we can talk over a red in the near future:

- attitude is a big thing in winning or losing
- what did you change from a winning game, why?
- doing what you are good at only makes you good (still); focusing on what you could do better, exceptional is the path to being much, much better; but,

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it is an attitude shift;

- many a hotshot in sport does this: record objectives you can change your plan to succeed but not your objective;
- doubt & debrief: doubt is mandatory, losing though is optional; debriefing every game with a view to learning about yourself and what to do in readiness for the next event is invaluable;
- two things about training for your issue - train with a specific skill purpose and relevant intensity, and, simulate the game at training so have a practice partner where you are say 21-18 and play to 25 so as to get used to how to set a mini plan to win the final ends; remember skill is more than delivery, skill so tactical and mental skill are trained too; mate practice makes players;
- momentum, self control pressure can all be trained for where you have a process to take to games, it can be measured and it is habit forming;
- finally mate winning - know what you have to do to win, plan for it, train for it, not worry about what if I lose; don't stay safe / consistent / comfortable; the winners prize is there for those of us prepared to chance it, explore, develop, work, initiate and fight using the tools we trained with;
- challenge yourself to go further.

I reckon that is a snapshot of my thought processes.

Lachlan Tighe, 2017