

What is pressure?

QUESTION:

What is pressure? It seems bowlers react differently to situations; can you explain?

ANSWER:

Pressure: It could be these examples.

- Adverse reaction to opponent 'fluke' shots
- Many shots down on the head
- Consistent poor bowls or specific type of delivery
- Opponents score extending
- Body language that spells / smells trouble
- Verbal language that spells defeatism
- Score oriented over riding skill execution
- Unrealistic expectations of bowlers and then their teams

Self Knowledge: Pressure might well come because of players inability to respond to these realistically.

- Do you know your general skills?
- What are your specific skills?
- Are you aware of general tactics?
- Are you aware of specific tactics for specific situations?

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