

## Website menu: Training Session

### Composure in 3 sessions

# Composure Part 2

#### Training Session Purpose- composure in delivery

I provide this as the second practical program on composure.

#### **PURPOSE of the session:**

Focus on pre-delivery routine as the first factor in pressure reduction.  
Composure at the moment of delivery regardless of the score / situation  
see your delivery flight path.

#### **LESSONS in mental skill**

**PRESSURE** is something you place on yourself, too often done by behaviour in training.

What produces pressure, the human frailty, the hidden voice saying:

- I won't do well.
- Hell I might blow it.
- What if I trail it to them?
- This pressure is getting to me.
- I can't afford to lose.
- Don't be short (let alone that foolhardy skip for our team).
- Make sure I reach.
- Gee that opponent is annoying me (distraction).
- 

What reduces pressure: having the tools to say, to do:

- I can only do my best, which in itself is good enough.
- I have prepared so well for this.
- I remember this very situation from training.
- Gee I am going to enjoy this experience out here today.
- What a real challenge this is to enjoy knowing as winners I / we are grinders.
- Hell I remember how well I can bowl the ripper winning bowl.

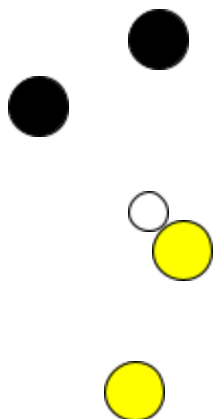
**I coach you to acquire the tools, trust in it. I do.**

SINGLES (diagram below)

Composure to think ahead with 2 deliveries still on offer OR use of second in TEAM event.

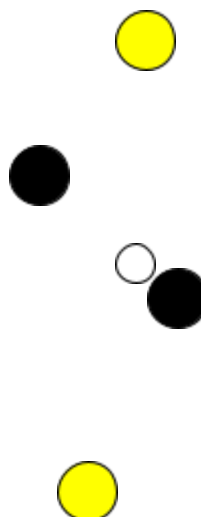
Situation in both diagrams that follow is whoever wins the end wins the game; yellow or black considerations with the next delivery, and the added variable whether go first or second.

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Would decisions change if each colour only had to be second shot to win the game.

8 attempts at the head example below: pair off for drill with partner at head, while you deliver.



For yellow:

3<sup>rd</sup> delivery options- draw, trail, wrest back black all BH; other considerations?

Last delivery have to be second shot, or, have to win.

Diagrams the distance from jack to bowls can be flexible to alter training session.

**Lachlan Tighe, 2022.**

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