

Bosisto on Bowls

Last weekend Samantha was given a book by a fellow club member titled 'Bosisto On Bowls' as the club member was impressed by Sam's diligence to training, correctly and with purpose.

The member also gave her a USB, which featured our own iconic John Snell chatting about bowls performance in an audio format.

I couldn't help myself and went and sped read the book (which I had read years ago) and listened to excerpts of John and was chuffed to think we are on the right highway with this pBus (training squad).

And again over the weekend another club member shared his dad's notes on proficient training with me, which I found reinforced our approach to training with purpose. The dad happened to be a state champion in his heyday.

Excellence never goes out of fashion.

Who was Glyn Bosisto - how about this record:

Singles won 55 titles, 4 @ national, 9 @ state

Teams won 16 championships, 2 Australian, 4 state

And the first Australian bowler to be chosen in 3 commonwealth games.

Here are his pearls from the book, which I am sure you have read somewhere in among all my stuff as both Glyn, or via his son Jon, John and a great guy named Jim Yates, himself a dual world champion were early and frequent guides to me in one way or another; my input is added and I refer to Bosisto as GB.

- 90% of players play games as practice at medium length; the players who practice and become proficient at short ends and at long ends have a decided advantage over opponents, at any level.
- Changing hands is a no no - years ago the state selectors did a survey and found where a player was given another delivery on the same hand, same weight, they had a 66% success outcome; whereas in changing hands for delivery two they had a 12% success rate; never

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let a good player have two goes at an unchanged head - change the bloody thing people.

- Preferred hands are a real thing, even GB seemed to prefer BH;
- The road to championship level is not easy and he stressed the following:
fundamentals to be absorbed, practiced
right mental approach including discipline to training, concentration and confidence
efficient coaching is essential.
- On delivery in general the player must face the grass line of the green; all weight being on the front foot at execution, with your palm extended; on heavy greens, either be more upright or deliver faster (danny's clock concept answers that too)
- The champion bowler delivers with the appropriate weight.
- Fact - being an inch off line at the mat is 2'3" from the jack the other end; modern measure that would be 4cm to 67cm away at the other end the other end.
- Trail the jack wrong mindset - the trail for GB was essentially a draw shot to a specified position beyond the head and a good skip would pinpoint that new location; he felt the player was too focused on getting the jack rather than adjust the line to end up where the skip specified; if success jack goes back, if unsuccessful then the skip has this excellent bowl, the lovely catcher from you; play the pace rather than just impacting the head or jack.
- Skip - play the strength of your team; the skip with vague 'anywhere around here' calls is contributing to laxity with the team because it does not induce positive bowling; it's fairly simple to end anywhere.
- Skip and tactics - a skip loses more games by wrong directions than by the poor play of the team; a skip is required to think strategically (we said play chess recently in emails) and plan for contingencies; a common fault is the desire to deprive the opposition of holding shot before ensuring the game plan is in place; Jim Yates used lament state players not understanding you can hold the shot too early); get second shot to lay the foundation for options by the team back end including minimizing losses this end;
- Don't be greedy, don't pack a head.

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- GB was content when his teammates could get 50% of their bowls within 45cm , whereas we have ML at 60cm as he saw it as the foundation to a head being built.
- GB played another sport before bowls - he was taught to see himself as the opponent, no one else, and perform to the best of his ability so it (this attitude) provided the mental incentive to maintain concentration and determination to focus on his performance; persist through the rough period of a game (hence our stats are our guide to being our own pb); the champion is the % player so where other bowlers use their hands they use their sporting brain (and we in pBus keep % so that can be us, the champions of the future).
- On success fame and recognition - everyone who succeeds gets a degree of limelight, recognition, plaudits; when the success sets the standard that success will generate shafts coming from the envious; if the performer operates at the mediocre, they will be left severely alone; being the one who sets the standard, despite the outcry of envy and disdain, history will confirm their superiority of that performer, in this case GB himself; (I found history only records those who were there first or who came first).
- Paraphrasing GB I say again let us be intolerant of mediocrity in all we do as the ticket holders on our pBus.

Incidentally this is who our **John Snell** is - how about this record:
Singles won 25 club titles, 4 @ state, & 7 Victorian Masters
Regional won 35 titles in all formats
Teams 250 games for his state Victoria, 119 as Australian,
National Australian pairs champion
International Silver medalist in Commonwealth Games, & World singles
 championships, & British Jack High series
And one of the first Australian bowlers installed into the BA Hall of Fame

Lachlan, Wednesday 3/2/2021