

Pursuing Perfection

Serious athletes yearn for the perfect performance.

Just imagine!

The perfect round of golf is 18, unachievable on a regular course, but worth a beer at mini-putt, with full apology to the United States Pro Mini Golf Association (USPMGA) in South Carolina.

The average footy team gets 20 shots on goal per game. In a perfect scenario, that is 20 goals. Add a hot goalkeeper and it is perfection.

NHL's Montreal Canadiens perfect game equals 30 shots, 30 goals.

NFL's Miami Dolphins score a converted touchdown on all 12 possessions and hold the Patriots scoreless for an 84-0 win. Perfect.

Baseball has the perfect no-hitter and hitting for the cycle.

Bowls also has its aspects of perfection. A 21-0 singles victory. An 18-end pairs shellacking with perfect ends for a 72-0 win.

To ever approach this level of performance requires both skill mastery and great devotion to details.

I didn't really understand this level of detail until I attended a lecture by John Wooden, coach of the UCLA Bruins basketball dynasty. He had an audience of 300 coaches in the palm of his hand as he spoke for 30 minutes on "How to tie your sneakers". It spoke of deep preparation of mind and body.

If roll ups and jitneys are your method of practice, your reward may well continue to be more roll ups and jitneys. But if you crave winning consistently at a higher level, be it club, state, country and beyond you must take on the habits of winners in your pursuit of perfection.

One of the consistent practices of successful high performance athletes is attention to those details. Mastery of bowls skills is a must and is attainable with dedication and patience.

In the Facts, Measures & Knowledge tab at lachlantighebowls.com you will find the "July2012 Skill Rating" file where your mastery will begin.

The described session takes you through 18 bowls tasks. Each practice should center on two of the skills for best focus and results.

You will soon learn where your strengths and weaknesses lie. Shots you encounter, only occasionally, will become routine, building your winning confidence, while developing better weight judgement and great touch.

Terry O'Neil 2019, Performance Coach in Training

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