

**Website menu – measured, appraisal  
Debrief- singles performance**

***Debrief Session – Singles Event Performance***

**Debriefing Personal performance in event championship**

**Event name.....**

You can use this page for either a singles event or a member of the team. We always review performance (together) with the eye on your future goals. Sometimes even wins hide sins.

**Player rating performances**

Using these numerals to rate your games performance (1-3 = no good; 4-5 = OK; 6-8 = very good; 9 = exceptional; 10 = perfect), how would you rate each game in the recent event (**insert figure**).

What % level standard did you perform at (**insert a % figure**).

What did you set out to achieve (goal, game plan, 'pb').

What specific goals / game plans worked well.

Why did you win / lose.

What was your strength and weakness on the day.

What caused pressure in this event.

What do you change / can we change for you to win (more often).

What did you learn from any of your opponents.

Was your training adequate for the event, explain.

Any other comment + or – you wish to make about your effort.

**Debriefing Competition performance**

Other questions and answers sought from the event could be:

What has to improve in my skills and game approach.

What has to be retained.

***Debriefing Training performance***

Why did you come here today / tonight.

What will you now do differently.

What purpose do you have when attending training.

What lessons have you learnt from bowls competition.

How did you apply the lesson at training.

Detail the number of hours for your typical bowls week in pennant season.

Near enough is good enough for you, but not good enough for me, so watch out in training if you show that approach to training, as it will be a cause for your exclusion.

**Training (& coaching) REVIEW**

Player to have fundamentals / purpose to work on each coaching session.

Rate your performance out of 10 each training / coaching session = qualify / record 3 things done well.

Qualify / record 3 things you need to improve on as a consequence of the session.

## Website menu – measured, appraisal Debrief- singles performance

**Player Name:**                      **Date:**                                      **Event:**                                      **Rink:**                                      **Start Time:**

**PRIMARY GOAL:**

Goals for the team Game (2 examples, insert your own)

Player goals

Rink (team) goals

Get first bowl mat length, 30% ends	Win a minimum 2/5 ends per segment
Get 40% of bowls as ML / effective	Win 50% of ends
	Keep end losses to a maximum of 2 shots

**Pre Game strategy preparation**

- **Diet:** eat appropriately and at normal times; take food in case it is unavailable.
- **Equipment:** checklist have spares of everything and account for the extreme weather.
- **Travel:** arise well in time for breakfast and bus departure.
- **Arrival:** early to venue to reduce anxiety.
- **Focused:** yet relaxed, breathe and be **patient** in the period before the event.
- **Emotional:** ensure you are at peace with all the people important to you.

**Game plan**

- Know your winning strength, hand.
- Be patient, know your game plan yet be flexible with it.
- Stay relaxed, use affirmations of self talk, laughter helps.
- Know when to attack and defend.
- Grind opposition into the ground when chance arises.
- Lost shots per end kept to 2.
- ‘Last’ bowl is always your first bowl.

**Match starts prior to the day**

- The battle is won before the war has begun.
- **Drinks** and other essentials ready and at end of the rink.
- Prepare **mind**.
- Relax body & mind, Focus on one point.
- Visualize perfect delivery and result.
- Know exactly how we / I will play game (**game plan**).
- Encourage each others performances especially when you are struggling.
- Walk onto the rink as a **team** and behave as a team.
- **Enjoy** despite everything; you are special just being here.
- Find your own space to **relax**.
- Set mini goals when struggling during a game.
- Minimum number of bowls required in a ML head.

**Roll up**

- Look at rink and assess condition of Surface, Weather.
- Develop line and feel; know your body, know your bowl.
- Keep toey, stretch, walk around.
- Pre delivery routine fixed as of now.
- Focus on your line / view spot as if your life depended on it.
- Get minimum & maximum lengths ‘felt’ in your sense.