

Attitude: all about practising habits

“Bowls...the culture of success”

hands up in answer to these statements:

I have won a club championship

I have won a group title

I have won a state title

I am in the Victorian side

I am in the Australian side

I know how good my skills are

I practice or play 5-7 times a week in the season

I practice or play 3-5 times a week out of season

I watch better players practice and / or play

I met all my objectives in bowls to Xmas

I want to be in the Victorian and the Australian side

I know Bowls is a Commonwealth Games sport

I know the public regard Games reps as elite athletes

I want to be a great player (athlete)

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hands up in answer to these statements:

I want to be in the Victorian and the Australian side

I am prepared to work to be in the Victorian and Australian side

I have a coach who plans/ supervises my training

I have set my goals (in discussion with my coach)

I have a training program of 3 times a week this season

I practice specific tactical skills at training

I know what mental skills are necessary to improve

I have training sessions to develop my mental skill

I use games sense (simulation) in my training

I have performance evaluation debrief sessions (with my coach)

I plan and devise game plans for every event

I keep a diary record of my performance in training & events

I know what the qualities of a great player are

I watch better players practice and / or play

I now need to re set my objectives in bowls to Xmas

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Every battle has a plan

Every goal has a sacrifice

*Every dream (fulfilled) is worth the weight of
GOLD*