

## Clarity in pressure situations

More than 90.000 spectators on Sunday night at the MCG venue watched India and Pakistan compete in round one of the world cricket cup. It was reported that in excess of 20 million watched on TV over on the sub continent.

They all watched as India defeated Pakistan in the final over in what appeared to be an insurmountable target for India to achieve (in that last over).

Well India did just that, achieved the target and won first round.

Cricket has numerous parallels to our game, lawn bowls:

Both batsman and bowler have to visualize their intended next action every time.

Both batsman and bowler have to execute their specific form of pre-delivery routine.

Both batsman and bowler have to perform a rhythmic backswing / follow through action to get their desired respective outcome.

Both batsman and bowler have to transfer body weight through their action, requiring leg power.

Both batsman and bowler have to remember they are part of a team, a team wherein they are provided tasks, roles and objectives within a team game plan.

So why the headline, ‘clarity in pressure situations’?

Because the great Indian captain, Virat Kohli, once again rose to the occasion to capture victory for his team.

What do we learn from the contest to apply to bowls?

I for one gained my lessons as much from his post game interview where he said these (and my lessons in brackets):

...he kept an eye on the scoreboard and the progress of the game plan batting strategy. (Using our scoreboard / scorecard to weight when to attack, when to defend, ensuring the capacity is there to still win)

...I love these situations (relishes the pressure, revels in the enormity of the contest)

**Pressure requires clarity**

... a lot of people talk about pressure, especially when behind; for me its clarity; you know the score, the runs to get, the overs left. (clarity under pressure, clarity to keep your mind on the game plan, to attack to accumulate shots won on any end, and, contain ends lost to a minimum of two shots and know there are sufficient ends to complete to win)

...and I like these challenges (god how many times have I heard bowlers say they get uptight in competition, unnecessarily; competition by definition is a you versus someone, us versus them, and it is a bit of a hit to the ego; one of the best bowlers I coached turned the word pressure to challenge and I reckon that should apply to all of you in bowls; the contest and with luck the winning result is why you front up in the first place; losing is an occupational hazard troops, accept that fact).

Boy I enjoyed this lesson earlier this week from Virat Kohli.

**Lachlan Tighe, 2022**