

*Bowls Website menu- Q&A*  
*Skip conversion shots*

## **Skip Conversion Shots**

### **QUESTION**

Hi Lachie:

Hope all is well with you, your bowling and coaching.

As you may have observed, our season has had "mixed results" thus far.

Yesterday in Division 1 was a gut-wrenching one-shot loss, made worse because we were holding shot (& match) with one bowl left. Opposition skip drew the shot, so we tumbled from potentially 3rd on the ladder to 8th.

Character building!!!!

The question I'd appreciate your feedback about is: A challenge mainly for skips is bowling to add or to protect the head without giving the shot away. Consequently, we often see a skip put in a "chicken bowl" with their last delivery. Personally, I find I do it "subconsciously" at times. Afterwards, I think maybe I should've just put it in my pocket rather than play a half-hearted shot.

The problem is compounded if the opposing skip has last bowl. I know every situation is different, but in such circumstances what should be the rule of thumb?

Thanks in anticipation.

Cheers

### **RESPONSE**

Hi mate:

Gee you could have been talking about me playing in the team as third and my game and our front end.

You place undue pressure and responsibility on yourself is my first reaction.

You are one of four, so share the joy, the responsibility.

Start with the first bowler. What I notice is the inability of a skip to be able to alter the behaviour of the player(s) with instructions that can alter the feeling that it all revolves around you (pressure).

Example, if the lead is short get him to play five feet thru each bowl for a few ends to allow the second to be, in effect, the lead with no cluttered

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barriers and back bowls per courtesy of the lead.

Example, seek the preference of the lead and the second beforehand and attempt to have them on their preferred hand as much as possible.

Example, use the rink meeting after five ends to reinforce what is working, stimulate change, forum for input for improvement, rather than a hollow rah rah.

What I am saying is that better use of the three players in front of you reduces the pressure on yourself as skip and maybe raises the pressure on the opposing person.

And as I said to you, your reaction is an emotional feeling as you and he had no idea how many times he converted better today as compared to any other Saturday.

I refer you to the menu on my website ([www.lachlantighebowls.com](http://www.lachlantighebowls.com)) called "Training Sessions" and somewhere there will be diagrams to run your own simulated pressure sessions.

Again as we did 'call' your delivery in training and reinforce the yes I can do this attitude, which we know worked wonders when we came and did the training reinforcing this positivity.

As John Snell said to me recently, Lach, it is all about repetition, repetition, repetition at training.

Once you do that, recall the repeated training session into the game.

Keep in contact.

Regards to all at your club.

**Lachlan Tighe, 2017**