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Every second counts

‘Every second counts’

Being second in sport / bowls means you lost, unfortunately.

Kevin Sheedy, the legendary former AFL national football coach, once said something like, ‘When two teams go to compete, if you are not switched on for every second, second is where you finish.’

All bowlers good and ordinary face this mental barrier of prolonged concentration. The really top bowlers condition themselves to minimise this flaw, this mental deficiency.

And how do they do that? Every time out there on the training track, doing more purposeful training, where we (apparently) good bowlers need to go too.

A Tour de France winner, when interviewed on the SECOND last day of the Tour said he would be cautious even though so far in front so as to not be cocky when the event is still not finished. Already in round one of this new season, I heard a pennant side was sixteen (16) shots in front, with seven ends to be play, lost.

Every second counts, in a fours bowls team.

A team skip can do wonders with the role and use of the SECOND in pennant competition bowls. At one club I know, their overall game plan in pennant states is that the second should see himself as the consolidator or converter, the disciplined member and the second half of a team combining with his lead. Therefore those two front-end players were one team and the SECOND team was the combined third / skip team, so that all club members know in their pennant side, they had twice as many teams as any opposition they played (in their mind).

The lesson to learn from that club’s overall approach to their fours teams: Every second counts for us.

Lachlan Tighe, 2017

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Website www.lachlantighebowls.com
Attitude: mindful of practising habits