

Elbows

bowls columns

MasterChef ingredients - Plan your passion

Matt Preston, MasterChef judge, commented the elite contestants needed to understand that success is (cooking from a menu seen as a parallel to a bowls performance) 80% menu with an index, ingredients and a plan and 20% passion and creativity.

Our bowls menu is the level of skill we have to take into the event, our knowledge of the components (technical, tactical, mental) and the ingredients (use of deliveries, lengths, hands, players in team).

Based on all that, we devise a game plan to suit our current form, the event, the opposition and the conditions.

The passion is just that, a desire to perform as well as we can. Some of us have flair in our approach to playing the game, some others of us are cautious by nature.

Doesn't matter, know who you are.

In teams, know the nature of each member and nurture accordingly.

Not too easy a task and not too easy to secure harmony and certainly not a guarantee at club level to have that harmony, that understanding. But the endeavour is worth it.

All I can suggest is give everything to the thrill of the performance. Even if losing badly, why concede?

Why not try something markedly different so as to be able to reflect on the possibility of this experimental approach being introduced to a future training session.

It may expand your skill set even though you lost, this time.

www.lachlantighebowls.com

Lachlan Tighe, 2014