

Elbows Squad, 2011
Event pre game preparation

Player Name: _____ **Date:** _____ **Event:** _____ **Rink:** _____ **Start Time:** _____

Individual Player Goals for Game (2 examples, insert your own)

Team goals (2 examples, insert your own)

• get first bowl per end within mat length	• win a minimum 4 ends per set, an average of an end every 3 ends
• get 45% of bowls assessed as ML/ effective over the entire game	• win the second set
•	•
•	•
•	•

Pre Game strategy preparation

- **diet** eat appropriately and at normal times; take food in case it is unavailable
- **equipment:** checklist have spares of everything and account for the extreme weather
- **travel:** arise well in time for breakfast and bus departure
- **arrive** early to venue to reduce anxiety
- focused, yet relaxed, breathe and be **patient** in the period before the event
- **emotional** – ensure you are at peace with all the people important to you

Game plan

know your winning strength
stay relaxed, be patient yet flexible to your game plan
use affirmation such as caterpillar
know when to attack and defend
grind opposition into the ground when chance arises
relish and enjoy the thrill of the contest
'last' bowl is always your first bowl

Match starts prior to the day

- The battle is won before the war has begun
- **Drinks** and other essentials ready
- Prepare **mind**
Relax body & mind, Focus on one point
Visualize perfect delivery and result
- know exactly how we/I will play game (**game plan**)
- Encourage each others performances especially when you are struggling
- Walk onto the rink as a **team** and behave as a team
- **enjoy** despite everything; you are special just being here
- find your own space to **relax**

Roll up

- Look at rink and assess condition of Surface, Weather?
- Develop line and feel; know your body, know your bowl
- keep toey, stretch, walk around

Debrief (four brief responses in positive words where suitable)

What did we/I do well? • •	• •
What do we/I need to improve upon? • •	• •
What caused the win/ loss? • •	• •

Lachlan Tighe, November 17, 2010 (based on exercise from Delhi Games, 2010)