

***Website menu, tools to perform  
Game preparation***

**‘Game preparation - a steep curve to a culture of success’**

I have witnessed behaviour from apparently good bowlers, that reinforces the need for our approach with the elite of the sport to be reappraised so as to assist and develop our aspiring best bowlers to be the world’s best in the foreseeable future.

Examples of the witnessed behavior practices that are not to be heeded include:

- A player walking off the green 3 times to tell spectators of his frustration at the ‘luck’ his opponent is having with up shots - did he not respect the opponents ability, did he not know to focus on the next delivery, why was he even talking to us, spectators, in battle.
- A player yelling out to someone to get him a glass of water - if he planned well his fluid supply would have been at the end of the rink before even starting the event.
- A fours team eating takeaway food on the edge of the green - now what sort of focus is that and what message is read about respect for opposition.
- A fours skip walking away to get water while the team member is preparing to deliver - the notion of team spirit is not a strong element in this four.
- A (winning) fours team not even clapping good shots and crossing over as if it were a punishment to be playing for a group championship – all young players and no evidence of them instinctively trained to demonstrate team spirit / cohesion in every event they participate in.
- A singles player doing a rough measure and conceding because it was too inconvenient to stretch down and measure - desperate commitment unsighted and perhaps a sense of scant regard for the opponent (tune out for a second and second is where you come).
- A player continually complimenting the opponent for a good shot (audible from the bank) - this is a fine line between sportsmanship and mental toughness as I would not be ‘feeding’ the opponent good vibes though you can still be a good sport afterwards.
- A skip mouthing off to opponents how good he is during competition - he obviously does not know that mentally tough opponents would in

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fact see his behaviour as vulnerable for as soon as he is losing how much will we hear him then.

I am not laying blame at the feet of these good bowlers, in fact they probably win regardless, however, if there was a coach in attendance and both player and coach had a debrief on that current performance then I would expect that these flaws in behaviour would be identified and then eliminated in future training and competition preparation and I would like to think the bowlers would go up a cog in standard of performance if only because their mental skill training has made them a better competitor.

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