

## Competition Lessons

In recent months I have been on the green to compete in a variety of competition formats.

What strikes me is the absence of training for competition, the lack of awareness of roles in teams, and a limited sporting brain for many training, but omitting to apply that approach in competition.

Here is a synopsis of those observations:

Playing as practice - lady plays 4-5 times a week and makes the same mistakes either technically or tactically every time observed; no thought to train to remedy the flaws.

Skips inanimate - selectors choose some dour sour types as skips. Need I say more.

Pennant competition - rinks and their skips are so besotted on their own rink they forego a need to keep our club scoreboard ticking over, regularly. Point made to me is that the rink was being thrashed and did not want the embarrassment of the rink score being highlighted. An obvious lack of awareness of the overall scoreboard factor and team sport.

Choose to play lead - two good players I know sought to tell the selectors they want to be the lead in the pennant team. All about being better and still enormously valuable to the team.

Opposition removes your close shot bowl with their last bowl, regularly. Wonder if holding early deny access earlier knowing to presume by experience they are going to remove the shot bowl.

Lamentable behavior; this bloke is a perennial offender and yet when the situation is reversed he is all smiles. Clubs turn a blind eye to serial offenders. For me I don't even acknowledge him nowadays he is so regularly dreadful.

Consistency: BNZ coach reinforced the need for consistency. New bowlers I associate with lately play too much, though we are getting them to train I must say. They have to play as they derive so much enjoyment from playing. Balance the playing and the training troops.

Pre-delivery: Saw the best at state finals have the rock solid consistent routine. A wonderful new bowler is currently bowling 10% of his deliveries with the wrong bias. Solution which I mentioned to him, a pre delivery routine which includes having the bowl on the correct bias for every delivery.

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Competition lessons observed

Aggressive mindset: Or a take it or lose it factor. State singles final witness the player already having drawn three ripper,s decide not to deliver #4 with ML of space in case it changed the result. She lost the final and another game a skip holds five and ponders loudly about how to get six and does not despite good advice from third.

Measurable standards - talk to a state player and he knew if going 55% effective he is going to win. Player I coach has set one goal being operate at 55% effective over the season.

The feel; player at state finals tells me afterward that he only had 70% confidence in the weight deliveries; you should have seen him bowl. Hell +70 had to be seen sometime. All about him being in touch with his senses, his body.

Game plan: team was always going to win the regional teams event as they expected to, and did, place a back bowl every end by 4<sup>th</sup> delivery.

Stats. provide value during the game: Singles game one player keeps stats on effective deliveries every end, other who is the better player just competes expecting victory. Stats kept after five ends had player going at 15%, really dismal stuff. Next five ends is going at 20%, yet the scoreboard was 8-10 (wonder how the better player is going). Next 5 ends our statistician is now at 60% and the score is 13-13; next 5 ends the stats are also at 60% and the final score reads 21-15, victory and victory to the merit of keeping and using stats, during the game.

Bad tactic - me in this case - how often have we said don't change hands with second delivery when the same hand option is still there. The % factor for success staying same hand is 50% compared to a 20% prospect changing hands. Changed hands and allowed the opposition to secure a five, what a dickhead am I.

Situation awareness, me again - in the above hindsight what I ought to have done is come down and see the head close up and reaffirm where I could draw to staying on the same backhand. Great to have the newbies we are working with lately experience this error so they might consider before easily changing hands.

**Lachlan Tighe, 2022**