

The superior approach to singles

I get asked this one a lot.

In singles, why do you emphasize the need to walk to the head after your third delivery.

This is nearly my pet principle of elite performance.

I will not seriously coach anyone as a singles player, not wanting to walk to the head.

I urge, nearly demand, that practice on all bowlers, though not everyone applies or concurs, but the best of the best do.

Why do I flog this case of walk to the head after bowl three in singles?

Because: the greatest bowler ever / still, David Bryant, did it. Good enough for him, good enough for me.

Because: you set the tempo for the game, even if not holding the mat. You reinforce how well you are bowling, looking at the bowls at the head.

You self talk-your next delivery.

You can mark your card for effective bowls.

Lina and Safuan (Malaysian stars) won two gold medals and four world singles championships as ardent practitioners of walking to the head.

You can 'measure' how good your judgement / estimate of the first three bowls was, skill being developed as you play.

You have the opportunity to hold your own 'team' meeting with yourself, undeterred at the head.

You measure with your eyes your front end game plan contribution.. Remember in singles the game is won with the first two bowls being regular ML contributors (Tony Alcock UK numerous times world champion).

You may be a distraction to the opposition going to the head, especially if it is so obvious what the head looks like - Max v. Sheriff and Robbie v. Lester (where it was obvious those two elite opponents no longer had control of the tempo).

www.lachlantighebowls.com

singles superior approach

In writing this and other columns it makes me rethink, evaluate what and why I stand firm on certain things about excellence in bowls, in excellence about bowls coaching;

Lachlan Tighe 14/7/2022