

Elbows

bowls columns

Essentials

Nicole Shortis gave a great presentation at the recent Bowls Victoria Master Class coach session and one aspect of her presentation – what are the essentials coaching a talented bowler – highlighted the merit of a pre-delivery routine, which, as with the other presenters, was reinforced as a must.

However Nicole referred to her 4Fs as another essential tool to perform.

Her 4Fs were:

- F^&* _ In other words let the crap out once and quickly.
- Fix _ Know quickly what it is you need to adapt to get it right, to be back on even keel.
- Forget _ Yes, simply forget the mistake, the bad luck, the chance, the poor result and move on
- Focus _ Focus on????; what you do to deliver your next bowl(s) to enable you to get back in the game; and that focus is probably best spent on your successful repetitive pre-delivery routine.

Nicole ventured a view that bowlers seem to dwell on mistakes and dig holes for themselves bigger and deeper the longer the game goes on and the more they continued to lose.

Oh, one other thing from Nicole's talk.

She liked those bowlers who display commitment and she experiences it by being pestered by these keen bowlers to do more for them.

Are you that pest (to do your best) from the viewpoint of the coach.

As a coach I don't mind that sort of pest.

Lachlan Tighe, 2014