

**Website menu- Teams**  
**Teams, player roles graphic**

# Have the mental edge knowing where your mind goes everything else follows...

**You have the mental edge with...  
a Game Plan.**

**You have the mental edge by...  
analysing this game at a  
debrief session.**

**You have the mental edge knowing...  
the lead player in the club's top pennant team has an objective.  
(Example)**

Deliver the jack within a metre of requested length 50% deliveries to be within Mat Length (ML). One delivery per end to be within ML. ML deliveries to be 18/21 ends. Lead & 2nd are a team that aim for 2 of 4 deliveries to be within ML 15/21 ends.

**You have the mental edge knowing...  
the second in the club's top pennant team has an objective.  
(example)**

50% deliveries to be within Mat Length (ML). One delivery per end to be within ML. ML deliveries to be 18/21 ends. Lead & 2nd are a 'team' that aim for 2 of 4 deliveries to be within ML 15/21 ends. Record 'team' progress each end on a card to assess input for rink meetings.

**You have the mental edge knowing...  
the third (vice capt.) in this team has an objective  
(example)**

45% deliveries to be effective within (ML). One delivery per end to be within ML. ML deliveries to be 15/21 ends. Aim for 2 team deliveries within ML 18/21 ends. Aim to be no more than 2 down at crossing over. Holding shot 50% when crossing over. Reinforce positive attitude as third. Give directions, not negative score position.

**You have the mental edge knowing...  
the Skip in this team has an objective  
(example)**

40% deliveries to be effective within (ML). One delivery per end to be effective or ML. ML deliveries to be 15/21 ends. Tactic is 2 team deliveries within ML 18/21 ends. Aim to be no more than 2 down at crossing over. Add 75% of opportunities provided. Play your bowls to keep losses to 2 shots Give positive and precise directions.

**You have the mental edge by...  
knowing how you trained to prepare for this game.**

**You have the mental edge with...  
a pre delivery routine**