

Tips On Bowls 3: Self Belief

To be on the path to being better, being great even, you the bowler must have a high level of self belief.

Now, don't take that to mean you will be a gun bowler because you believe you will.

The self belief is a motivation tool that ensures you go and do the (hard) work that will place you in the contest. Then when in the heat of battle your self belief is well invested as you know the effort you made to get you here, to win.

The very, very best bowlers have doubts, occasionally.

Those same bowlers though have a mindset. For example, getting close is not good enough for them, getting a resting toucher is the only target.

Do you think like that?

And why do they (think like that?) - well they have practiced, practiced, practiced the technical draw shot delivery and they have practiced the mental self talk to earnestly believe they will achieve.

And one other thing is they accept when that delivery does not achieve the outcome.

They move on.

Immediately. If not, they are in strife.

Confident elite bowlers think about what they will do on the green, what they will control. It has been reported that athletes of all sports react to the degree of confidence that exists in their minds.

Your posture, your gait, your physical appearance exudes that confidence on a given day.

**Website menu- tools to perform
...Tips on bowls- self belief**

Self belief, as I say, comes through that form of training. When training it is important to be decisive, be committed to a delivery and clear as to what you want as an outcome. You take that approach (in training) out into competitions.

Self belief is easy when you are playing well.

Self belief is at its best when you have delivered a rotten bowl, or even dropped a handful of shots to the opponent, and your response is to forget about it, then and there. What you now do as trained is get set for the next delivery and go through your pre-delivery routine and deliver unconsciously with the rhythm that normally is there as part of your winning game formula.

Trust in it, in yourself, in your own self belief.

Lachlan Tighe, 2020