

Website menu: Training Session Composure in 3 sessions

Training Session Purpose- composure in delivery

I provide this as the first practical program on composure.

PURPOSE of the session

Focus on pre delivery routine as first factor in pressure reduction.

Composure at the moment of delivery regardless of the score / situation
see your delivery flight path.

LESSONS

PRESSURE is something you place on yourself, too often done by behaviour in training.

What produces pressure, the human frailty, the hidden voice saying:

- I won't do well
- Hell I might blow it
- What if I trail it to them
- This pressure is getting to me
- I can't afford to lose
- Don't be short (let alone that foolhardy skip for our team)
- Make sure I reach
- Gee that opponent is annoying me (distraction)
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What reduces pressure: having the tools to say, to do

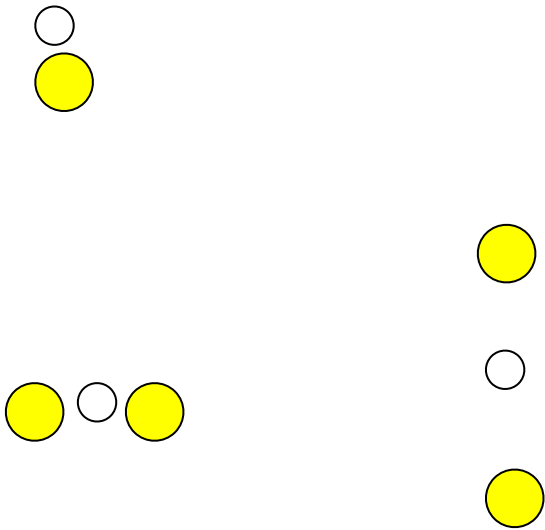
- I can only do my best, which in itself is good enough
- I have prepared so well for this
- I remember this very situation from training
- Gee I am going to enjoy this experience out here today
- What a real challenge this is to enjoy knowing as winners I / we are grinders
- Hell I remember how well I can bowl the ripper winning bowl

I coach you to acquire the tools, trust in it I do.

Practical Mental Skill training in drills lead or singles

EIGHT attempts at each of the head examples: pair off for drill with partner at head while you deliver

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Diagrams the distance from jack to bowls can be flexible to alter training session top.

Get used to being down, they being close: priority is second shot OR
bottom different focus- :

1 Where it is your second delivery, priority may be second shot;

2 Where it is your last delivery have to be second shot, or, have to win by a draw;

3 Change the head options

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