

**Website menu: tools to perform
Affect and influences on player performance**

Factors That Affect Player Performance

Before starting to use the tools to perform we need to identify what can influence / affect a player's performance level on any given event day. Some of these identified factors are pre-game factors, the rest are on day factors:

- **ATTITUDE:** All about practising habits to contend with these.
- Coaching
- Composure / TCUP & HICCUP
- Conditions
- Confidence
- Debrief / evaluation
- Emotional control
- Expectation versus reality
- Game plan
- Goals
- Leadership
- Motivation to succeed - mediocrity unacceptable
- Opposition (known bowlers or unknown)
- Preparation
- Preparation intensity level in training
- Pressure
- positivity versus negativity
- Scoreboard
- Selection
- **SKILLS** – communication, fitness, mental, sensory, tactical, team, technical
- Skill levels
- Team composition
- Team mates
- Team culture
- Training (the skills for bowls)
- Want versus need
- Winning mindset

Lachlan Tighe, 2017