

AO pairs, 2022
Performance review – analysis of competition games
An Approach To Performance Debriefs

The AO 2022 Event Analysis & Observations

Team: Lachlan Tighe, Lead; Harold Wilkinson, Skip

Game plan

Recent chats

Well mate an idea we had sown beforehand put into words.

I lead and you skip in our 18 end pairs event. You choose the tactics in your skip position. We can win because.

I keep a card to keep us on track as per the mechanism process below. We set ourselves to play at 40% effective, or better.

As skip play the hand you see, having just left the head after my first three bowls.

Apply and practice the habits formed through training & pennant.

We accept not every delivery is going to be a ripper, get on with it (teaming) emotionally.

As lead I set us up with FBP (first bowl performance) priority.

Your tenpin bowling approach is beneficial where we have to aggressively attack a head. As a team we are as one.

Team Objective

Win the three games to get into the KO rounds

Mechanism

- Aim to perform at a 40% effective bowling capacity
- As lead & skip we have two bowls in the head each end
- Keep losses any end to two shots maximum
- We play medium, going later each game to minimum with me jack throwing.
- Win half the ends per game.
- Be smart tactically and take opportunities as they arise.

Lead Objective

Mechanism

- Back bowl every one of the 18 ends.
- At least one bowl within ML effective every end.

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- Aim to perform at a 40% effective bowling (% includes that back bowl) capacity.
- FBP within ML 6/18 ends per game
- At least one bowl per end a contributor

Stats summary of game

Measures of performance	Game 1	Game 2	Game 3	Game ave.	Game pb.
Team objectives					
results	12-17	7-25	11-24	10-22	12-17
Ends won ./18	7	4	6	6	7
2 bowls in head at end of deliveries	9	5	12	9	12
Multiple shot losses (>2 any end)	4	11	12	9	
Lead objectives					
Back bowl ./18 ends	16	10	14	13	16
FBP ./18 ends	10	5	10	8	10
Effective/ ML bowls in total ./54	30	18	25	24	30
Effective/ ML bowls as a %	55	33	46	45	55
At least one bowl ML each end ./18	11	7	10	9	11
Effective/ ML bowls in segments below					
Ends 1-6 (18 deliveries)	10	4	9	8	10
Ends 7-12 (18 deliveries)	11	9	7	9	11
Ends 13-18 (27 deliveries)	9	5	9	8	9
ends where one bowl contributed ./18	5	3	4	4	5
ends with 2 bowls contributed ./18	11	7	10	9	11

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Strengths of us as a team

- Jack throwing to specific lengths
- Game plan objectives gives confidence which we hoped would place pressure on the opponent
- Back bowl emphasis was such a bonus as an objective for me as lead
- Kept our cool, our composure and remained like that throughout regardless
- ‘Caterpillar’ became an objective as many times that was the next shot to aim for

Lessons and knowledge for us to learn from this event

- Levity is well and good and necessary, intensity at required level is imperative
 - Need to believe you are in the ‘big league’ and good enough to roll quality opponents; as Robbie said stop saying you are a new bowler after three years competition;
 - Change the mindset to.....Pressure, none; challenge, always;
 - Know what your strengths are and apply them - for you tenpin bowling deliveries are never draw weight
 - Know what your/our strengths are and challenge yourself to balance that intensity which can lead to being intense
 - Take opportunities as soon as they appear (drive, draw, cover, block entry, back bowls)
 - Continue training on the strengths to be (easily) able to resort to them even in tough games
 - Develop a capacity to focus for a long time and once done trust it for the duration
 - Value of fluid intake, and even energy foods, levels in competition especially as conditions were quite warm
 - Know your game plan, adhere to it
 - Stats kept but whether used to effect within the battle is debatable, this time
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- In future we know when I need to advise on shot selection (this event I wanted you to simply experience being skip without my input)
 - This event was enthralling, reasonably skillful and FUN
 - The ‘caterpillar’ principle is such a valuable tool in competition
 - In AO three bowl pairs we have 7 deliveries when we have the mat and the opponent has 6 that is a 7-8% advantage so ensure we gain more ends than them and that is the advantage, use it wisely in choosing playing length
 - Belief is a powerful weapon and had we defeated quality premier league opponents today in game one who knows how the results may have panned out - this is good fodder to feed our colleagues in the pBus squad
 - Decision making has to be prompt, positive, precise; did you use your ears and eyes to note how even players at better levels, or so called more experienced, fiddle around either with their decisions and/or their calls

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- Notice how the lesser skilled in all events had to drive to get out of strife,
- Did we take opportunities as soon as they appeared (drive, draw, cover, block),
- Attitude is ALL about practising habits, those habits that provide success
- Those stats. above amount to a determination to focus on the process and tell me/us we are doing it all OK (the stats. process); consider doing your own stats. In future competition games as might all the other pBus squad members (hell I do it and look how much info. we have to digest post game because of it)
- We did well despite everything mate

Harry I had a wonderful day and another day learning about bowls performance.

Thanks mate

Lach

Lachlan Tighe, 30/6/2022