

Elbows 2010

Singles & Set Play Game Plan

OBJECTIVE :

to do your best in the major event

OUTCOME :

win the Event

Competition Day Game Plan

HOW

Measured objectives, behaviours

- win the game by winning the majority of the ends it is called patience
- aim to have 50% acceptable/ ML deliveries per end
- losing ends, keep shots lost at very worst to 2 shots that end
- aim to have first delivery to be within ML every end
- aim to have a MINIMUM 6/ 12 deliveries each 3 ends within ML,
- deliveries 2 and 3 to be consolidating or attacking
- final delivery to comply with game plan

Qualitative Objectives

- player to perform their own 'pb' for this event format
- contest at full maximum length as prime option now that the minimum is 23 metres as the difference from minimum to medium has been reduced by that 2m
- the other length to excel at is the ultra minimum of 23m though that may be best to do throwing the jack to the 2m mark to ensure 23m end
- Minimum of 2 bowls in ML head before doing anything fancy or desperate
 - Walk to the head after your third delivery **every** end
 - Return back to the mat CONFIDENT in the delivery you are about to execute
 - for singles played to 25 shots, be aware surveys show most close games go 28 ends, 15/28 ends
 - **segment** the game as an objective to have small progress goals for the game...e.g.by no.ends
 - scorecard, use for **segmenting** into 3 end game analysis, especially as sets are 9 ends
- having jack is an 11% advantage and the tactical benefit of use of mat & your length
- the merit of setting the mat on the 2m mark (thinking hard, hardly thinking)
- When holding shot avoid creating jack high / widen head options for the opponent
- Your last bowl is **never** your last bowl, it is always your **FIRST** bowl
- Think tactically to maintain your holding shots
- Scout's honour...be prepared (to alter the losing game plan to a new win plan)

Pre event Strategy Plan

set your plan a year before the event

Train regularly for this format

Enter similar format competitions as lead up

Discuss, set, practice and review objectives over 9 months in readiness for the final

Observations/ lessons learnt to take into the Event

- Take your own scorecard for analysis
- Remind yourself of your proper, successful and purposeful training
- Note different 'cues' for the particular venue conditions- the marks, benches, clubhouse verandahs, drink station, flag poles, the green surface, wind and weather etc etc, to know where min or max are on greens for either direction of play

Elbows 2010

Singles & Set Play Game Plan

- concentration – apply ‘caterpillar’ ‘pb’ and ‘bocce’ and segmenting all day & walking to the head every end as good indicators of mental skill (concentration)
- Jack delivery precision, factor of concentration
- awareness: of what you are doing well during the game to focus on a positive
- red alert: watch out if you make the same error twice in a row, switch on
- scorecard: the necessary tool to objectively gauge your performance against your set objectives (Tiger Woods uses one for his golf, why not you for bowls)
- EVERY delivery, regardless of the score situation, employ your specific pre delivery routine
- remember, play the ‘ball’ not the man; who cares who you play go out there to win that next contest
- You are a very good bowler challenged by the contest, remember that
- the marker does not play the game so remind yourself you make the decisions
- keep bending down well enough in your delivery, relax and breath easily
- judge your estimates of distance when you walk to the head after the third bowl
- play games with yourself: how many resting touchers per segment today (‘pb’)
- red alert: watch out if you make the same error twice in a row, switch on
- sudden death situation - Winning shots is the focus – so plan defence, attack
- analyse your game(s) in a debrief –by yourself after the game then share it with me either email or when we catch up next
- enjoy, we are all on your shoulders cheering you on

this dark (blue) shaded area allows you the bowler to compare the acknowledged performance percentages expected for Singles at the four described levels of Div One, group, state and national.

| Competition standards | Div One | Group | State | National |
|--|-----------|-----------|-----------|-----------|
| ML Std or effective bowls accepted % objective | 40 | 47 | 53 | 60 |
| | | | | |

Observations/ lessons from Singles

Lachlan Tighe, June 2010