

Panel Topic: Pressure

YouTube video series, 2018

We produced eight (8) video clips featuring a panel of nine credentialed players / coaches. To my surprise, numerous people have since told me they could hardly hear the audio of the clips. Why I am surprised is because I simply put on my earphones and the sound was normal. These panel discussions were informative, yet, compared to the practical clips, poorly viewed. Therefore I summarize the panels Q & A in written form as follows:

Q: I listen with interest when a bowler tells me what hassles them in a bowls competition, what amounts to pressure for each of them in the game. What constitutes pressure during bowls competition for you guys? Some obvious examples for the viewer / reader. How do you deal with it?

A: Answers offered from the panel:

- Players too worried about the result.
- Players anxious about the name players in opposing teams.
- Being a number of shots down on the head.
- Last bowl is a pressure bowl because so much relies on it succeeding.
- Fighting the demons in your head.
- Loss of confidence on the day.
- Regular bouts of bad performance.
- Frequent short bowls and no change in response.

And how do players deal with these issues:

- Bocce training program (refer FUN menu on the website).
- Train to discipline the pre-delivery and follow through routine.
- Do simulated training of pressure situations to overcome them as pressure.
- Train to focus on the process of delivery and outcome.
- Train differently / better to erase pressure and increase consistency.
- Challenge yourself by training to deal with pressure.
- Have a game plan to include objectives so you know what is required of you.

Lachlan Tighe, 2019