

Website menu: Training Session Composure in 3 sessions

Training Session Purpose- composure in delivery

I provide this as the third practical program on composure.

PURPOSE of the session as mental skill

Focus on pre-delivery routine as the 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).

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 gridders.
- Hell I remember how well I can bowl the ripper winning bowl.

I coach you to acquire the tools. Trust in it. I do.

SINGLES

Final delivery scenario: or

TEAM

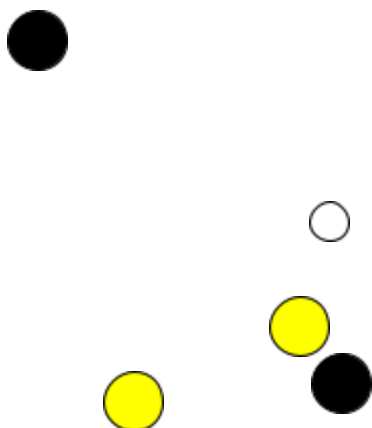
Use of the second player

Yellow goes first

What is black watching for as yellow delivers.



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MENTAL APPROACH - DEVELOPING THE 91%

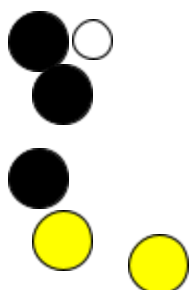
(That's because we only physically deliver bowls 9% of the time we are on the green in competition).

Composure: deciding & delivering as yellow with bowl three.

SINGLES

Make two separate assumptions - first need only be second shot, second assumption have to win the end;

What could you do either F/H B/H if yellow – describe then attempt the options and finish the end each time.



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TEAM

Use of the second player above

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