

Winners in bowls

Everyone wants to win (bowls).

How many are prepared to put in the effort to win, few.

Hence why there are very very few winners on a podium at the highest level.

It is rare air up there, why?

In setting our sights on winning, bowls or any sport, I would suggest you have to do a few things extremely well if winning is your objective.

You need to:

- Plan to win,
- Think to win and then.
- Go and act to win.
- Oh, and review why you won.

PLAN TO WIN

- Have a game plan as a prepared strategy.
- Know your skills, your team skills and use the collective skills to their optimum.
- Use your experiences and knowledge.
- Be on the ball about what works each game.
- FUNdamentals, FUNdamentals, FUNdamentals.

THINK TO WIN

- Be positive about the value of your preparation.
- Consider choices as practiced.
- Sensibly and critically.
- About your capable skill level.
- And enjoy this contest

ACT TO WIN

- Use of your game plan.
- On your training.
- On your pre-delivery routine.
- On your instincts recalled from training.
- On the calls from your skip.
- On what is working.
- Together as a team.
- On the process not on the result, which is not an action anyway.

REVIEW WHY YOU WON

- Compare the outcome aspects to the set objectives, game plan.
- The level of skill necessary to have won this time.
- Relevance of training, and training intensity, to the actual game.

Website menu – Tools to perform

Winning bowls

- Rehearse and recall aspects of the game as lessons to apply in future training.

Never know, you may be surprised by your sporting achievements following the points above.

WINNERS: Are challenged.

Never satisfied.

Know inspiration never replaces perspiration.

Have attitude - all about practicing habits.

Soar with eagles, don't mix with turkeys.

Are intolerant of mediocrity.

Winning ... is no longer an occasional medal / championship, but the natural reward for relentless attention to intense training and planned detail.

Lachlan Tighe, 2015