

***'...where your mind goes,
everything else follows'***

'.....what do the world's best in sport do ???'

**you have the mental edge
knowing...
every player in the team
has an objective**

**you have the mental edge
by...
analysing this game at a
debrief session**

**you have the mental edge with...
a Game Plan
(a sample for fours team)
win the majority of the ends
have a minimum of 2 bowls in ML of head
keep shots lost to 2 any end
leads and seconds to have 2 of 4 bowls in ML
play only minimum and maximum lengths
keep with a winning strategy
divide the game into no. end segments
team meeting after each segment end**

**you have the mental edge
by...
knowing how you
trained to prepare
for this game.**

**you have the mental edge
with...
a pre delivery routine**