

Website menu: mental skills
Dealing with (self) doubt during an event

Dealing with self doubt during the game / event

...As a bowler you know you are in trouble as you see the bowl move straight after you deliver it.

The 'little man' in your head says you are in trouble and that little man knows his stuff. He knows about your technical issues, your lack of preparation and your being a confidence bowler.

Bowlers 'off the boil' do not seem to have internal coping mechanisms when things are going wrong.

They need to find the keys to their bowling when it is going well.

And to have important cue words that help them focus on things they need to continue to bowl at their peak.

But where do you get confidence to overcome the doubt?

Solution is in the Preparation.

In training, lead in games, simulated competitive games, routines and rituals.

Erasing factors (problems) that contribute to performance doubt

...negative verbal instructions

...negative 'commentating' on the delivery or the situation

...information not instructions / directions

...not watching your poor bowls finish their flight

...not barracking for the others in the team

...negative / moping body language

...self-centred leads in the team too busy chasing their bowls to invest in the others

...quiet times are concern times as perception is we are losing

...no feint praise

...contradictory 'signals' from either end of the rink

...not grinning while we win and not shouting out loud

...seeing is believing so be red alert to repeat mistake

...visual skill under used - watch bowl and cheer early in its run

...mediocrity in mat placement especially at maximum length requests

...responsibility to be shared such as mat placement incident

...wrong bias, wrong person, wrong routine, maybe none

...win a number of shots at a set length, yet change length the very next end

...don't ask the score as instructions are more precise in setting focus

...don't ask if bowls are a barrier as trust in skip to be elevated

Lachlan Tighe, 2016 .