LAWN BOWLS is a game that requires you to think in the present moment! When competing... think and concentrate in the ‘now’ not what has happened in the past or what may happen in the future. Being able to relax and focus is a skill that needs to be rehearsed and is crucial to delivering a high-level performance.

Being MENTALLY prepared is a critical aspect of performance. CONFIDENCE is necessary to help achieve being mentally prepared.

How do we become CONFIDENT? There is no substitute for training with purpose. By practising shots repetitively, consistency will improve. When consistency improves, confidence will grow leading to better performance. Developing a delivery routine will also help with consistency.

TRAINING: “The more I practise, the luckier I get!” Nothing is better for developing confidence than training. Training needs to be purposeful & measurable. ‘Rolling Up’ is not training... training is practising a skill or drill with a purpose. The use of drills is a great tool for training & evaluating your improvement. Drills can be scored enabling you to set benchmarks for yourself & strive to achieve them. There are many drills that can be used that cover shots required for a ‘game situation’.

A PRE SHOT ROUTINE that doesn’t vary, will also help establish consistency. The routine should commence from before you step on the mat. When you step on the mat, you know what shot you are going to play & can use the time setting up on the mat to focus & visualise the shot. By going through the same routine every time, there will be less room for error & more opportunity for consistency.

CONSTANT LINE: Use the trial ends to find the line your bowl will take. Remember the reference point that you use to find your line (this can be on the green or the bank to suit your preferences). Make sure you keep that line consistent by preparing before you get on the mat (pre shot routine) & focusing. Be aware of your feet placement on the mat & stepping in the direction or your line. Stay down on your follow through without ‘jumping off the mat’.

WEIGHT CONTROL can be difficult to master & will improve as a result of training. It is important to FEEL your delivery, stay relaxed & keep your delivery consistent. Concentrate first on the line, then look at the line & concentrate on the weight. “See the line... feel the weight”

DRILLS: 40 Bowl Drill, Jack & 2 Bowl Drill, Draw to the Ditch Drill, Drive & Draw Drill, Weight Control Drill, Grouping Drill, Perfect End Drill, Conversion Drill, Driving Drill.

SCORING & MEASURING IN TRAINING: Using the drills to score your results in training will help identify your strengths & weaknesses. It is a handy way to gauge your improvement & gives you a tool to set training goals. It can lift the intensity of training & helps with consistency & focus.

If you would like a copy of the drills emailed to you... happy to do so.

Happy Training ☺

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