



Coaching Hints No 4.

Winter Season

The winter season is a good time to reflect and plan for the coming summer season.

Here's the fourth hint to help you along the way on your bowling journey.

Get yourself match fit.

As bowlers, we spend a lot of time getting the best bowl for us, trying to master our line, length swing and stance. These technical aspects of the game are very important to master and continue to improve. They give us confidence and pleasure when we “get it right”.

But sometimes we don't pay enough attention to the other factor that influences the consistency of our performance.

US. Ourselves. The player. The person who is bowling.

We tend to beat ourselves up and dwell on our mistakes.

WHO IS THE MOST AWESOME PERSON TODAY?



In our striving to be the best we can be, we forget to relax and enjoy our sport, the friendships we make, the pride of a shot played well and the thrill of winning.



T Frankland 2020

Work on your best weapon in your bowling bag.

YOU !!

Develop a process that will allow you to play consistently.

1. Pre shot routine.
2. Be calm and relax.
3. Focus on the shot you are playing.
4. Visualise the bowl's path right to the end.
5. Bowl the ball.
6. Watch it until it stops.
7. Remember what you did well.



Set yourself up to succeed.

Understand these aspects of yourself.

- ✓ 90% of this game is played in your head.
- ✓ Stay in the present. Don't think too far ahead.
- ✓ Control your emotions.
- ✓ Understand what makes you a success.
- ✓ Focus on www. What Went Well.
- ✓ Fulfil your role in the team.
- ✓ Control what you can control. YOU.
- ✓ Keep records of your successful shots.

1. Focus.
2. Pause.
3. Present.
4. Deliver.

**Good Luck
for the season**