



Coaching Hints No 1.

Winter season

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

Here's a starting point for your journey to establish a new habit.

Slow Down.

Very often we rush to bowl our bowl because we either aren't comfortable on the mat or sure that we can make the shot we see.

You will have heard the phrase "pre shot routine". This is your starting point to delivering the best bowl you can every time.

Your pre shot routine does not have to be obvious to every-one else, long and complicated or even very scientific. What it must be is effective for you.

This means that when it's your turn to bowl you can focus your thoughts on the task of delivering your bowl.

There are only a few basic elements to bowling. Grip, stance, arm swing, release, aiming line and bowl speed.

So, a pre shot routine could look like this:

- 1. Pick up your bowl. This will be the trigger to your mind that now is the time to focus.*
- 2. Stand behind the mat facing the direction you are going to bowl. This will permit you to find your aiming point and set your bowling line.*
- 3. Picture your bowl leaving your hand and travelling along that line and stopping $\frac{1}{2}$ metre behind the jack.*
- 4. Step onto the mat, take a calming breath and look down your aiming line.*
- 5. Step forward (only a short step), relax your arm and swing it forward.*
- 6. Release the bowl by your foot, keeping your palm facing upwards.*
- 7. Stay down and count 1, 2, 3. Watch your bowl as it travels towards the jack. Focus your attention on everything that you did well.*

<https://www.lifehack.org/articles/featured/18-tricks-to-make-new-habits-stick.html>

Tips for creating new habits:

Commit to Thirty Days – Three to four weeks is all the time you need to make a **habit** automatic. ...

Make it Daily – Consistency is critical if you want to make a "**habit**" stick. ...

Start Simple – Don't try to completely change your life in one day.