

Game Plan 3. *The Game plan is a team approach to playing competitive bowls.*

1. Tactics *What can be done during a game to gain an advantage?*

- **Good Decision making in Shot selection**
- **Risk analysis**
- **Length of end**
- **Giving the Mat away**
- **Position play**
- **Keep the Head OPEN**
- **Lead and Second will only have max. 1 bowl in front of the head**
- **Try not to create targets (jack high bowls)**
- **Play carefully**
- **Controlled aggression**

Competition Routine *What is expected on game day of players*

before and during a game? For e.g.

- **Game Day Competition Routine**
- **11am-12noon Saturday morning practice (optional)**
- **12:30pm – pre game huddle & chat,**
- **12:45pm Roll-Up**
- **half time huddle & chat,**
- **Evaluation assessment score cards & post game chat**

Mental Skills *What behaviour and attitude is expected and will*

contribute to team success?

- **Concentrate on game, end, & bowl**
- **Be confident and motivated – turn up to win**
- **Attitude is vital – be determined**
- **Use visualization to focus mind**
- **Use positive self talk, Stop negative self talk**
- **Relax under pressure - breathe!**
- **Focus on things that you can do and control**
- **Don't worry about things you cant control**
- **Recognize anxiety and deal with it**
- **Minimal social interaction with opponent during game**

4. Key Performance Indicators *What can you measure that will evaluate team performance and guide coaching and improvement?*

e.g.

- **Ends won/lost (e.g 15-10)**
- **Ends won avg score/end = 1.5**
- **Ends lost avg score/end = 2.5**
- **> 3 shots lost per end**
- **3+ shots won on an end**
- **1st Div side = Top 4**
- **Ends won 1st 5 ends = 3-2**
- **Ends won last 5 ends = 1-4**

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Coaching Tip #34

Short ends on fast green

Dropping the bowl to take off weight is not the answer. Deliver smooth and slow with gentle wrist and finger flexion. Delivering with no feel does not work consistently.

Coaching Tip #35

Slow green drives

Fast drives will swing and slower running shots will hold their line!! Draw shot will not turn much but swinging shots do! Weighted shots do not need full power to stay straight as the bowl will sit low in the soft surface.

Coaching Tip #36

Draw around bowls

This is most important on fast greens and synthetic greens. Do not be fooled by changing hands if a bowl is in the draw as it is easy to draw a little wide to beat that bowl with good weight.