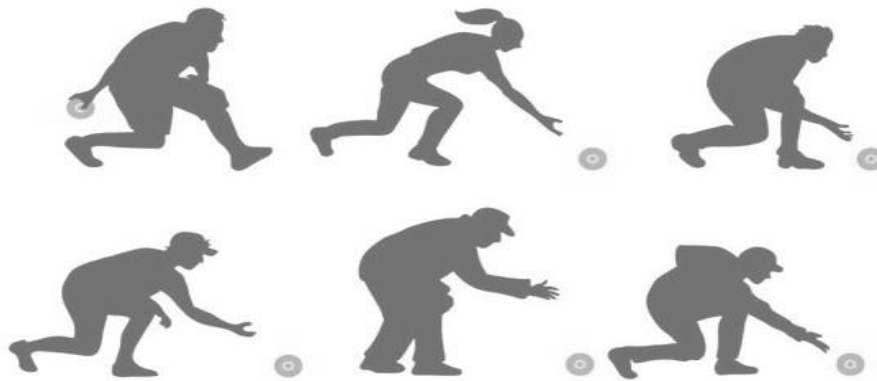




**FROM THE DESK OF THE
KRUGERSDORP
BOWLING
CLUB'S
COACHES**



(IN CONJUNCTION WITH THE SABLES ACADEMY)



“HOW TO PLAY BETTER BOWLS”



“DON'T DO WHAT WE DO”

“DO WHAT WE TRAIN YOU TO DO”

What is your role within a team structure?

Bowls is mainly a team sport. Yes, you do play in singles competitions, but the majority of the time, bowls is a team sport and so it is very important that you know and understand what your role is within the team.

Below is a brief outline of what is expected of you, (as a player) within the team structure

General

- Each individual team member will bring something unique to the team set up.
- It's up to each team member to respect, understand and value the other player's attributes that they bring to the table.
- Never speak negatively about anyone on your team.
- Remember, everyone tries their best for themselves and for the team
- Never disrespect the game, your opponents, or your team members
- Never criticise any of your team mates
- Always have a positive, motivational attitude towards your team mates
- Always give your best, no matter what position you are playing in
- Never ever give up on a team mate or give up on a game

Remember:

- Matches can become boring and mundane. Players may find themselves losing concentration and just going through the motions.
- **NB** - These are the situations, where your "team support" and your "individual character as well as the teams character" is of the utmost importance.
- Have a positive attitude. Cheer shots, encourage your team mates, high five good shots, verbally support your team. All these actions help to increase energy levels and start to build confidence within your team.



A break up of the different positions in a bowls team

The Back Rank Players

The so called “back rank” is made up of the 3rd and skip,

Below is a summary of what a back rank player’s, mental, as well as technical attributes should be.

The 3rd position

- This position requires players who are capable and possess many abilities, due to the fact that they will have to take on many roles throughout the duration of a game
- They should possess the following technical skills and be able to:
 - Draw to add on shots
 - Draw to save shots
 - Be able to positional draw to imaginary areas
 - Draw to block
 - Be able to play weighted shots
 - To change the head
 - Conversion shots

- They should:
 - Have excellent communication skills
 - Have experience in reading the head and calling the shots
 - Be able to develop a great understanding with the skip
- They must also:
 - Know the rules of the game
 - Be able to measure for shots
 - Look for opportunities to make multiple shots
 - Look out for dangers within the head
- The 3rd is the vital link between the front rank and the back rank
 - They must be enthusiastic and motivate the front rank, by not allowing negativity to creep in
 - Maintain control of the end
 - Never criticise the team mentally or verbally
 - They must build confidence within the team
- **The 3rd should be the skips “right hand man”**

The Skips position

- The skip has to be the “captain of the ship”. They must be the chief motivator, **in any situation**
- They need to get the best from each of the players, by building confidence within the team structure
- They Have to possess attributes such as:
 - Compatibility with their team
 - Show the team, direction and encouragement
 - Excellent and clear communication and precise instructions

- Positive body language in all situations
 - Control their emotions
 - Knowledge and confidence
- A skip has to be a “jack of all trades” when it comes to the following:
 - Building the head
 - Reading the head
 - Realising dangers
 - Optimising opportunities
 - Thinking clearly and maintaining control under pressure
 - They must be mentally tough and determined
- He/she must have the following technical capabilities and skills:
 - Draw to add on shots
 - Draw to save shots
 - Be able to positional draw to imaginary areas
 - Draw to block
 - Be able to play weighted shots
 - To Change the head
 - Conversion shots
 - They must be able to perform these shots under pressure
- One of the most important aspects of a skip, and is more often than not overlooked, is the following:
 - Know your players and understand their capabilities
 - Know their strengths and weaknesses
 - Know what type of bowls they are using, in order to understand what types of shots they can or cannot accomplish.
 - **KNOW WHAT WORKS FOR EACH INDIVIDUAL**

Mental Attributes of a Back Rank Player

One of the main aspects of a bank rank’s position is the mental side of their game, the emotions that they need to control, before, during and after a game.

As a back rank player, ask yourself these two questions:

- Do my emotions get the better of me?
 - **IF** ,
 - either you or one of your team mates play a bad shot, or perform badly
- Does my attitude change or does my body language display a negative side?
 - **IF** ,
 - either you or one of your team mates play a bad shot, or perform badly

AM I BRINGING THE TEAM DOWN

OR

AM I BRINGING THE BEST OUT IN MY TEAM

Conclusion

Unfortunately, emotions, are part of the game, but if you don't control them, especially the negative ones, they will intensify and your, as well as the teams, performance will suffer and decline.

Intense emotions can cause anxiety and heightened physical arousal, which turns into shallow breathing, increased heart rates, muscle tightening and declined energy levels,

So, don't get caught in the **"negative emotion trap"**

Lastly

Consider this:

- Negative emotions and negative thoughts go hand in hand. An increase in the one, increases the other
- Negative thoughts / emotions make you lose focus and instead of focusing on positive outcomes, you become obsessed with moaning and groaning.
- You fall into the trap of thinking about the negative past and not a positive future outcome that could occur
- You start doubting yourself and your team mates, technical mistakes creep into your game
 - **This can spiral downwards quickly**
- One lost shot, one bad bowl or a lucky wick, doesn't cost you the game.
 - **Your reaction to it does,**
- You need to keep your responses to negative situations in check, and dealt with them properly
- Learn to manage your emotions and your body language.
- Learn to re-focus your attention on the game rather than focusing on the last shot
- Stay "in the moment" and don't dwell on past failures

Winners control their emotions

Losers let their emotions control them

