

Welcome to the June 2010 edition of the coaching column titled '...On Line Delivery' on Henselite's website. This month I discuss... pressure.

Pressure is something you place on yourself. What produces pressure, simply human frailty. Here are my views on pressure when coaching players.

Pressure

What produces it

I won't do well
Hell I might blow it
This pressure is getting to me
What will other bowlers think
My image and career is on the line here
I cant afford to lose

Positivism love it, love the thrill, love overcoming the adversity

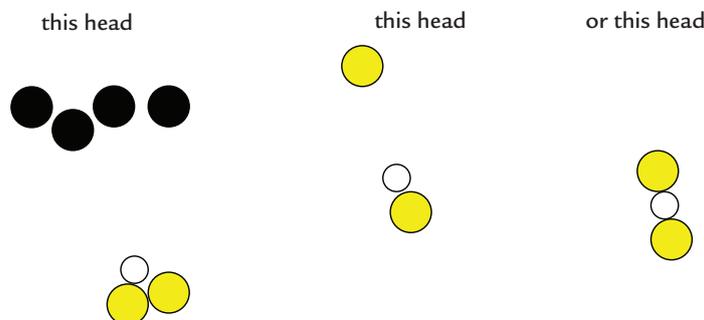
Relish the fact so few are playing in this event
Don't worry if very few barrack for you as the quality of the support is the value
Hey some of your best games and worst games were here
Opponents have all the luck
You have felt shit all week yet still out here
Others don't reckon you should be here
Crap is happening away from bowls
You're not feeling a million \$\$\$ right now

What reduces pressure, the tools to have

I can only do my best
I have prepared well for this
I remember this situation from training
Gee I am going to enjoy this experience
What a real challenge this is to enjoy
Hey no one died
This is a challenge not a threat
Winning / losing is for others, all I do is perform on the green
I love the adrenalin pump of these tough situations

Any or all of these are examples of added pressure. Players often feel no chance of challenge, inspiration, determination or even being positive except the champion player, and that should be you. Champions know that is part of the deal, handling crap as pressure and moving it into challenge mode.

And what does it look like on the green when you are black with one or two bowls still to play
(assume a mat is at the bottom of the page)



Why not practice getting used to that series of heads and set out to be one down after you bowl 2 black bowls rake the head with your first and see what you can do with the second practice driving all of these situations occur in games so get used to them in training.

Easy stuff actually and get a coach at the club to set and re-set heads so he/ she can be of assistance to you being better at bowls.

Lachlan Tighe