

## **SHOT ROUTINE**

By Ken Perks

An essential part of preparing for competition is preparing yourself to play under pressure. The best way to do that is to create solid routines that will not break down in pressure situations. Creating a “SHOT TIMELINE” is developing a routine that essentially “TRICKS” your brain into ignoring extraneous inputs. By establishing a solid SHOT TIMELINE players effectively insulate themselves from the pressure of competition. A SHOT TIMELINE is the combination of physical and mental processes involved in delivering a bowl.

### **ACTIVITY**

#### **PRE PRE-SHOT ROUTINE.**

Could be {have a sip of water and adjust your hat}.

#### **PRE-SHOT ROUTINE.**

Pick up bowl, stand behind mat, take in skips instruction, visualise the arc of the bowl required to gain the best outcome, know your line to play and focus on the weight you need to play.

#### **DELIVERY.**

Step on mat, set your feet up on the mat to play the shot required, LAST LOOK for bias to be ok, step and bowl, watch bowl finish from where your follow through finishes so to have the best view of your bowl for any adjustments needed for next bowl.

#### **AFTER-SHOT HABIT.**

Then return back to behind the mat and watch opponents bowl.

#### **SWITCH OFF.**

Give your bowl a clean with your cloth and pick up bowls for your team mates.  
“IT IS CALLED STAYING INVOLVED”

The aim of bowls practice and preparation is to control the “CONTROLLABLES”.

When practicing, players should aim to develop a robust delivery style and robust mental approach. Each bowl during practice should be delivered with purpose and with as much emphasis on the delivery action as on the mental action.

The SHOT TIMELINE is made up of a variety of components that are labelled-:

PPSR-:Pre Pre-Shot Routine, includes everything you do prior to picking up your bowl.

PSR-: Pre-Shot Routine, includes what you do from the time you pick up your bowl to the point of delivery.

DELIVERY-: Includes your mental trigger then delivering the bowl.

ASH-: After Shot Habit, what you do after you have delivered the bowl.

SWITCH OFF-:How you Switch Off from the shot and prepare to return to the PPSR.

MY TIP FOR THE MONTH.

Make sure you keep up your INTAKE OF FLUIDS on hot days.

Make sure you keep on “DEVELOPING GOOD HABITS”

GOOD BOWLING

KEN PERKS.....Club Coach.