

PRACTICING – FRAME OF MIND

By Ken Perks

PRACTICE THE PERFECT WAY

In order to perform successfully in major competitions, it is imperative for players to conduct the majority of their on-green training sessions in a

“Competitive frame of mind”.

In most cases, the current approach to bowls training consists of little more than a “ROLL UP”, several times a week. This type of practice will rarely develop the necessary skill levels, confidence, or even build a strong foundation for the future success. In fact, it leads to mediocrity.

We’ve all seen players “Choke” in pressure situations. This is generally caused by a lack of confidence, skill, or a combination of both. So, what’s the best way to improve self-confidence and the ability to play great shots when you’re under pressure? Ensure that you always “PRACTICE” in a competitive frame of mind and know that you possess the necessary skill to perform like an elite player. The Coaches Corner Vol 15 3d Sept 2016. Is designed to assist all players and coaches improve their current performances and training activities by taking a more professional and holistic approach, while establishing clear performance targets that can be easily measured.

Very few players put themselves under any psychological pressure during practice. When regular training sessions are conducted in a competitive state, and where outcomes can be clearly measured, and improvement skill level will not only improve self-confidence, but also reduce the risk of “CHOKING” in pressure situations during major events.

Those players who adopt a professional approach to training will also have a much better opportunity to experience success at the highest level by realizing their true potential. Bring an enthusiastic attitude to practice. Show your teammates that you really want to train. “Think about your practice: Think during practice:”

“Practice your weaknesses: Don’t just enjoy your strengths:”

“Practice does not make perfect---- only “perfect” practice does!”

GOOD BOWLING

Ken Perks