

SETTING YOURSELF FOR FINALS/BIG GAMES

By Ken Perks

Soon a lot of players will have the Privilege of playing in finals for the club so I thought it would be a good time to talk about your Preparation. I would like you to remember the first Coaches Corner I did to do with Preparing for the Competition. Lets make sure you are the one to be Prepared with (Thorough Preparation, Through Effective & Purposeful Practise and Mental Rehearsal) for the big games to follow.

(The Best Of LUCK To All The Players That Participate). Remember it's a Privilege not Your Right to get in the Team.

Look at your Controllable -: No Control- Opponents, Influences- The Outcome of the Game and Total Control- My Practice, My Performance. Remember to stick to your With In The Team Role, have your Pre-Shot Routine working well and keep up the Good Habits. Good Luck to all that get the Privilege to play.

In today's world of electronics we've come to accept that computers can cope with almost any situation. We have our own private model-**The Human Brain**-capable of working out with unerring accuracy all the variables involved. Now I have a pet name for my personal computer. I call him "RUPERT" and with Clear and Concise Data he won't let me down. So now what we need is an operator which I would like to call "WALLY" an extraordinary tool we otherwise know as our Imagination. The unfortunate thing about WALLY is that he tends to put a spin on the information he sends to RUPERT. The lesson for us is that when Wally makes decisions on the basis of history alone he fails to recognize his partner Rupert's limitless potential to re-write it. In lawn bowls the factor that counts over all else is the Volume of Clear Uncluttered Data we feed Rupert to achieve bowling the perfect shot with Wally's Imagination running wild with self doubt remembering how you fouled up the last time (The Past). You can imagine how stupid you're going to look if you bowl the same way again (The Future) poor Rupert gets Cluttered Information instead of Clear Uncluttered information, so Rupert reacts accordingly. Rupert instructs the muscles to tighten, pulse rate quickens and adrenaline flows and the bowler realises their worst fear and CHOCKES. The mentally trained bowler reacts differently. Their nerve ends may be jangling but they recognize this as Excitement not Fear, they know Rupert has the right information to play the shot so Wally doesn't interfere, every thing is under control. You see this process at work with the lead of a four's team when the other lead puts a short bowl in the way so your lead asks to change hand, the skip says NO play around the short bowl and so your lead plays his bowl and knocks up the short bowl. Your lead grits his teeth, mutters grimly, I told you so and thinks nasty

things about the skip. What's happened is that Wally has given Cluttered Information to Rupert on how to hit the short bowl up instead of giving Rupert New Information on how to play around that short bowl. What to do, switch your attitude from Negative to Positive, Visualize what you want to do then relax and leave it up to Rupert and play Rupert's shot. Rupert, your personal computer, we need a deeper understanding of our own human nature and why it's hard for us to supply Rupert with the only thing he needs and can use, **UNCLUTTERED FACTS**. Rupert has no Emotions.

Remember Rupert is the Computer and Wally is the Operator.

Players can except failure as an opportunity to learn to feed Uncluttered Data to Rupert as long as you maintain this attitude you can only continue to improve.

GOOD BOWLING

Ken Perks Club Coach.