

# Experienced Coaching Tips 06

## Good mental application

### – from the practice green to competition

**Perfection is difficult!! Aim to achieve it but understand in competition it rarely happens.** You can certainly strive for perfection - or try to be perfect - during your training and practice sessions.

**Learn from your mistakes**—If you make a mistake with a poor bowl or poor shot selection, learn from this. Game play develops your experience. Every shot counts and the more experienced you are the better you become at achieving the best net result on every end.

#### **In or out of the “zone”**

Don't keep thinking about your technique during a game. If your game is going well and you are delivering the bowl well then keep in that zone. Don't worry about how your performance looks or feels, just do it. However if your performance is off, then do a quick analyse and make adjustments. **The KISS principle.** Keep your performance or game simple. Don't **over**-analyse how you are playing or performing.

#### **Be wary of high expectations**

It is a better mind set to expect the unexpected! Focus on what's happening at the moment—the next shot. Don't be too hard on yourself. Have fun.

#### **Focus on your next shot and objective.**

Not what might happen if ?.... Or what might not happen if ?..... Do your best to control the bowl in your hand and not think about what you cannot control. Focus and visualize on what you want to have happen.

#### **Relax and enjoy.**

if you're too serious, you might increase your own anxiety and try too hard. This is a dilemma as some players are so keen and excited they lose perspective in a competitive situation and usually end up disappointed.

#### **Keep your mind on the game and not the scoreboard.**

This will help you focus your thoughts on what's happening in the moment—not on the score.