

TRAIN IT AND TRUST IT

- A bowler who fears failure – as most amateurs and professionals sometimes do, - tends to think about the mechanics of their delivery. Inevitably, he/she will tend to lose whatever grace and rhythm nature has endowed him with, which leads to inconsistent deliveries.
- You cannot deliver your bowl consistently well if you think about the mechanics of your delivery. If you step onto the bowling green with the intention of playing your best possible game, you cannot think about mechanics.
- You have to believe that you've practiced your bowls delivery and skills enough to have faith in it. *You must train you delivery and skill shots and the trust it. Just do it!*
- You will never improve your play by doubting in yourself, dwelling on mechanics or trying to correct a delivery flaw in the middle of a game. You would be far better off forgetting about your delivery mechanics, thinking about appropriate targets and strategy, shots to play, and making up your mind that you will play the best possible game with the delivery you brought to the game that day.
- The fact is no bowler deliver the bowl perfectly or even close to perfectly every time. Winners learn to accept the delivery they bring to the game on any given day and to score with it.
- When great athletes stop trusting, they stop being great. The difference in a player's attitude can be very subtle. A little doubt or a little indecision is sufficient to impair performance. When great players playing well, trust becomes a habit.
- If you don't trust right now, you will have to go through a period of conscious awareness until you learn the difference between the feeling of trust and the absence of trust. You will have to learn to focus your mind on your target and your preshot delivery routine rather than on your delivery mechanics.
- Fine athletes in every sport know the *importance of trusting their mechanical skills, and they do it regardless of the results they achieved on their last attempt*
- Good athletes create their own realities. They think however, they have to think to maintain their confidence and get the job done.
- Many bowlers don't wait for a bad delivery to stop trusting their delivery. They start their first delivery thinking of a dozen mechanical concepts they've heard from friends, read in magazines, or seen on TV. *Without realizing it, they do everything possible to undermine their own game.*
- A bowler has to learn to put aside all thought of past failures and to trust that his next delivery will send his bowl where he/she aims. If more bowlers chose to continue trusting their deliveries, they might be surprized at how often the brain and body respond by doing things right when it matters most.