

# Coaches Corner

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## Pre-Delivery Routine

If you want to play consistently, you must have a **pre-delivery routine**. Your physical movement and mental thoughts must be replicated, bowl after bowl. It's important to find what works for you. Then continue to do the same thing over and over again. Practice!!

### ● What is Essential?

With your pre-delivery routine, consider your feet in the chosen line, correct bias, line and length and visualisation of the shot. Take up to 8 seconds. The **key** is to keep it simple.

Remember any tactical decisions, shot selection, mental readiness, gauging the weight and line to play, are best done **before** stepping onto the mat.

Once you step on the mat it's all about playing the shot!

### ● Pre-Delivery Routine Tips

- Line your feet up with the intended line.
- Check your bias.
- Look at the focus point, the line of your bowl.

The longer you stand on the mat, thoughts will enter your head and effect your concentration and consistency.

If you find yourself distracted, step off the mat and do your pre-delivery routine again.

### ● What is your main focus of concentration when delivering the bowl?

- Take a natural walking step ( not too long, not too short)
- Keep backswing in a straight line along the intended focus line.
- Maintain good balance, stay down on the delivery and think about the weight.

**After releasing the bowl, remember the feel and check the line. This will help you make corrections.**

### ● Hot tips for slow greens

- Firmer grip, position bowl further back in the hand and spread fingers a little.

### ● Hot tips for fast greens

- Softer grip, position bowl forward in your fingers, gentle delivery and emphasis on comfort.

### ● Hot tips for dealing with pressure

- Focus on pre-delivery routine and your ability to draw the shot. Pressure is in your head.
- Imagine playing the perfect shot, thrive on the pressure and use it as motivation.
- Sing or hum your favourite song or think of a happy moment.