

## Principles and thoughts on game plans from program.

1. Change the pace of the game and or the circumstances if losing. A mid rink meeting, a change of jack length or mat position, and keeping or giving the mat away. When playing against inexperienced bowlers subtle changes can be very effective
2. Much easier to attack heads on short ends, and draw to win on long ends. However always consider risk analyses when playing an attacking shot.
3. Always consider the weighted bowl as an option, but not until you have bowls in the head and you have done the risk analyses. If you are down a number in a very tight head and you have little chance of drawing to save then rev up the engines but it must be the best option not the one that looks the most dramatic or the most fun.
4. Lead should stay on the same hand if possible. (Only exceptional circumstances would have a lead swap with the second bowl), this will allow you to make adjustments, swapping all the time will make consistency difficult.  
Adjust, Adjust, Adjust.
5. If your lead is having a bad day or is being severely out played it can be a good tactic to have them bowl the same hand as the opponent. This may put them off their line or cause them to swap their hand and therefore hopefully putting them off a little.
6. Leads and seconds should work in a team to ensure that no more than one of their four bowls are in front of the head. This tactic will be applicable most of the time however occasionally the skip may call for a position bowl from the second that can be used as a block or to build a target.
7. The role of a second is a very versatile one, so you must practice all the shots and focus heavily on position bowling. Resting bowls out, matching up danger bowls, trailing jacks ect. The draw shot to different positions and particularly the yard on shot will be your main bowls, so focus your training on these areas. It is most likely that a lot of shots requested of you will not be getting the shot but more about position bowling. And it is important that even though you are not involved in the tactical process that you become familiar with the reasons behind the shot selections, as this will help your execution.
8. Like a game of chess 3rds and skips always try to think ahead, try to anticipate your opponents next moves, sometimes beating them to the shot can be a great tactic, for example you may block it, take it away or cover against it. Skips and thirds should work together. Skips don't be proud to ask your third what shot they would play if they were in the opposition skips shoes. You must also always have a plan working in your head for your own team, this may change of course according to the game situation and often does, however you must also be constantly changing your thoughts to suit.
9. Be aware not to set up targets, if you are holding solid shots use position bowls to cover and count or increase the count in such a way that does not make a target or provide a bowl to sit on. Maybe you can bowl on the other hand or put in a position bowl that blocks access to the head. On the other hand if the opposition hold shots that are difficult to get at, building a target or placing a bowl in such a way that it could be used to come in off or rest on can be a good tactic.
10. If it is difficult to get shot, then getting a close second and playing to hold on to that is not the worse result in the world. Sometimes greed is the bowler's enemy. Humbly accepting a one or two down and move to the next end is not being a coward if there is potential to make matters worse then this is a good play. Across the game it is usually the big counts that change results not the small ones. Unfortunately the scoreboard can dictate taking risks that under normal circumstances you may not take.
11. Skips when possible allow your team member to bowl their two bowls the same hand, this will allow them to make the necessary adjustments on their second bowl if they did not get the first one right. It is difficult for any bowler to change shot no matter what their skill level. Adjust, adjust, adjust. However when

deciding on your shot choices it is more important to play the right shot than to try to please the player so if you have to change them then do so.

12. Don't get greedy, don't always look for the pot of gold. Particularly when you are doing well and the momentum is going your way accepting what you have or a one shot loss and moving on to the next end can be the most positive tactic to use. If you give up some shots through greed they can be difficult to get back and the negative vibe that this can cause in the team could cost you more than just those initial shots. Don't give your opponent any help.

13. Risk analyses is essential. Working out what can go wrong at the same time as working out what should go right is not negative this is smart and should be part of every shot assessment. Particularly anytime you are using weight. If the risk is not worth the reward then choose another shot.

14. Don't make the same mistake twice. Making mistakes is part of the game, and we will all make many of them in line and weight, but the good player will always try to correct. The adjustments will most of the time be only minor however if you did not get it right the first time and you do the same again then you have now made 3 mistakes. Adjust, adjust, adjust.

15. Skips and thirds, do all your due diligence about the shot choice and give your instruction to you player as to what it is you want them to do. Then shut up. If players have been practicing good routines and set up processes then they need to be given the opportunity to go through that process and an opportunity to execute the skill without interruption. Trying to still be giving instruction whilst they are on the mat is rude and wrong. The player should not step onto the mat until they know the skip has finished giving the instructions.

16. Whether you are a player in the team or skip you must always try to be positive and encouraging to your teammates. Bad body language or harsh words are always counter productive and will only make matters worse. If you believe that there is a reason to speak with a team mate for some disciplining reason (and there probably is not) then do so in as inconspicuous way possible. Remember there is no I in team.

17. If you are a third, you have an obligation to speak up if you see a danger, tell your skip of your thoughts in a respectful manner, if he then elects to ignore you then you have done your job. Don't say after the event I don't think that was a wise choice if you did not say so. The skip will always have the option to accept or reject information, however he will be a fool if he did not first access it before rejecting it.

18. When playing in a team, teammanship can be one of the greatest assets to your game you can have. Invest in the success of your teammates, acknowledge and celebrate their efforts as you would your own. If you are having a bad day you can help your own performance get back on track by staying engaged with the team. If you are feeling sorry for yourself and get down in the dumps not only does this not help your own game but you can potentially affect other members of the team.

Key themes from the program to focus your practice on.

1. Balance and alignment.
2. Establish a repeatable routine.
3. Record your results, know your own game, set your own standards.
4. Use your senses, Touch, sight, and hearing. Use these to self analyze.
5. Adjust, adjust, adjust. Correct errors; don't make the same mistake twice.
5. Practice good mind skills as well as technique. Routine will be your savor.
6. Practice your team skills, work with a partner and invest in their training also.