

WARM UP YOUR BRAIN

Visualization 1

When you arrive at the green, your vision is in **panoramic mode** and your brain is in **social interactions mode**...you see a vast grassy field and several people bustling around. This arrival phase should be initiated at least 30 minutes before the start of the game and should not last more than 10 minutes. It may be enjoyable for some, but it has nothing to do with the competition itself.

Visualization 2

Ten minutes later, you begin to narrow your vision to a **semi-panoramic mode**. Choose a lane and warm up your body by rolling bowls to find your natural weight on that terrain. Now you visualize only a 120' x 14' rectangle, the rest of the field has disappeared. Your social interactions are limited to your teammates...your brain is preparing to focus on the game, technique, and observations about the course.

Visualization 3

You bring your equipment to your assigned lane; your bowls are on the green. Don't look everywhere; stay focused on a 120' x 14' rectangle. You can walk along your alley, carefully examining the bumps, the patches, the different shades of green, what you see just beyond the mat, etc.. Start refining your vision, imagining different routes (lines) (Fig. 1) and associating them with what you see on the green. Even without throwing a bowl, you can already prepare your trial ends.

Visualization 4

You are doing your trial ends. You are totally focus and in total observation mode; you use your **information notebook** (Fig. 3). Try practicing only on one side (starting with your dominant hand). This will give you a better chance of winning the first ends. You will always have time to discover the lines on the other side during subsequent ends.

Your brain has switched to a **Half-inverted triangle mode**; you're not just in a 120' x 14' rectangle, but at the apex of an inverted triangle with certain operating rules: (aiming points, the 10' rule, the equation 1 inch = 1 foot) (Fig. 2). Your brain is firing on all cylinders, entering competition mode, gathering as much information as possible. You're not just rolling bowls; you're completely in **Pre-Routine, Routine, and Delivery mode**. You transmit this information to your body and let it do its work.