

WEIGHT CONTROL

This document includes two sections:

- 1) The mental aspect**
- 2) The technical aspects**

1) THE MENTAL ASPECT

- **When rolling a bowl toward a jack somewhere on a green, the first question that comes to mind is: How am I going to make this bowl stop close to the jack?**
- **Often, this simple question, even if asked by an experienced player, creates a kind of hesitation, unease, discomfort, or anxiety!**
- **Both hemispheres of the brain are overwhelmed by uncertainties, doubts, and emotions. RESULT: THE WIRE SPARK AND THE THROW IS INACCURATE.**
- **Being preoccupied with a ton of questions is not the way to go. Instead, we must learn to control our thoughts and trust our Vision more.**

The goal is:

- a) Calm the mind**
- b) Stabilize attention on a plan rather than on questions**
- c) Allow the learned action to be executed naturally**

To calm the mind, let's take the time to explain what happens when someone faces any kind of challenge.

- **Essentially, there are two important parts that complement each other but can also interfere with each other.**

- **Let's call the first part: RUPERT: It is the central computer; it can accumulate tons of data; it is powerful; it is what records distances, objects, curves, velocity, etc.; it lives essentially in the present; it is also what governs the entire system that makes our organs function, it balances our vital functions, our posture, our muscular system. Ultimately, it's also responsible for the defense system that keeps us alive, which we call FIGHT OR FLIGHT.**
- **Then, there's a second part we'll call WALLY: He is the absolute operator who enters the data into the computer. Everything that goes into Rupert first passes through Wally. So, they have a very close relationship. Wally is that little voice inside you that constantly talks and "spins" your actions. It lives either in the past, with all your previous experiences, or in the future with its fears of failure. But it's also a very interesting part because it can use its imagination and intuition, while RUPERT doesn't possess any of these qualities. WALLY knows that you're playing lawn bowls, while RUPERT is completely unaware of this.**
- **So, you understand how essential it is to have a good understanding of who your WALLY is, how it works in your specific situation, and above all, how to prevent it from negatively impacting your RUPERT. These are the two mental facets used in the game. The more control you have over WALLY to calm your mind, the better your results will be.**

HOW TO DO IT

The first phase takes place behind the mat.

- **Allow Rupert and Wally to join forces. If the throw is perceived as difficult, Wally will start spinning: stop him immediately, tell him to calm down: "You're not on the edge of a cliff, you're just playing lawn bowls after all." As soon as you find yourself facing a difficult game, start by saying: "OK, this game has some good challenges... I accept them calmly and I'm going to find the right way to do it... Take control of your thoughts... Ask Wally and Rupert: what exactly is the plan?"**

Breathe and always return to the present moment with "what is the plan?"... The plan is something specific that is developed in your head, but without the emotions. It's a clear and firm choice. Once you've chosen your plan, don't second-guess it...if you have any hesitation, step back and refine your plan.

The second phase on the mat

• This phase is extremely important: you leave the world of thoughts in your head and transition into your body. You now seek to implement your plan using your vision and visualization. Continue to breathe deeply, locate the playing area (the aiming point) that interests you. You are completely in the present moment. Imagine a line traced by your ball that leads to the target...don't look at all the obstacles, but at the path that avoids them. Once you've made your choice, don't second-guess it... (you can always adjust with the next bowl)... Take your preferred starting position, take the time to really feel it, be completely in your body, inside (in your head) there is complete silence (no inner voice), calmly look at the jack one last time, let Rupert absorb the information, breathe, and then let your body play with ease.

2) TECHNICAL ASPECTS

To properly support your mental game, it's important to be familiar with your technical tools, which are easier to master. Everyone can use the tool that suits them best, but the starting point should be similar for everyone.

Note

- You can throw standing up, semi-bent, or more crouched... all options are possible... however, the more upright you are, the harder it is to repeat the same movement without any variation in your body... the more compact you are, the simpler the movement.**

The starting position

The starting position is the one you easily assume, well-balanced, well-aligned, and comfortable. It's a position you feel, not one you assume visually. You're aware of your body's position in space. This position allows you to roll your bowl smoothly without straining. You're in the "FLOW"; there's a rhythm, a cadence, and it's always the same. This starting position will determine what's called your **natural weight. (See the exercise sheet in the Bowling Information tab.) It's from this **natural weight** that you'll discover the necessary adjustments for all distances on the court.**

Possible adjustments include:

- **Arm swing**
- **Stride length**
- **Delivery speed**
- **Vertical position**
- **Shoulder blade glide**

Note: Regardless of the distance, you always make the same throw by applying your preferred adjustments, starting from your natural weight. After an adjustment, your delivery should remain stable, smooth, and easy. Don't force your movement.

Note: It may seem complicated, but it can also become very simple...all of this can be learned once it's well understood. The number of repetitions will accelerate your learning.

But fundamentally, if you establish a routine that is always the same, you will quickly see positive changes.

Later, you will be able to perform impressive moves. How many times will you be able to perform them consistently? That's the perfection everyone would like, but no one possesses.

One thing is certain: you will be surprised at how many times you can reproduce them.