

Summary



MENTAL ROUTINE OF THE THROW IN LAWN BOWLING

Objectives: 1) Calm the mind, 2) Stabilize focus, and 3) Allow the learned movement to be executed naturally.

1 Focus on the target

Look at the jack for 2 to 3 seconds, without thinking about the throw or the result. Visually lift the jack off the ground to allow your eye to clearly see it.

2 Choose a reference point

Observe the terrain and choose a single clear visual reference point (line, zone, marks, spots).

3 Decide before the stance

Decide on the line and speed BEFORE assuming the stance.

👉 After this decision, you no longer need to think.

4 Breathe to calm

Take a slow breath, relax your shoulders and arms; find inner peace.

5 Throw without correcting

Get into position, look at the jack one last time, and let the throw flow naturally, without trying to control it.