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| TECHNICAL ASPECTS | TOOLS | MENTAL ASPECT STRATEGIES |
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| <p>1) The grip (comfortable, with no pressure on the sides, a thumb to support on top, and 2 or 3 fingers that roll)</p> <p>2) Pre-routine (discuss with yourself or skip, evaluate pros and cons, choose bias, side and preferences, conditions of the day, locate alignment line and focus point. We take control of our emotions, relaxation techniques, we face our fears, we have a concrete plan.)</p> <p>3) Routine on the mat (no talking, shoulder-hip-foot in the line of alignment, stabilization-equilibrium-focus on the line, visualization, choose focus point, adjustments, if necessary, complete silence).</p> <p>4) Delivery (low-strong position, Head on the same level, stability, arm extended, palm up, don't leave without locating focus point)</p> | <p>1)The lines: -14-10-9-3 dispersion beam -markers and digital map (-5à+5) -progressive targets -focus point -consistency on the mat</p> <p>2)Weight distance: -natural weight -quick fix” (pendulum, the arm swing, the slow motion, the step) -doubt and visualization -Sherlock's eye -complete silence and intuition</p> <p>3)Visualization: -wide-angle vision--tunnel vision- -what's your plan?</p> <p>4)The present moment a world of opportunities, relativizing, de-dramatizing</p> <p>5)Control your thoughts: -don't let yourself be invaded, go back down into the body, what's your plan?</p> <p>6)Breathing 5-5, Tapping, elastic trigger, be kind to yourself</p> | <p>*Are you ready (asserting yourself from the start, the mat, the first distance)?</p> <p>*The natural weight of the lead (identification, sharing)</p> <p>*First comments and the same language</p> <p>*The skip's starting attitude, support, non-verbal</p> <p>*Who controls the ground (side, distance, lines)?</p> <p>*Is your routine established?</p> <p>*Do you know your focus point?</p> <p>*What's your plan for adjustments?</p> <p>*Accept instead of resist!</p> <p>*Beware of self-talk and self-judgment.</p> <p>*Vice-Skip communication</p> <p>*Clear and precise commands</p> <p>*Don't get stuck in your own thoughts—focus on the solution</p> <p>*Everyone's responsibility</p> <p>*Every bowl count—law1-1-1</p> <p>*Even good players can loose</p> <p>*Hazard and luck are part of the game and generally equalize</p> <p>*Compete yes but not winning at all cost—stay in the pleasure</p> |

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1) THE VISUALIZATION TECHNIQUE

CONSISTS IN USING THE **INVERTED TRIANGLE** TO DETERMINE THE EXIT POINT OF THE FIRST BALL THROWN. WE ALWAYS START AT THE MARKERS AND USE THE **TELESCOPIC ARM** TO DETERMINE OUR FIRST **FOCUS AIM**. THEN WE TRY TO UTILIZE A FOCUS POINT CLOSER TO US...WE THEN MAKE ADJUSTMENTS ACCORDING TO THE **1 IN= 1 FT** RULE, DEPENDING ON THE RESULT. WE MOVE FROM A **GLOBAL VISION** TO A **TUNNEL VISION**. THIS IS A TECHNIQUE FOR ELIMINATING DOUBT, BECAUSE DOUBT ALWAYS AFFECTS WEIGHT.

2) THE PRESENT MOMENT

THIS IS THE ABILITY TO STOP, TO FACE THE SITUATION, AND TO ACCEPT IT RATHER **THAN RESIST IT**. YOU START BY BREATHING, THEN GET OUT OF YOUR MIND, AND CHOOSE YOUR **COURSE OF ACTION** WITH ALL THE TOOLS YOU HAVE. IT IS TIME TO LOOK AT THE SITUATION NOT AS A DIFFICULTY BUT AS **A WORLD OF OPPORTUNITIES**. IT IS TIME TO LET YOUR **INTUITION AND CONFIDENCE** PLAY WITH YOU... **BYE BYE PRESSURE, WELCOME MY ACTION PLAN**.

3) WALLY AND RUPERT

THESE ARE TWO PARTS OF OUR BRAIN THAT INTERACT WHEN WE PLAY. RUPERT IS A **COMPUTER** (HE LIKES DISTANCES, NUMBERS, FOCUS, MUSCLE MEMORY, ETC.) WALLY IS **THE OPERATOR** WHO ANALYZES EVERYTHING, PERCEIVES DANGERS, REMEMBERS PAST FAILURES AND WORRIES ABOUT FUTURE RESULTS. MORE OFTEN THAN NOT, IT'S WALLY WHO TAKES UP **TOO MUCH SPACE**, SOWING DOUBTS AND PREVENTING RUPERT FROM WORKING PROPERLY...**WE MUST LEARN TO CONTROL WALLY!**

4) SILENCE

THERE'S A MOMENT ON THE MAT JUST BEFORE THE THROW WHEN YOU MAKE A PAUSE, AND IT'S COMPLETE SILENCE, **THE SMALL VOICE INSIDE SHUTS DOWN**

5) BREATHING

INHALE FOR 5 SEC. THROUGH THE NOSE, AND EXHALE FOR 5 SEC. THROUGH THE MOUTH, TAPPING THE SIDE OF THE HAND: “I ACCEPT MYSELF AS I AM, I APPLY MY PLAN, I DO MY BEST”.

