

HOW TO PLAY UNDER PRESSURE AND WIN

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- Focus on key factors of the situation
- Forget consequences of success/failure
- Don't be distracted - if you are distracted, refocus straight away
- Forget the chatter with opponents and spectators
- Concentrate on the things that you can control
- Play slower, be decisive, play with skill and your brain
- Confidence is a must
- Avoid worry, anxiety - remove tension from body
- Switch on - switch off...smell the flowers
- Breathe to relax and survive!
- Good technique - minimize body movements; smooth delivery
- Have a practiced shot routine - and stick to it every time
- Relax and use your senses - touch, sight & balance (reflex)
- Remember must do's - 2 or 3 each delivery
- Display an winning image all the time even when things look grim - remember this is what the opposition sees
- Every good bowl is worth cheering about
- Team work means discipline and sharing the load - No dissent
- Trust yourself and your team
- Simplify task - in your mind (see this, not that) visualize
- Positive thoughts - look for opportunity
- Stop negative thoughts - if they start
- Expect opponent to succeed at their shot - prepare mentally
- Pressure games are not won by spectacular shots
- Pressure will cause mistakes by the opposition
- Sustained pressure and performance is better than flashes of brilliance.
- Sustained pressure will cause opponents to

become desperate and disillusioned.

- Great play under pressure comes automatically and when you are "In the Zone". Don't think about mechanics

- Game may not be won until the last 5 ends - be ready for extra effort

- Be patient, be well prepared, be tough, be determined, be confident in yourself and your team.