

# REASONS FOR PLAYING POORLY

## *Introduction*

The following statements have been given as the reasons why some of us play poorly. On close inspection we may recognize fellow players if not ourselves.

As well as being some attempt at humour, albeit a poor attempt, these statements should highlight the weaknesses or flaws in the mental approach that some of us are prone to apply when things go awry.

After you have had the moment of enjoyment, you may care to think about the positive alternatives to these negative statements.

Some questions to assist you follow the statements.

## ***Oh! My Goodness did you see that?***

***I keep missing my Aiming Point.***

***I am too wide.***

***I am too narrow.***

***I cannot find the Line.***

***The Shoulder of the Green keeps changing.***

***I cannot find the Weight.***

***The green is two-paced today.***

***There is a run in the Green.***

***There are 'bumps' in the Green.***

***It is too slow for me.***

***It is too fast for me.***

***I have the 'yipes'.***

***I did not keep my foot anchored.***

***I am stepping off line.***

***I am flicking.***

***I am bringing my arm across my body.***

***I let the bowl go before I was ready.***

***I am starting with my bowl under my head.***

***My bowl is wobbling.***

***My bowls are too slippery.***

***My Grippo is too tacky.***

***My bowls are hanging out today.***

***My bowls are hooking today.***

***My bowls will not turn - sometimes.***

***My opponent is bowling too well.***

***My size 3 are affected by the Green whereas my opponent's size 4 are not affected.***

***My lighter weighted bowls are pulling up short whereas his heavier bowls are running on.***

***My heavier weighted bowls are pulling up short whereas his lighter bowls are running on.***

***I chose the wrong set of bowls for today's conditions.***

***The wind is catching my bowls but not the opposition's.***

***My 'x' brand bowls are finding the run in the green but my opponents 'y' brand bowls are missing that same run.***

***The opposition is playing the untrue side of the green well but my skipper keeps calling me on the other hand.***

***The rink number is turned around so that I cannot see it.***

***The opposition is walking up the green after his bowl.***

***Somebody was moving on the Bank.***

***Somebody on another rink was talking.***

***I could not see the boundary peg.***

***My Leader is not playing well.***

***My Second is not playing well***

***My Third is not playing well.***

***My Skipper is not playing well.***

***One of our other rinks is being 'killed'.***

***I do not like playing with Mr. X (or Y or Z).***

***I do not like playing on windy days.***

***I do not like playing on humid days when it is calm.***

***I do not like playing in cold conditions.***

***I do not like playing on hot days.***

***I was dehydrated.***

***The opposition kept talking to me.***

***The opponent was unfriendly as he would not talk at all.***

***They took the game too seriously.***

***Their Third kept wanting to measure close bowls.***

***Their Third claimed shots that were obviously not in the count.***

***One of our supporters kept barracking for us.***

***Their supporters kept barracking for them.***

***They recognized their good bowls by calling out loudly.***

***My skipper called for an adjustment when I could see what was needed.***

***My skipper called me to play a shot that I cannot play.***

***My skipper keeps the best shots for himself.***

***My skipper called the wrong shot.***

***My skipper keeps me on the wrong hand.***

***My skipper does not build the Head correctly -- as I would.***

***My skipper is too aggressive in his shots.***

***My skipper is not aggressive enough.***

***My skipper spoke harshly to me.***

***My skipper did not say that my bowl was excellent.***

***I have some personal health problems.***

***I just do not care.***

***Any more?***

### **Questions**

***Recognize anybody?***

***Recognize yourself?***

***What are the positive alternatives?***

***Which are acceptable reasons?***

***Which are not acceptable excuses?***

***Which are our own responsibility to correct ourselves?***

***How many should actually affect our play?***

### **Solutions**

***Accept the responsibility of your own playing performances and standards.***

***Listen and Concentrate on what is being called, then apply your Methods for Line and Weight accordingly.***

### **Finally**

***The performance is how YOU played in the conditions!***