



***Bruce's bits for
Better Bowling***

#8 - 5 keys to better bowling

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Key 1. The brain does it all!



- Attitude
- Focus
- Stress / Tension
- Determination
- Distraction
- Visualization
- Motor control

***LOTS TO THINK
ABOUT!***



Key 2. Where the game is played . . .

(a real game changer . . . *a new way to think about bowling!*)

- The game is played *on the mat* ...
not at the jack!
- Most often we focus on the result,
rather than how to make it happen.
- It's technique *on the mat* that delivers
the desired result.



Key 3. How the game is played . . .

- *How's your pre-shot routine?*

(Your 'checklist' to develop a consistent focus on *techniques*, for each and every shot.)

- Body position and direction
- Comfortable, balanced stance
- Visualization of the line
- 'Testing' the weight and length in your mind
- Locking in your aim point
- . . . et al . . .



Key 4. A 'reality check' . . . Self-analysis

(What was really wrong with my last shot?)

- Excuses don't fix anything!
They only prohibit improvement.
- How good are you at self-diagnosis?
- Analyzing each shot ... *correctly* ... is a rare skill we all need to develop!



Key 5. Gamesmanship

Strategy, tactics and game management

- Every bowl creates a *different scenario* ... and requires a *different response*.
- Learning to think ahead; to set up the head in your favour.
- Offense/Defense ... *at the same time*; best result, least risk.
- Keeping control of the game.

Application = Mental Muscle!



5 Keys to Better Bowling?

1. Mind control; self-awareness; managing thought processes.
2. Focus ... in the right place (= on the mat).
3. Mastery of TECHNIQUES (a continuous journey).
4. Self-analysis; discerning the right problems to fix.
5. Gamesmanship (Keeping control of the game, every shot).

**“Whatever you can conceive,
you can achieve.”**

Dr. Maxwell Maltz

