

# Golden Rules Do's, Don'ts, Tips, Traps and Tricks

## Leaders

The lead position is undoubtedly the most important on the rink

Positioning of the mat and lengths of ends played are a critical part of tactics of the game

Place the mat where your skipper wants it

Concentrate when delivering the jack, try to get it where your skipper wants it

Important that you practice jack rolling to varying lengths and mat positions

On game day make sure you practice rolling the jack as part of pre-game roll up

Team needs you to get bowls close to the jack

- easier for subsequent players to play their shot if head is bigger
- less pressure if not down a multiple
- gives more options tactically

### You don't have to get shot

Don't change hands unless skipper agrees easier to correct a bowl on the same hand and get a close bowl even if not shot

Short bowls and jack high wide bowls are totally ineffective

If you are finding, you are regularly coming up short aim to draw to a point a mat length behind the jack. If you continue to be short, you will have a bowl close to the jack if on target a useful position bowl

Never 'niggle' at the head

Don't get annoyed by the fact that your bowls may be removed from the head if that happens, you're on top of your opponent and doing your job

Don't bowl around the clock frequently there is a hand /side of the green that has least difficulty particularly in windy conditions and playing that hand is better option

If you bowl around the clock you are developing a preferred hand. You need to be able to play both hands. Your skipper may at times tactically require you to play a different hand

If you can only play one hand you will severely limit opportunities for development and playing in different positions

## Second

The seconds position is undoubtedly the most important on the rink

Never 'niggle' at the head unless instructed to by your skipper

Short bowls and jack high wide bowls are totally ineffective

A Seconds mantra with every bowl should be to aim to finish one mat length behind the jack (unless skipper instructs otherwise)

If down in the head bowl slightly narrow, if holding bowl wide

You are better off long behind the head than short of it

Don't interfere with the 3's role/advice unless asked

Must check and confirm score with opponent at completion of each end

## Thirds

The thirds position is undoubtedly the most important on the rink

Only give advice to skipper when asked unless exceptional circumstances warrant, or the head has changed

Encourage and support your skipper

Give clear, precise, and decisive answers/direction to skipper don't fluff

Be ever alert to opportunity for your skipper to make multiples by taking out a bowl or trailing the jack to catchers

Mark the position of kitty and or touchers in the ditch circle in sand or spray around with spray if on synthetic

Always carry a wedge to chock opponents bowl in danger of falling in for shot or our bowl in danger of falling out be aware of 30 second rule

When measuring never remove a bowl from the head without agreeing its status with your opponent

If in doubt measure and don't dilly dally

Attend the measuring session for thirds rules, tricks and traps lots to learn

## Skips

The skipper position is undoubtedly the most important on the rink

When needed discuss the head with your third before leaving the head decide tactics

Ask your players if they like/need feedback about length errors.

Give clear, simple decisive instructions call for a specific shot do not give alternative options

Avoid vague directions, such as "be up", "put one behind", or "come through the head".

If you are asking for a position bowl, place your foot where you want it to finish

If you are asking for a bowl to promote a bowl or to play through bowls and stay, place your foot at the position that indicates the necessary weight to achieve it. Note there are specific formulas required to achieve these shots and we have a session planned on that

Tell your player what to do, not what not to do such as "don't hit that bowl" "don't be wide"

Don't tell your players they are wide or narrow they can see that and should make the adjustment

Communicate outcome of shots accurately don't tell fibs i.e., if its 1 metre short don't say its two

Always be supportive of and encourage players

Never play a running shot if you only have on one bowl in the head

When driving play the hand that takes the bowl away from our bowls or bowls in danger

Never show frustration, annoyance, or anger bad body language you let your team down and your opponent thrives on it

If necessary, call your third to the head, if need be, get opposing skippers ok if prior to delivery of thirds second bowl

Don't have to play your last bowl whether up or down !! Practice a wide bowl to the ditch if safe to do so otherwise declare the head

Sometimes you are better off playing a shot to reduce the damage than trying to get shot

Sometimes you are better off taking one down

Learn from your experiences

Skip is part of a team, not above it don't be an egotist.

## All

Never give up overall score that counts a smaller losing rink margin can save the day for team

Never think you have the game won until you have

Don't hurry no time limit on when you must play a bowl

Roll up and observe green conditions pace and line especially at away venues especially on synthetics

In a cross wind, determine whether the wide hand or the narrow hand is the kinder side of the rink and stick to it as much as possible (team discussion)

If greens are quick (synthetics) roll up to minimum end length for feel, if slow roll up to maximum length

Always watch your bowl until it finishes regardless of how good or bad it is. This feeds information to your brain for subsequent shots

Be aware wider parts of the rink generally get less foot traffic and generally will run slower need to be mindful and play slightly more weight to back parts of the green and wider sections

Don't punish a bad bowl once it's delivered its history and can't be undone laugh it off learn from it and fix it

Ignore the way your opponent is bowling you can only deal with what you are doing with your bowl

Encourage each other in good times and bad

Negative thoughts are useless flick them and move on

Hold on to the knowledge you could bowl the one bowl and win the day for your side even on your worst day

Keep notes in your bag of what the keys are to your delivery and good bowling check it when things go pear shape

If the jack has sprung near to the boundary line always play the hand that brings the bowl back into the rink

If you don't ask questions, you never learn. Speak with coaches and other players look back to learn analyse what you did right or wrong and fix next time. This applies to both bowling skill but also and importantly your mindset and attitude