

Principles for Training

- ❖ Aim for perfection: The saying near enough is not good enough.
Remember you will play the way you train
- ❖ Practice until the shot becomes automatic or confident to play the shot with a better than 50% strike rate
- ❖ Practice short and long ends so you become comfortable playing all length ends. This will assist you with game plans and during competition
- ❖ Practice weakness shots not just shots that are your strengths.
- ❖ Train with a purpose for the next competition. The training to be challenging and training to be **quality** and **not quantity**.
- ❖ Scoring zone or target area needs to be to an agreed standard. Eg: one metre or one mat length etc
- ❖ You must train your mind (concentration and winning attitude) and your muscles (controlled momentum swing and delivery, grooved delivery with a smooth rhythm)
- ❖ The major difference between a good player and a better player is mental toughness, attitude and well prepared for competition.