

**TWEED  
OSPREYS**

# **COACHING CORNER**



**EDITION 5**

**WITH PARA JACKAROO DAMIEN DELGADO**



## WHAT ARE SOME WORDS OF WISDOM YOU COULD GIVE TO OTHER BOWLERS TO STRIVE TO REACH THE NEXT LEVEL OF COMPETITIVE BOWLS?

---

FOR ME PERSONALLY I HAVE ALWAYS DONE DRILLS THAT ARE SPECIFIC TO THE POSITION THAT I WILL BE PLAYING. I'VE MOSTLY BEEN LEAD FOR PENNANT, PREMIER LEAGUE AND INTERNATIONALS, SO PRACTICING JUST DRAWING TO DIFFERENT LENGTHS AND MOST IMPORTANTLY I HAVE SPENT MANY HOURS JUST ROLLING THE JACK.

**CONSISTENCY IS A MUST.**





**HOW DIFFERENT IS A GAME OF BOWLS IN THAT INTERNATIONAL LEVEL, HOW DO YOU PREPARE MENTALLY AND PHYSICALLY?**

**YOU DEFINITELY NEED TO BE SWITCH ON FROM FIRST BOWL. A GREAT START IS REALLY IMPORTANT, YOU NEED TO BE COMPLETELY FOCUSED AT ALL TIMES AND KEEP THE MOMENTUM. MENTALLY I'VE FOUND THAT THE ROLL UP IS SO IMPORTANT FOR ME SO I DON'T WASTE ANY BOWLS FINDING THE SPEED OR GRASS ONCE THE GAME STARTS.**

# **WHAT IS THE BEST ADVICE YOU HAVE RECEIVED FROM A COACH OR MENTOR FIGURE? AND WHO WAS IT?**



**BEST ADVICE I'VE BEEN GIVEN IS TO ALWAYS GO BACK TO BASICS AND YOUR PRE SHOT ROUTINE. ESPECIALLY IF THINGS AREN'T GOING THE WAY YOU WANT THEM, JUST RESET. THAT WAS FROM GARRY WILLIS AND KAREN MURPHY.**