

Lagging: Making a Mental Game Plan

Lag thirty 3's, not in a row. Ten 3's freehand, ten 3's right handed and ten 3's left handed. This trains muscle memory for your release. Time how long it takes the 3 different lags to get to 10 3's. Usually which ever one you finish fastest, is your dominant lag. The longest timed lag is the weakest, so this tells you where you need to improve.

I start the weight in my most comfortable position then lag my most natural lag, then adjust accordingly. If I come up short, I start the weigh closer to my body to add momentum, this effortlessly allows me to adjust. If I lag off I move it away from my body to take away momentum. Remember where you started your first lag so you will know where to start making adjustments from.

I clear everything out of my mind band focus on the lag. The only thing I focus on when lagging is the execution of that one shot. Every shot you take is just one shot, but just one shot can lose you the game.

There are three things I think about when I lag:

1. I tell myself I'm getting to play my favorite game - shuffleboard. I remind myself to have fun! This puts me at ease.
2. I think about board 2 at Bar Sports, because I like to practice lagging on it and it's my favorite board. When I practice, I'm usually the first one there, so it's quiet. In any tournament, when you start getting in the money (finals on either side of the bracket) and when people watch most of the time, they are quiet when you lag. Most players get nervous. They realize it just got silent because everyone is watching them. So for me, thinking of board 2, puts me in a mind set that takes a lot of pressure away because in my head, I see the end of board 2. I see myself lagging a 2 or 3 and when you see it in your mind, you are confident.
3. When I start my lag, all the way through the release, I say the word "smoooooooooth" and it keeps me from jerking. It's a mental routine.

That's just what I do, but it's good to have a mental routine to go through before you execute big shots.

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