

HOW TO WIN THE MIDLANDS COUNTY LEAGUE

If all the team play as well as they are able to, Gloucestershire would win The Markham, Porter & Dawes trophies most years.

Unfortunately, it's not easy to play your best to order because it depends on your life outside bridge as well as your commitment to help the team win the league. County bridge players are amateurs and most have an "amateur" approach to their preparation. Instilling a more professional approach has the potential to make a surprisingly large difference to the team's performance – far greater than the incremental gains from tuition sessions to make us technically better bridge players.

Winning Behaviour at Bridge

How to play our best

1. Tiredness

Any degree of tiredness adversely affects performance. Concentration is vital.

- retire early Saturday night
- have an easy morning before an MCL match
- go for a short walk Sunday morning (at a minimum go outside & breathe in deeply)

2. Food

Too little / Too much

Before play: protein; avoid large quantities of carbohydrate

Before sleep: carbohydrate increases drowsiness

3. Drink

hydration

4. Arrive early (on time) ready to play

5. Develop your self confidence

Self confidence is crucial to successful performance.

Utilise appropriate positive self talk. Feel good about your specific contribution in previous competitions.

Maintain a positive image at all times.

Spend time with positive people who support you

6. Recognize the factors which you can and can't control

Accept things over which you have no control. Don't fight decisions which cannot be changed in your favour. Don't waste energy and effort feeling sorry for yourself or angry. Remind yourself that you play bridge because you enjoy it!

7. Physical fitness improves mental function

8. Never criticise partner or argue before, during & after play

9. Never criticise a team-mate

10. Be positive & encourage everyone

11. Respond promptly to emails, texts and phone calls

**The importance of considering
WHY we had underperformed rather than
HOW (i.e. going through the card).**

Adopting winning behaviours (alongside tactics, strategy & practice) has dramatic effects on team spirit, results & enjoyment.

Remember: commitment to your preparation is essential
enjoyment and success go together

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