

BCB Squad
Coaching & Training Management, 2012

May – December 2012
Destination – World championships, 2012

Date	Weekly training Program	requirement	Skill rating
May	208 days to go		b/h maximum
1	Arousal, intensity	Monthly contact with Coach	Draw
8	Alert	Review your Pre delivery routine	Yard over
15	Bowls deliveries, ditch draw	How much exercise this month	Drive
22	Confidence		Add a yard
29	Concentration, focus	Squad trains	Hide it trail
June	177 days to go		f/h minimum
1	Decision making	Monthly contact with Coach	Wrest off shot
8	Distractions	Squad trains	2 yard over
15	consistency	Exercise this month	ML ditch draw
22	Form performance slump		Widen head
29	Game plan		Firm shot
July	147 days to go		b/h minimum
1	Game sense	Monthly contact with Coach	Block entry
8	imagery		Trail shot
15	Expectations, standards	Check on your Event Game plans	Resting toucher
22	Mat knowledge	Spell out team Player roles	Firm & stay
29	motivation	Exercise this month	caterpillar
August	116 days to go		f/h maximum
1	pressure	Monthly contact with Coach	Resting toucher
8	composure	Exercise this month	Draw right spot
15	rituals	Which Mental skills need improving	Push bowl
22	Familiarity, rehearsal	Pb mindset for deliveries	
29	Persistence, repetition	World team chosen	
September	85 days to go		All minimum
1	Positivity, belief, toughness	Monthly contact with Coach	Jack roll
8	winning	Reinforce Communication skills	Draw left spot
15	Tactics, Thinking hard	Reinforce Tactical skill	Draw
22	tactical	Exercise this month	drive
29	Team orientation		
October	55 days to go		All maximum
1	- weekly	Monthly contact with Coach	Jack roll
8	- weekly	Keep up that exercise	Draw
15	training	Have Mental skills improved	drive
22	Squad training	What is Games analysis	Yard over
29			
November	24 days to go		Alternate hand
1	relax	Monthly contact with Coach	
8	squad training	Tactical skills up to speed	
15	Squad training	Exercise levels	
22	Squad training	Team spirit, team work	
24	WORLD CHAMPS	COMMENCE TODAY	GO CANADA
29	World championships	Exercise daily at event	

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December			
1	World championships	daily debriefs	
8	World championships	Eyes on BCB medals target	
15	Annual debrief	Goals progress	

Hello squad members,

'Weekly training program' column

The program sessions mentioned in the table above are all on the BCB website within the HPC menu, national teams and coaching corner under "squad templates";

Obviously weather will dictate your capacity to get out and train so do whatever you can remembering others (opponents from other countries) may be doing more than you so remember that those times where you wonder if it is all worth it.

You are to attempt the content, or part thereof, over the week virtually self coaching and using these diagrams, observations, lessons and session purpose for your own development.

Primarily the session content is meant to give you a focus, a purpose, a direction for every training session you experience. And given other squad members are doing all this too, we have a base for mutual discussion among us all as commentary in any given month.

'Requirement' column

I don't care if you don't rigorously adhere to every aspect of the session, however I do expect to read about your efforts and reactions when you do a monthly comment for me.

Again I have inserted a few themes in this column so you can work on these as the focus of the month. All I want to do is give a focus to your effort in readiness for the world event this year, and, for all preparation for events for the future. Again refer to the website, coach's corner.

'Skill rating' column

These are the bowls delivery skills. The BCB averages from each camp are too low for an international competitor. In this column, I have suggested certain deliveries to do in a given week as these are the bread and butter stuff. You can all play games but without the skill for the delivery you cannot employ tactics, you hope you can, and your mental skill is not being developed, at least to my satisfaction. You all will be in team formats when chosen for the World, so it is imperative you know your skill level affects the team. And skills to me are technical, tactical, mental, communication & fitness skills. Notice 'exercise' is mentioned in the adjacent column a few times. Elite athletes are fit. Remember, it is your medal we are talking about. or, importantly, it is your team mates medal that is at issue here. Refer website templates in coach's corner.

Finally,

This document is not finite, it is me just ensuring you are constantly fed ideas, knowledge, prompts on how to continue going toward your goal, our goal, ultimately Canada's goal.

You need to have a greater commitment than me if you want to succeed. Show me you care, and keep in touch as we have that monthly countdown of days (on the schedule above).

Oh and enjoy the journey.

Lach

March/April 2012