

*Website menu – measured, appraisal  
Debrief for Major bowls event- plans & performance*

## PLAN TO PERFORM SUCCESSFULLY

**(Reviewing performance with a hypothetical example of what the content might be within each section.)**

Goals	Plan for Outcome	Acceptable limits	Event results
To perform at my optimum <b>Event Result goals-</b> Finalists for these formats: Singles, Pairs, Triples. Fours.	Win sectional series in each format so as to be a qualifier in the main event; Establish a game plan for each game in the three formats event; Recruit pairs, triples & fours team mates suitable to each team position, to my own goal and my mindset; Train accordingly on a personal basis and as a team; Keep statistics of each game to monitor progress in each format; Perform above 40% at all stages in all formats.	Win pairs having won before; Finalist triples; Section winners in fours & singles; 1/12 sectional games to be <40%; No game loss greater than a handful of shots.	Singles - won 2/3 yet still lost in section; Pairs – runners up; Triples – lost first round in qualifier; Fours- lost 2/3 in section;  Overall only met one format goal of being a finalist

### TECHNICAL SKILL COMPETENCY

Planned	Executed / action	Affect on result & performance	What to improve
Train 4 times per week for 4 weeks prior, so allowing one session per week to all 4 formats; Debrief training with team mates &/or coach; Appraise delivery skill ratings weekly.	Singles done weekly; Training for all team formats done occasionally; Players excused themselves from training.	Level of consistency too varied; Though no stats. kept in any team game format, the coach was of the view the range was 30-45%, which was never going to be competitive at elite events.	Set a calendar for skill rating sessions and record results;  Comply with the calendar plan to fulfil the objective.

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Meet the average rating as a goal each session.			
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**PHYSICAL FITNESS COMPETENCY**

<b>Planned</b>	<b>Executed / action</b>	<b>Affect on result &amp; performance</b>	<b>What to improve</b>
Ensure a 5 time weekly program of walking, exercise, stretching and diet.	Generally only did 3 sessions weekly	Player was not physically conditioned for playing so many days of competition. Knees and back strained after a few days causing poor bending which affected the weight control.	The discipline of adhering to an exercise regime each week

**TACTICAL SKILL COMPETENCY**

<b>Planned</b>	<b>Executed / action</b>	<b>Affect on result &amp; performance</b>	<b>What to improve</b>
A game plan established, reviewed and suitable;  Know our strengths and weaknesses in general, and, on the event day.	The game plan was too loosely applied in the teams formats; Change in tactics delayed and too late when the team mates skill and confidence seems lost; Effectiveness of the game plan poor.	Thinking too hard is equal to hardly thinking enough when the ‘wheels’ get wobbly.  No sense of progress or performance level as I did not have objectives to compare against without a set game plan.	Develop game plans in training; Perhaps more inclusive of the team mates and also with intended team mates so, with the coach, you / they can agree on the application of this game plan and its necessity; Amendments during the event.

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**MENTAL SKILL COMPETENCY**

<b>Planned</b>	<b>Executed/ action</b>	<b>Affect on result &amp; performance</b>	<b>What to improve</b>
<p>I had no mental preparation strategy prior to the events; The intent had for the event was to improve coping when the pressure is peaking.</p>	<p>Became fearful of not doing well; Even choked in the singles, which was a disaster; Only time felt ok was in the pairs where my partner is so relaxed and competent;</p> <p>Had no response mechanism to draw on when the going got rough(er);</p> <p>Inability to recall my strengths during games due to anxiety level;</p> <p>Decision making questionable.</p>	<p>Performed below expectation due to unnecessary level of anxiety, consequently, played poorly. Mental toughness absent; Reality shows not enough skill development applied pre the event;</p> <p>Player tired physically and emotionally and ability to control positive and confident thinking inadequate to help produce a good performance.</p> <p>Throughout the pairs, after qualifying, players knew we had a good team and I was playing well enough to get us there. All result focussed still;</p>	<p>The tools for mental skill use in a game; The discipline and priority to set time in my scheduled training to include mental skill; Development and simulation in games; Learn to relax/meditate, so as to be able in a game to reflect and refocus as...where your mind goes everything else follows.</p>

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**TEAM/ LEADERSHIP COMPETENCY  
(Include Communication within this competency)**

<b>Planned</b>	<b>Executed/ action</b>	<b>Affect on result &amp; performance</b>	<b>What to improve</b>
<p>Nothing stated; No game plan</p> <p>No stated roles</p> <p>No agreement to what behaviours are acceptable to win as a team;</p>	<p>In pairs, skip calls clear and positive when directing the head, making sure partner had no doubt in their mind about the delivery to play.</p> <p>All through triples &amp; fours team played very poorly, and we lacked capacity to address this pattern of losing;</p> <p>Triples, I did exactly as I had planned, although as lead could not exert tactical control of my team mates;</p> <p>Triples &amp; fours as there was no specified role and objective for any position then these teams drifted aimlessly over the event;</p> <p>Played the singles to a plan every game and finally beaten by ultimate section winner.</p>	<p>Good skip direction plus in pairs; This tactical strategy was not reciprocated by triples &amp; fours skips, and when we started to suffer with anxiety we did not have someone there ready to help ‘pep us up’, plot a new course of action;</p> <p>With pairs, The capacity to contend with pressure prevented all negative thinking and I played my best level of performance for all four formats.</p> <p>Stress and pressure were apparent in our team formats.</p> <p>Players forget we are visible and audible to positivity, little experienced, and negativity, apparent throughout the formats;</p> <p>Inability to remain contained and controlled especially when experienced a losing pattern.</p> <p>Lost because of team factors as much as the technical competence.</p>	<p>Chose a better suited partner to team to my type of game; ‘...if you want to soar with the eagles, don’t mix with turkeys’</p> <p>Commit to the team training so we can expect when the pressure is high or anyone of us is struggling to cope – train to communicate better;</p> <p>Have agreed roles, position objectives;</p> <p>Use a coach to plan, train and appraise you to counter these deficiencies;</p> <p>Role play in training as a game tool</p> <p>Game plans</p> <p>Described roles</p> <p>Displays of good and attainable verbal / body language;</p>

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**EVENT REVIEW/ CONCLUSION**

<b>Summary results, other outcomes</b>	<b>List your performance strengths</b>	<b>List the performance deficiencies</b>	<b>How to improve your competencies, outcomes</b>
<p>Singles - lost the section winning 2/3 games;            Pairs – runners up;            Triples – lost first round in qualifier;            Fours- lost 2/3 in section;            Overall only met one format goal of being a finalist;            Dissuaded to do a complete debrief of team event formats;            Without detailed records, delivery ratings for myself were somewhere            Singles 40%            Pairs as skip 48%            Triples as lead 38%            Fours as second 35%            Learnt the need for Situation awareness capacity;            More priority for mental skill and needs training.</p>	<p>Analytical skills            Honest self appraisal            Mindset of a winner when doing well            Capacity to learn            Bowls skill competency            Highly competitive</p>	<p>I feel my goal for the events should have been to win, rather than to make the final;            No record of skill rating;            Lacked fibre to be more directive to the team about our approach;            Choice of partners;            Insufficient pre event planning;            Poor preparation as a team;            Preoccupied by event surfaces a reflection of low mental (skill) toughness;            Level of leadership character within these teams;</p>	<p>Set goals and action calendar;            Set standards and train to meet these measurable performances;              An emphasis through training on the development of mental &amp; tactical skills.</p>

**THE COACH, 2015**

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