

National Squads Preparation – An Approach

The year 2018 is a big year on the international calendar of bowls for all bowls nations with the Commonwealth Games at Gold Coast, Australia, now complete, in my opinion the prime event.

Many of the countries can now look at this prime event, which has just finished and ponder their results, or lack thereof. Will the countries who do not have ample success know how to get it right with coaching and selection for future international events.

If I were to set down some principles to guide me (or these countries) based on my prior experience as an international coach, these few below would suffice.

I would always start with my BUS idea, approach; remember at national level choice abounds, so no excuses.

The BUS concept

I want to look at the DESTINATION written on the front of the bus so as to ensure I am jumping aboard a bus being taken in the right direction. And, before I jump on the bus, I want it to appear contemporary and be well resourced (fuelled for energy).

Then, where I am willing to be on the BUS, for me as a coach, the bus driver, I ask myself:

- Let's get the right people on the bus.
- Get the wrong people off the bus.
- Get the right people in their right positions.
- Let the passengers off where they do the least damage.
- Take the role, take the responsibility.
- Do we have the right people on the bus in all capacities.

If not, is the leadership of the bowls nation able or willing to pursue the recruitment of the right people connected to all aspects of Highest Performance?

- Mentally **Where your mind goes everything else follows.**
- Emotionally **Attitude is all about practising habits.**

**Website menu- Teams
National squads preparation**

**The National Lawn Bowls Squad,
Planning the Coaching Program,**

Pre squad planning with the national HP committee

- The goals / targets of the bowlers in each event format.
- The measurable roles of selectors and coach(es).
- The goals of the Bowls nation for the three-year period.
- Research the performances of previous Games / championship to set the target.
- Where do Bowlers (skills) need to be by the event.

Squad training program

Practical

- AUDIT of player skills, appraisals in training sessions, simulated games.
- Training for what are the essentials for players.
- Forget the want and concentrate on what they need (to succeed).

Discussion

- The players – goals, commitments, responsible.
- The players – position descriptions, game plans, performance measurement.
- The selectors, coach and team manager: responsibility & accountability.

Post event review and planning

- Selectors performance as an outcome.
- Calendar of coaching.
- Goals of the coach, an analysis of their performance.
- Debriefing reports of a daily nature.
- Observations on players, teams, selection, coaching.
- Players / teams performances as an outcome.
- Player ratings / appraisal by coach.
- Recommendations for future by the coach.

**Website menu- Teams
National squads preparation**

The Games are a big deal, congratulations to all who represented their countries, however gold medals were only spread to these countries- Australia, Scotland, NZ, Wales, Malaysia.

Five countries. Not a wide spread.

Worth other countries reviewing the systems and approaches operating in their domestic domain to work out how to acquire a gold medal in the future.

It was especially pleasing for me that four (4) of my / our Elbows squad members playing for three different countries competed in the Games, and one winning gold, again, for the third time.

Lachlan Tighe, 2018