

Elbows 2011
Appraisal of a bowler / attribute of elite

Appraisal of a Bowler

initial meeting with Coach Performance, (use as a guide only)

PRELIMINARY DISCUSSION

- Find out what they hope to gain (goals)
- Find out if there is a specific event they want to succeed in within a certain time
- Agree on a mutual commitment
- Agree on what your role as coach will be for this person, let them know what type of bod you are

PLANS

- Get the player to describe their present skill level
- And also how they view themselves as a player
- Let them tell you where he / she wants to be at a set time in the future
- Share your knowledge of how you would measure their progress

JUDGEMENTS

- The technical skill potential of the player
- Specific skills needed to help them in a team position (say going from second to a skip)
- Specific skills needed if the player is wanting to be better at singles
- Your view of their preparedness to learn, to listen, to read, to ask, to digest information, to try

TRAINING PROGRAM

- A winter season program maybe weekly or fortnightly over 4 months,
- Establish an agreed weekly training session for the 8 months of the bowls season
- Schedule an agreed pennant and tournament competition calendar with the player
- A program to assist them when you as coach are not around and it may be something like
 - Know what you look at in your stance position
 - Know what you look at upon release of the bowl
 - What do you focus on concentrate on when about to deliver
 - Do you know your own body alignment in readiness for delivery
 - Are you aware of your grip,of how to alter the grip for slow wet greens
 - Be aware of your step and delivery action
 - What is pressure for you and how can we help you minimize it in future

JUDGING, MEASURING PROGRESS

- Level of attendance at training
- Skill rating sessions at training as knowledge is vital to tactical skill (next page)
- Results from all competitions, either individual or team events
- Improvements in skills application at training & competition
- Improvements in recording skills in training & competition
- Videod observation of skill development

MATCH PREPARATION, MATCH ANALYSIS

- Have the player set down a game plan with objectives beforehand
- Wherever possible go and watch them play – that may well mean not playing yourself – are you prepared for that situation; I reckon you ought to be
- Review the game plan together comparing results to objectives
- Review the competition for other aspects they feel are important
- Anecdotal stuff – like saying the bowler who goes home after the game, regardless of the result today, and wants to assess each match on objectives, strategy and skill application, will be the bowler who eventually wins the majority of the games they play, the bowler you and I would like to coach.

The above is not exhaustive or definitive, simply an approach I use.

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Attributes of an elite bowler
aspiring to move into the Elite sphere of bowls

PREAMBLE

Since establishing *Elbows* in April 2000 I have had the unusual opportunity to coach with success at Commonwealth Games, world championships, group, state and national squads, and, a handful of individual champions.

The ***personal attributes*** that I prefer they possess (note the subjectivity) to propel this bowler onward toward the top (international) tier elite level is:

- Highly motivated person
- Understands, and is committed to, personal bowls priority to be elite
- has a coach capable of servicing their goal to achieve
- Trusts the contribution and honesty of the coach to evaluate their progress
- Train regularly,
- trains with a purpose for every session
- Challenged to learn,
- challenged to experiment in the training
- Works hard in training and in competition
- appraises and records their training performance
- Works at improving 'pb' in technical delivery skill
- Applies training to mental and tactical skill development
- Applies game plans based on training
- Disciplined in practice to practice, not to play
- has inherent ball (sporting) skill
- Instinctive competitiveness/ killer instinct
- Acceptance that mistakes/ losses will occur
- Has a goal(s) they have written down as a reference to guide them
- Know their current technical skill and the skill required to be at various levels of elite
- Disciplined to avoid social games in lieu of prioritizing events
- Selected in teams, capacity to be a strong character for/ within the team
- Has a calendar of events scheduled and to aim for
- Honest in analyzing their competition performance
- Honest in acknowledging/ hearing what else he needs do to be at elite level
- Honest in self analysis of their skill, performance, progress, their personality
- Contented, happy personality

The purpose for Skill Rating

is to establish a standard to gauge their skill / consistency for all shots at the two extreme playing distances of minimum and maximum length. I believe, after research in Malaysia 2002, mediocre bowlers play medium length so I limit the training at that length.

It is best done with your coach or another player who is recording score at other end after each series of 10 deliveries; don't spend more than 20 odd minutes per session AND use the information (complete details and keep your current record and 'pb' to monitor your skill level)

Measuring performance score out of 10 attempts: scoring is done by the number of deliveries ending within '**Mat Length**' (ML) of delivery being attempted at the distance indicated below

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Skill Rating idea introduced 1/4/2000, latest revision 1/12/2010