

Starting Out In Bowls

Whatever you do borrow, beg, copy, steal and share ideas and approaches that may help you progress from beginner to a reasonable level of bowls competence.

Stare at who you want to be.

Now that can be either you looking into that mirror telling yourself I want to be successful as a bowler by (winning). Or, another perspective might be you looking at another (elite) bowler and telling yourself I want to emulate them, be as good as they are, be regarded as highly as they are.

Spend time each day reflecting on what progress you have made in your skill.

Okay, so what that means is knowing what are the component parts of my delivery and how my model player does it reinforcing what the fundamentals (done well) are.

Beg borrow and steal.

Absorb what you see the very best doing and borrow that for yourself. Picasso was reputed to have said great artists borrow and steal. I can vouch that my coaching is about seeing, reading and hearing better approaches and the next day putting my imprimatur onto the best of these to then become the new mine (coaching). It is called evolving. Remain where you are and you fall behind.

Record your progress.

I place all my ideas and reports on computer and probably I had scribbled on a bit of paper to transfer it onto computer. Today's stuff gives ideas tomorrow for plans and application in the future. All of which came because I had written a history to use as a guide.

Don't be too proud.

If you need to know more, ask. Whenever you don't know or if you simply don't understand, ask or admit. If you need to learn, try knowing you are going to falter in the learning phase. Accept the challenge rather than avoid the journey.

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Bowls as a hard skill.

Because a bowl delivery requires precision repetition and fluent mechanics it is called a hard skill; yet to my mind it is as simple as ABC = all about consistency. Get the fundamentals right and all else follows. Any short cut to that approach will result in a less than perfect technical model.

Bowls includes soft skills.

These are the tactical choices, the right decisions for the winning result, the effective communication with the team.

Choose your coach.

Wisely I say; someone who will do what you need, stretch your potential to its limit.

Lachlan Tighe, 2018