

Website menu- mental skills
Body language appraisal

Body Language observations - signals observed

BODY LANGUAGE SKILL OBSERVATION- PEOPLE INVESTMENT

One of my experiments that had merit was to use everyone at Bowls Canada (BC) squad camp, who was not bowling, as a support resource for the eventual benefit of the squad.

The role of these interested parties was:

Observe squad bowlers body language.

Listen to squad bowlers verbal language when they train as partners.

Watch squad bowlers capacity / willingness to bend down, stay down, follow through.

Positivity – how signs were displayed from squad bowlers to you watching on the bank.

Negativity – how signs were displayed from squad bowlers to you watching on the bank.

I had also tried to highlight these factors to the player squad too as part of their four-day training camp.

The BC squad camp experience showed that bowlers have the capacity to orient their focus on other player teammates and their priorities if shown the value of the focus.

Discussion:

The program finale where a contribution was required from everyone, players and observers, re-emphasised the merit of using one another as a resource.

To be able to watch, listen and contribute to and for one another as we all did when everyone was asked to respond to these questions:

What was the ONE best aspect for YOU from the Sessions?

What was ONE thing the squad should heed from the Sessions?

What ONE thing did absentees miss by not being here?

What ONE aspect in a Session was of limited value?

What was missing from the Sessions that you really wanted to cover / explore.

Finale:

Feedback between players & ...coach, teammates, selectors, management, relevant others is vital to the progress, and success, of this international squad and any other bowls squad.

Important information transferred both directions should include:

- Player goals, and progress toward such.
- Skill development over the ensuing year.
- Issues and solutions, especially selection and coaching.
- Approaches, shared and valued.

Lachlan Tighe, 2015.