

Content of discussion about elite level competitive performance

Whether we are discussing a player or a team, the ingredients of the discussion are similar.

If any of you reading this have an interest in coaching at elite level give some consideration to what follows.

DISCUSSION ON COMPETITIVE PERFORMANCE

This is the nitty-gritty of coaching in your discussion with player(s) seeking their answers to such questions to elevate their performances:

Explain the idea of a game plan.

Explain the content of a game plan (for fours as an example).

What do you consider when reading a head?

How do you measure your performance?

What is the value of measuring your bowls performance?

Where, or how, do you learn the craft of tactical skill?

How do you have players...play to win rather than play not to lose?

What goals do you set in bowls for next year?

Do you know how to write a set of goals?

And at elite bowls and high performance forums

These may be the challenging questions to the audience of players:

As an elite player, do you have a genuine commitment and dedication to the sport and yourself at the highest levels?

Do you believe you cannot play any better, be more consistent, or play the important shots more frequently than you do at the moment?

Is it possible as elite players you believe you do not need fitness, coaching, diet, sports science, repetition, or commitment to training, to improve on your present performance?

How many of you players in the male and female ranks of our sport embrace some sort of high performance criteria, such as, fitness, diet, sports science in general, tactical skill training, technical repetition, or documented training procedures?. (Even Equestrian riders do more than just ride horses for training).

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Coaches discussing performance**

Why is the approach to the pursuit of excellence in other high performance Commonwealth Games sports, so much different / superior than Lawn Bowls?

Is it the other sports competitor's perception of excellence, commitment, dedication to training, persistence to become the best they can be, which is the difference?

Do all the national bodies need a culture of success approach?

What is that?

If anyone is not prepared to join in that culture, should we replace that person with players, selectors, coaches or sports science personnel prepared to be the best in the world

Lachlan Tighe, 2021.