

Developing attitude of a bowler, a team

Well you got the gig, head coach of the club, or, maybe regional or state coach of the representative team.

Well done.

Now as this coach, you find yourself in the company of bowlers probably new to you (as coach). Yet you want to find their mindset before you even get to work with them as a group on the green. There are numerous ways of doing that.

One suggestion is to host a brief workshop for all of them for you to gauge their standards, their aspirations, their limitations, their willingness to improve or even to inhibit changes you desire, and all found by conducting a round house discussion based on some of these questions, or importantly your own.

Given you may have possibly 20 attendees, the questions need to be few and the responses clear and informative.

Here is a list of some questions put to players to start your workshop:

Describe a strength of yours as a bowler.

What is one goal you have - season, finite.

Explain pressure for you in a game- singles, fours team.

Describe your understanding of any one of the seven skills you need to excel: communication, fitness, mental, sensory, tactical, team, technical.

Describe which one skill you need to improve and how you are going to go about it.

Seek reactions to a 'culture of team success' series of questions:

What would you be prepared to do to be a valued team member?

Describe the value of a coach to your bowls development?

What is the value of training as a team?

How do you measure how good a bowler you are?

What do you see are the skills of our best bowler?

What is your game plan for competition?

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