

Being Better Bowlers

Question: How do I get to be a better bowler; how to I get to the next level?

I continue to receive queries from bowlers wanting to be better; rarely do I get any insight into their reasons for the request or the current calibre of bowler. Here are a handful of similar questions and the difficulty in responding to these vague calls to being better.

Hi Lachlan:

Hope this email finds you well. Read your book and loved it. I'd like some advice if you can give it. I now find myself with lots of time and no kids on my hands and really wanting to devote lots of time to lawn bowls at the age of 49. We had a work team that played night owls earlier in the year and now I've signed up to play pennants with the club. I want to get my bowling to the highest level I can attain, and I have lots of time to devote to achieve this. Are you aware of anyone over here that coaches privately?

Hi Lachy:

Hope you're well!
I'm looking at progressing my game to next level and I think you're the right coach for the job.
I've been meaning to ask you before however haven't... for reasons.

Lachlan Tighe:

Thanks for all the info re: coaching and lawn bowls in general on your website. This is my third year of lawn bowls and I have been slowly incorporating info on your website into my training routines after discovering your website last year. I made it to the post sectional matches of the Queensland state championships this year in the singles losing my match 25-19. I am hungry to progress further in this game and was wondering what are the requirements to be coached by you.

Hi Lachlan:

I just spent the weekend playing at the state regionals in Swan Hill, playing third to a class player who you know. Playing with her at that level has motivated me to get serious about my bowls again. I feel last season I

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was just going through the motions a bit, emotionally up and down and because I was only able to play Saturday pennant and nothing else. After starting the first few games as second, I played most of the season as skip in our division 1 team. I did quite well for our club standard, but there are lots of things I would like to work on, to improve my own game. Can you let me know if there is any possibility of doing some work with you over winter period?

Hi Lachlan:

As discussed with you, I would like to learn some drills or work with you further to develop my draw bowling and my driving. I tried out with the state squad last August and after performing well below what I know I can do, came away determined to improve to a level where I can at least hold my own and possibly push for selection if given another chance to try out. During the season, I practiced mainly on a drill to draw 2 bowls to a minimum length jack and 2 to maximum length, as this seemed to be what was required to bowl well at the trials. My draw bowling became a lot more consistent and I played nearly the whole season in our men's division 1 team as a second, and won the club championship. However, I know I need to improve a lot further to reach the level I want to be. So any help you can give me to develop a practice schedule or drills that I should be using would be fantastic.

Responses

Now for all these players who made contact I may say this generic response to the questions above may summarise the variety of answers to assist their own development.

- Secure the services of a coach at the club, or, a really good player who you simply seek some (regular) advice from. Want to know who a good bowler is - refer to the club championship board and see who features on it regularly, they are good.
- We need to a chat to hear what you want and where you hope to progress to.
- Have you ever set down in writing a set of goals / objectives and if so can I view them.
- Refer to my website where there are samples of goals set.

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- Interesting I recently started personal coaching of a young premier league bowler on a twice a week basis. What these guys have done before we start is them providing me a goals' statement in which they and I know what they hope to achieve.
- And the first session we have is all about measuring their technical skill.
- Take advantage of my website that has numerous training programs illustrated and again many articles on all manner of bowls stuff.
- Here are some examples of goals that can be set for the coming season:
 - To improve the consistency of draw bowl delivery to average 40-50% mat length deliveries.
 - To improve the mental side of your game so that you don't give up big leads in single games and go off the boil during pennant.
 - To defend club singles title.
 - To be a strong lead or 2nd in our division 1 Saturday side.
 - Draft either a monthly or season long plan for training sessions, so you know what drills and skills to be practicing.
 - We can plot a schedule of training (sessions) to use over these months
 - I can draft something and email it for your consideration.
 - I would detail the content for each session so it covers the 4 goals nearly every session.
 - Show you how to measure your goals so you know where you are now and how you are progressing; per instance to 'improve my consistency' well we need to know that both technically and performance.

Lachlan Tighe, 2017