

Elbows
bowls columns

Advanced coaching – of course

A few years back at most, Bowls Australia devised a ‘spider web’ system to evaluate their squad members with a 20-point appraisal system as part of their High Performance program.

The advanced coach, or any coach for that matter, needs to know how to train the player in these twenty facets introduced by the Australian national body.

The breakdown, as I see it, in four categories is thus:

SKILLS - 8

- Achievements
- Drawing consistency
- Conversion skills
- Running shots
- Driving speed, accuracy
- Consistency on fast greens
- Tactical awareness / decision making

MENTAL TOUGHNESS - 5

- Self confidence
- Optimism / positivity
- Ability to remain in focus
- Fierce determination to win
- Performance under pressure

WORK ETHIC - 3

- Physical preparation / fitness
- Completion of training tasks
- Healthy body

ATTITUDE - 4

- Embrace change
- Willingness to react to feedback
- Compatibility within team
- Professionalism

I have reservations about a few of these above, however I would highlight those factors that are omitted as indication this template could have modification.

Noted factors **OMITTED:**

- Leadership
- Coach supervised training regime
- Game planning
- Communication skills
- Game debrief
- Situation awareness
- Deliberate practice
- Goals and reviews

P.S... my book “**Winning becomes you, in lawn bowls**” is now available from December, 2013.

If interested in purchase, contact me direct on email l.a.tighe@bigpond.com

Or refer to my own website www.lachlantighebowls.com

Lachlan Tighe, 2014