

Elbows

Website column

A sample Initial presentation By a coach to the bowls body / squad

What's in it for you?

Let me suggest you the coach provide your own viewpoint here.

Who am I?

Describe yourself to the audience, your approach.

Why am I here, what attracted me, to this coaching role?

Convince them of your enthusiasm, your knowledge, your view on where they are all heading, together.

What I can do

(My contribution for coaches to read and consider)

- Help you to be more aware of the skills set playing bowls viz tactics, mental
- Foster and contribute to your own commitment (level)
- Reinforce you are aware of the factors that influence performance (Goals; measuring performance; game plans; commitment; motivation; intensity; pressure; team spirit; debriefing)
- Reinvigorate those wanting change for the better - continue, stop, start (below)
- Help improve everyone as bowlers applying these skill sets
- Provide structured training that helps develop your knowledge and application of tactical and mental skills
- Show how bowlers can gain by what they NEED rather than what they want
- Specifically- anecdotes that highlight what was just said
Pre-delivery routine - one bowler taking 19 seconds
Self awareness - have some examples
Mindset - technical mental.

What's in it for you?

(My contribution for coaches to read and consider)

- Everything - if you want to use me as a resource and other kindred members
- Very little - if you are disinclined to take advantage of the opportunity

The risk of being changed is one of the most frightening prospects most of us face.
There is no one way, but there is always a better way.

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The way to proceed

(My contribution for coaches to read and consider)

Continue

- At club competition, sides as a minimum remain in current pennant divisions
- Enjoying yourself, team mates, the club, the sport, the wins
- Personally improving
- Training attendance
- Club pride
- Pre delivery routine

Stop

- Seeing and thus playing (only) games as training and practice
- Negativity
- Myths such as demotion = being dropped versus moved within the team
- Being complacent
- Spectating in games
- Unrealistic expectations
- Vague skip calls
- A losing score worsening during the game

Start

- Changing your approach to help you improve
- Game debriefs per one score card for all four players
- Training with an increase in intensity
- Game plans
- Measuring your skill (leads to your improvement)
- Watching rink team mates with more pertinent observation during games
- Praising
- TCUP- think carefully under pressure
- SA (situation awareness)
- Know your body, know your bowl
- Caterpillar, caterpillar, caterpillar
- ML standard (mat length as a measure of excellence)

Lachlan Tighe, 2014