

**Bowls Victoria, Central Goulburn Murray region
Bowls Coaching Workshop 2013**

***Report: Coaching & Training workshop for bowls coaches.
From Lachlan Tighe, presenter.***

**Held Monday 4 March, 2013, Shepparton Park bowls club,
duration 5pm- 9pm as a service offered by Central Goulburn
Murray, Victoria Region, BV**

invaluable support tendered by

Shepparton Park bowls club and their volunteer members on the night
Scott Nicholas, BV Development co-ordinator, Garry Dillon, CDO, and
Peter Spence, CDM

My objectives for the evening as per last week at Yarra region presentation are stated in **BOLD** below with summary observations under the headings. I have tried to report differently to last week so as to expand the way we gain information from the sessions.

However I wish to highlight **recommendations** that I would rate as priority and thus forcefully push to see these implemented to assist our sport, and our coaches, flourish.

RECOMMENDATIONS TO BV/BA

(as a result of these two bowls region presentation):

- Establish regional coach program committees to initiate services within their own region;
- Coach re-accreditation process be replaced by a 'compulsory continuing education (CE) or call it a professional development (PD) system similar to what exists with various professions- accreditation of new coaches remains;
- The concept of an 'amnesty' to current coaches be statewide in bowls and not restricted to one region as it casts invidious comparisons among the fraternity;
- A 'masterclass' coach workshop be conducted in Victoria by elite coaches with coaches invited to observe and offer comment;
- Regional boards extend their network of contacts and experts in the region to include those people who manage other sport bodies;
- Garry Dillon and other CDOs explore the prospect of accreditation presenter/ assessors being locally based to enable regions to be self-sufficient;
- Funding for these coach programs take a higher priority in future as attendees in excess of a hundred for the first two region programs maintain there is a need for these information sharing, skill development programs throughout the state.

WORKSHOP OBJECTIVES

Provide attendees with continuing education/ instruction/ tools as bowls coaches

- Introduction indoor session- lessons learnt from last weeks Yarra region session AND laying the groundwork for better use of us coaches
- Recurring discussion, or issue, hinges on cumbersome bureaucracy operating the accreditation system (refer my recommendation above to allay that with CE/PD)

Provide a forum for coaches to be encouraged to further their knowledge/ skills

- Coaching practical- the essentials in equipment, layout, communications, fun, standards
- Group coaching for coaches to experience a spectrum of measurable skills

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- At Shepparton practicum was to be 8 deliveries each where 3 per rink- one player, one coach, one observer of the coach
- Followed by 8 deliveries each to a mat length, ML, draw and swap the roles in the rink
- then 8 deliveries each to draw to ML of ditch and swap roles again
- gathered as a trio and discussed each of the roles- player, coach, observer
- 30 attendees seem vitally interested in developing their coaching skill for the good of the sport, members, and their clubs

Create an opportunity for the attendees to further their networks and resources

- Indoor session- Q & A in relation to this session
- Head set as jack with bowl adjacent and they were to all be a coach and player and observer once and when coach you choose the delivery you want the player to make 8 attempts at and there had to be 3 different delivery choices
- Gathered to discuss the experience
- Identifying one attendee as a practitioner in massage and psychology as an example tonight of discovering resources (last week it was a physiotherapist)

Help the profile of we coaches back in our bowls clubs, customer service agents

- Had 4 presidents attend and seemingly all were impressed with the capacity for a coach to service their club
- In response to my question the region knows there are clubs operating structured formally approved club coaching programs for – pennant teams, juniors, casual bowls, members, individuals, winter training; the only missing link appeared to be to those bowlers who aspire to be elite performers;

Enable coaches and clubs to access the resources of BV and the Region.

- Provision of a manual from these sessions assists local coaches add content to their own program
- Measuring skill content was warmly received
- Jack & bowl head set showed coaches some of the options- toucher, wrest, cover behind, ditch being ones displayed
- Necessity by coaches for feedback to Scott Nicholas at BV
- Peter and Garry attending also add BV weight to the direction the regions want to take the coaching;
- The recent copy of TOP SHOT was referred to for tips from the top and coach program content so showing the value of the magazine as one tool to communicate;

POSTSCRIPT-

CONTENT OBSERVATIONS & LESSONS to consider for future workshop sessions

- One participant referred to his football coaching days where he and others went and watched VFL coaches- what a great idea
- The role and authority of the coach- take charge, imply control.
- Group coaching – how would anyone else attending have conducted these sessions
- Team or pennant competition coaching- team positions, responsibilities
- Individual and singles coaching- one on one styles of coaching
- Question – what constitutes a good delivery?
- Coaches- spectate or observe, intrude or guide!
- Goal setting- for ourselves as coaches and example of Maddison, young player I coach
- Tactical Skill- simulated practicum, drills & skill & modified games as applicable
- Seminar- Q & A (wet weather/ indoor formats),
- Communication- inform attendees in promotion material to bring bowls shoes

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- Communication- feedback from attendees pushed more as factual evidence if BV/ BA are to take notice of the swell of interest and activity generated so far;
- Venue selection in both weeks was excellent in set up, hospitality, conviviality;
- Altering format adds to the experiences;
- Changing presenters for future regional presentations will do likewise;
- The BV personnel need to share their reports on the programs too, adds to evidence of support;
- With many professionals playing bowls let's identify them and use them for specialist presentations on their field of expertise;
- At AO coaches were allowed to coach- breakthrough
- Customer service- my contrast to the Indian and Italian restaurants and we coaches as service agents in bowls;
- Level two coaches used more in influential roles- presenting these workshops
- Commitment- we expect players to have it, we coaches need demonstrate it too
- Notion of caterpillar and mat length as my tools of trade demonstrated to all
- After two programs can sense we have generated a momentum, now to harness it by sensible practical planning with BV/ BA and us coaches – all good
- Yarra region has formalised their path by volunteers coming forward after last week to be the steering committee to plot and plan coaching services et all in their regions

9.05pm concluded session.

Presenter's bowls background & introduction



achievements of players I coach

Commonwealth Games gold medallists;
World singles champions; National champions

appointments

high performance manager- Bowls Australia;
head coach-Malaysia Canada & Jersey, UK, Commonwealth Games
head coach- Canada, world bowls championships,
Head coach - Victoria, Auckland, NZ, Group 13 RVBA
Consultant coach- Henselite, NZ, India, HKLBA, South Australia, NSWBA, BV

Lachlan Tighe, Tuesday 5/3/2013