

Bowls Website menu- Q&A
Coaching bowlers via remote means

Coaching Bowlers From A Distance

Question:

Hi Lachlan:

I have received your book over here in WA. Thanks. The question I want to ask is do you ever do a form of remote coaching for bowlers like me on the other side of our country?

Response:

Afternoon Rob:

My Elbows squad numbers 25, myself included, and for many of them my coaching is of a remote nature, given nine of them are national representatives from overseas, for are interstate players.

They have a few common denominators, but one is...commitment to learn, to be better.

Each year I reckon I get about 20 plus requests from individuals to have some form of coaching, remote or hands on. In every case, I would ask them to consider these questions I pose:

Why do you want coaching?

What are your strengths in bowls?

Set out their goals (sample on the website), even a calendar of commitments to training & events (also on website).

Identify their technical skill (on website) and maybe even do a self appraisal (again website).

Then we get around to sessions.

More often than not, only about 3-4 go to the effort as my requests are too daunting.

So I leave all that with you too.

I have done a few YouTube coaching videos and for the future the website manager, Terry O'Neil, and I are conferring about video interviews on YouTube and the website.

Otherwise enjoy the website and I now have a new menu ...Q&A.. on the site. Thanks

Lachlan Tighe, 2017