

# **THE *typical* BOWLS CLUB**

## **A COACHING PLAN**

**A sample presentation**

## Coaching Plan -PURPOSE

- Introduce or reinforce a preferred club culture
- Improve ladder position of our sides
- Develop our members to become better bowlers.
- Develop our coaches to be better coaches,
- Provide programs so bowlers not just get the skills but be able to *apply* them.
- Coach & selectors work in conjunction
- Gauge and set skill standards for bowlers
- Structure regular, required, coaching sessions

## **Coaching Plan- OBJECTIVES**

- Set a weekly structured skills program
- Conduct supervised training sessions
- Audit technical skill of players
- Review mid season skill development
- Review mid season team positions
- Audit tactical & mental skill of players
- Provide skills sessions in drills
- Provide skills sessions in modified games

## Coaching Plan- the COACH

- Explain the Club reasons / purpose why the bowlers would join the coaching program
- Explain how each bowler / team can benefit
- Challenge bowler's motivation to take their bowls skill to a higher level
- A resource to address specific bowler's issues
- A resource to address specific team issues
- A resource to assist the bowls future for bowlers, the teams, the club

## **Coaching Plan- AFFECT ON BOWLER**

- Enables bowlers to make the decision to change for the better
- Establish set goals that measure your progress.
- Getting selected into the same or higher side
- Seeking to be in another position in the team, say from 2nd to a 3<sup>rd</sup> or Skip
- Foster improvement on technical execution
- Retaining their selection in the team
- Being a member of a premiership team in the club
- Finalist in club championships
- Degree of success in region & profile events

## Coaching Plan- TRAINING SESSION CONTENT

- Technical competency and technique
- Audit of technical skill
- Tactical skill development and awareness
- Mental skill development
- Teamwork and good behavioural practices
- Simulate competition
- Training for your selected position in the team

## Coaching Plan -SELECTION

### Selection considerations supporting the coach programs

- Commitment to attend training with coach
- Player attitude - positive, team oriented
- Potential for promotion into higher sides
- Skill ratings
- Goals, preparedness to set some
- Pennant performances
- Playing position best for the team

## Coaching Plan- **BARRIERS** to contend

- Club executive ambivalence to coach programs
- Negativity to approach to training
- Coach input to selection not valued
- Improvement not guaranteed short term
- Will join in if others want to join
- Selection not being linked to coaching
- Level of Commitment by majority
- Adverse to change



## Coaching Plan-SKILL DEVELOPMENT

- Selectors capabilities
- Player mental & tactical levels.
- Guest coaches to add knowledge
- Invite contributions from bowlers
- A training diary could be kept by players
- Offer a self appraisal form on all skills
- Simulate competition situation heads in training to enhance skill levels