

Knowledgeable Coaching

I have the current pleasure in early 2019 of coaching a handful of elite regional level and state players here in Melbourne and in Queensland for state events and hopefully national events later in the year.

Being elite all of them are technically proficient.

With all of them I am working on their mindset, their game plan, their training intensity, their elevated level of decision making.

Based on experience and exposure to other sports, my approach might be called coach driven.

I drive their innate motivation. I drive because, as coach, I expect I have to be more knowledgeable, more impartial, more organized, more aware of what is there to observe, to reinforce, to rectify.

In conducting these weekly one hour structured sessions I wander around their training area (rink, rinks, green) providing that extra dimension of feedback I can provide by use of my eyes and ears and bowls brain from years of coaching. Feedback is also the way I physically set the content of the session for the players to easily adjudge their delivery outcomes, their delivery choices and the purpose for any of the sessions.

I offer encouragement. I can gauge their intensity. I can open up immediate discussion on blemishes that keep reoccurring, which they need to identify and rectify, if not now certainly later. I can tell them things they have not noted (being so intensely involved in the task at hand) as my perception and perspective is an add-on value to their own. I can verbally reinforce how well they are training. I can excite them by my enthusiasm.

Importantly, having set the objective(s) for the session and then the players experiencing the session, we then head off into the clubhouse post session to share views on the training, the lessons, the knowledge gained, over an ale or in my case a red wine.

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I am chuffed that elite bowlers seek me to coach them. My quest is to ensure I design relevant intensive training sessions as a schedule for a lengthy period of time that has objectives and feedback as paramount factors in the provision of that coaching.

All of which motions the players and myself toward increased levels of skill expertise.

And there we are again the following week, raring to go.

Lachlan Tighe, 2019