

Bowls Canada
Coaching 2011- Lachlan Tighe

Facts and knowledge

Myths

Greens being unkind

Training on rinks that do not run true is a valuable program to gauge the mental discipline of any player. Common reaction is to complain. Better response from the elite player is to reset the zone, to learn TCUP reject HICCUP.

Set of Bowls

Changing sets of bowls regularly is not a solution. It is still the same flawed player delivering a different set of bowls. Re-examine the source of the problem, the player.

Playing games as practice is NOT Training

Training & Competition weekly ratio

Many bowlers are out on the green in season up to 20 hours weekly. Playing games mostly. My ratio for preparation using that 20 hours would be about

Competitions	8 hours;
training with club team	4 hours;
private individual training	4 hours;
coach supervised training	4-6 hours