

*Website menu: Tools to perform  
Goals, another version*

***Goal statement: I want to be categorized as an elite bowler***

**Goal process**

- To improve my skills
- To plan and prepare better for competition
- To have success in competition

**Details of the GOAL PROCESS**

**1 Improve my skills**

**Technical skill**

- Maintain a rigid, constant pre delivery routine every time in training and therefore in competition, resultant in successful ‘caterpillar’ grouping.
- Deliver 40 ‘caterpillar’ bowls to start every training session to acquire, and then ensure, a repetitious delivery action (and use 8 bowls for 5 ends for efficiency of time effort and reduced need to change ends as much.)
- Feel ‘Low and slow’, & ‘bend and extend’ as word associations relevant to effective delivery.
- Attempt two delivery skill ratings per week in a training session and record the current rating.
- Aim to meet as a minimum my average rating for the two skill deliveries as a standard for training.
- Improve my ‘pb’ for any one delivery each month.

***Attitude: all about practicing habits***

Lachlan Tighe, ph 613 9853 5497 email [l.a.tighe@bigpond.com](mailto:l.a.tighe@bigpond.com)

***Website menu: Tools to perform  
Goals, another version***

**Tactical skill**

- Have one part of a coaching session per week specifically on tactical skill.
- Appraise each event for tactical awareness (as a normal aspect of my game debrief).
- Train for appropriate competition formats to achieve the performance goals.

**Mental skill**

- Have a purpose for the development of any one skill for every training session.
- Have a goal / objective for every competitive event.
- Display my intensity from that very first bowl be it at training or competition.
- Gauge my composure and concentration levels as a review after each event.
- Gauge my team spirit contributions in debrief for any team format event.
- Use of stats. During my training sessions for skill performance monitoring, recording, pb % and measuring.
- Use of stats. during my games for performance monitoring, recording, pb % and measuring.
- Laugh a lot, know what and who makes me laugh ... exhale, relax, perspective of game to life.
- Rehearse, recall, reinforce word associations – caterpillar, ML, how is it looking, gomiti, etc.
- Know how it felt and feels when bowling brilliantly; aim, aim aim again to achieve that feeling.
- Keep at forefront the **FUN**damentals connected to the journey to success.

**Fitness skill**

- Strengthen my body especially leg strength by gym or other means.

**2 Plan to achieve, this year and beyond**

- Draft a calendar to include training, supervised coaching, competition.
- And review that calendar regularly, say every 3 months.
- Use the delivery skill table chart to review and monitor my current technical skill rating.
- Seek a coach suitable to my needs and aspirations.
- Use of supervised coaching, in addition to my own training, to enhance my progress.

***Attitude: all about practicing habits***

Lachlan Tighe, ph 613 9853 5497 email [l.a.tighe@bigpond.com](mailto:l.a.tighe@bigpond.com)

***Website menu: Tools to perform  
Goals, another version***

- Identify my skills set and the strengths and weaknesses for training.
- Be selfish in choosing team partners capable of assisting to fulfill the goals.
- Set game plans for events.
- Debrief events and write down lessons summary to use for further training.
- Daily exercise, relaxation and enjoyment.
- Gravitate toward others in bowls and beyond I deem to be kindred spirits and a support base.

**3 Competition performance: one measure of success**

- Club champion in a specific event format.
- Event finalist (semi final status) in 20% of major events (enter 10 bowls events with 5 of these described as major events for the year).
- Club pennant side – perform at 45% pb level for the season in whatever grade selected.
- AO sectional winners as a minimum level of performance

**&**

**Competition, a place to apply training and skill development**

- Club events: set one skill objective for delivery / mental / tactical skills in less important events and appraise objective as part of event debrief.
- Of the 10 events entered the 5 low priority events to have pre game objectives for team plans, your role, specific skill to apply and level of performance which are all new and part of your experimenting to develop some skills.
- Club pennant side – perform at technical skill 45% effective level for the season in whatever grade selected.

The above Goals draft would be modified to suit any squad bowler who submitted their goals to me as coach. And these goals would be further considered maybe every 2-3 months when we finish any training session to gauge progress.

**Lachlan Tighe, 2016**

***Attitude: all about practicing habits***

Lachlan Tighe, ph 613 9853 5497 email l.a.tighe@bigpond.com