

Elbows

Attitude, all about practicing habits

Coaching – an Alphabet (abridged) toward success

A sample of observations & comments to share or make with the bowler(s).

Attitude

- All about practicing habits; your attitude level, and mine as coach, will determine your / our success

Bend

- Bend and extend are two words to utter to players to ensure smooth deliveries;

Commitment

- I see in those who choose to do the extra yards without anyone else even asking;

Decision making

- You can have the best forehand draw delivery in the world, but if it is not the priority option, and you choose it, then your decision making skill is inadequate; coach the players how best to decide;

Experience

- You do not have to like this comment but it is a straight steal from Rick Charlesworth, that great national hockey coach with Olympic and world gold medals to boot.....experience is overrated, it is how quickly you learn, not how many games you played;

Fun

- Although passionate in my coaching, I also want to enjoy it so lets ensure from day one we enjoy, we have fun; everyone tries, no one dies ; apply this word
FUNdamental

Feedback

- Lets agree we all have biases; you don't have to like me, I don't have to like you , but...I want you to have an accurate, reasonably immediate feedback system; we can do it in a game with my game segments approach; we certainly do it after a game as a review of performance; if you want to improve and I want you to improve, you must have a realistic view of what your skill and performance is now, TODAY, not yesterday, not tomorrow; and you need to feel comfortable in also giving me feedback be it good, bad or indifferent;

Glamour

- Never won gold; grit and goals win gold;

Goals

- I know what I want to achieve as coach and wrote them down on paper; I can only assist you if you set your own goals, then as a squad set the squad goals; I see this as your top priority; of interest/ importance is whether you and I have overlapping goals;

Game plan

- Fail to plan, plan to fail; each of us in a team has to know our role, our plan as a unit

Game simulation training

- I want to have you reproduce your excellent training on the battlefield; and the way we do that is focus on the game through simulated game training to hone your tactical and mental skill; it is not pressure, it is a challenge so enjoy it

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Guarantees

- I cannot guarantee success; I believe in my approach and am totally committed to (enjoying) success with you because like you I want to be the best (coach) I can possibly be

Honesty

- I will be upfront in my dealings with each and every one of you, and in doing that I also acknowledge that means giving news that some won't like and at times being wrong; in that case I shall acknowledge my errors; I expect the same honesty from every one of you

Inspiration

- Inspiration is brief and short lived and only helps to kick start the process

Individuals

- I see my role as accommodating all individuals and merging them into team; I have to coach individual people who make up a team; it requires a recognition that you are / will be different; I may do that well I may be abysmal, but I will be trying my best; we are a team sink or swim, however in my mind each member is the equal (worth) of any other member

Improvement continuum

- In any elite sport, bowls is no exception, if you do what you did last time, last year, then don't be surprised to not winning; why? because someone else, some other team, has used your previous success and added to it to be better; as coach I need to be constantly looking to improve you and improvement requires change

Leadership

- Yours not mine; this is important; I want the squad to set your direction; successful teams always have a strong leadership group within the team who want to take ownership over the processes of the team;

Lifestyle

- Bowls can take over your life and it can be a downer if we/ you don't win; so keep the game in a sense of balance; I coach people, who are termed bowlers, who enjoy the rigours and success gained from elite bowls;

Measures

- Objective measures are the only measures; mat length measures are tools; we will have skill ratings, we will have peer discussions, we will have game objectives, we will have selectors appraisals; all of these are tools to give you an idea of current progress or performance

Motivation

- Motivation is within you, not me, as you decide the importance of your goal; motivation provides for the required perseverance; as coach I need motivated bowlers to succeed as it is only then that I can assist you to achieve

More

- We won't do mindless drills, repetitive skill measures, numerous reports (I can do that) or excessive and unnecessary exercise; but, you should not compete in numerous sub-standard events; get up and realize you are elite, not turkeys;

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Plans

- Planning is the key to success; Dave Parkin maintained it was in an hours ratio of about 3 plan 2 prepare, 1 perform, and, I always operate on a variation of that

Ritual

- The vital one is having a pre-delivery routine riveted into your mind;

Roles in teams

- I ensure every player knows his (measured) role in the team position, and skills set to perform for the team; train the players with that in mind;

Situation awareness

- Skips, or singles players, having the skill to be constantly switched on to patterns of play in the competition, where sometimes we are doing it all well, other times they come into the game, and when to know any one player has shifted their performance level, either way, and to alter the game in accord;

Team

- The winning team has members who want to make the extra effort for their team; what I will do with and for you is create the best training and competitive team environment that has/ attracts the people willing to do extra for the winning team

Think

- Thinking, or hardly thinking; an acronym to consider, TCUP which is...think carefully under pressure

Us

- No one, not one of us, is as good as all of us;

Values

- Great teams have values, most bowls team and clubs have not sought to nurture values

Winners

- Winners know how to win and expect to win in the knowledge they have trained to prepare for the level of competition

Lachlan Tighe, 2014