

## Engaging Bowlers To Train

Here we are 2018 and still (elite) bowlers balk at training.

Just this week a young elite player chose to join a club because it had other young gun bowlers and left a club that had an international player who did club coaching. That young guy was induced by a bit of money and being around other young players.

Long term will he gain as much compared to him staying and learning more from that international player?

The Australian (state) sides championships held in Darwin this week highlight the issue of reluctance to be coached to me. One coach rang me from Darwin and said they struggled to convince the team to have a game plan. Another coach at these championships advised me they struggled as coaches to convince their state players to train. I am not surprised as these players get to be on the verge of national representation without (hardly) ever experiencing structured coaching.

Some players I know who represented their region in the recent state regional championships were aghast at the extremely bad social behavior of name state players at this event and thus their pathetic preparation for the event.

Coaching, never heard of it.

Actually what is highlighted here for me at least is the poor (elite level) culture that selectors and team managers provide by their willingness to permit this behavior. Might I say this behavior has been evident to me since I joined the sport 30 years ago.

A swag of badge wearers over 30 years have a lot to answer for in not upholding an exemplary culture at our elite levels.

A great football coach had it right with regard to what is acceptable with player s- FIFO, fit in (to our accepted culture) or F off.

## **TYPICAL ISSUES HEARD BY COACHES**

Numerous explanations can be provided why coaching is not sought by bowlers:

- The bowlers see you as a lesser bowler lacking credibility.
- Training is boring (from prior experience).
- They know it all and these bowlers are nigh on uncoachable, disruptive, resistant.
- Impatient as want instant solutions to their technical or mental issue.
- Rationalize why they don't need coaching.
- Previous experience lacked any personal assistance to that bowler.
- We won, why worry about coaching.
- We lost, bugger it I am out of here.
- Even if I was coached, I reckon I may still fail.
- Coaches did overkill on amount of advice they gave.
- Those who over train and not progress feel coaching won't help either.
- Only train, read attend, if it is a selection requirement for the team.

## **HOW TO WOO / CONVINCING PLAYERS TO TRAIN**

Very few bowls coaches in my experience seem to apply many if not all of these points below and wonder why players don't go near them. There is no guarantee you will have an influx of bowlers wanting to be coached by you, but I reckon your standing as a coach will be known if you are doing most of these points below:

- First and foremost convince them your coaching can make them succeed to that level they want to get to.
- Remind them it is their motivation, you are a catalyst to that factor.
- Let them know how good they could be.
- What do they want, deliver that service.
- Let them hear and see you have the tools to expand their skills.
- Show you care, are interested in them, their progress.
- Hence guide, lead, shepherd and praise them.
- Ensure the sessions are purposeful.
- Ensure sessions are short, sharp, sweet and to the point.
- Ensure the quality of the experience is first rate.

**Website menu- ...coaches corner**  
**TOPIC Coaching sessions that appeal to bowlers**

- Break sessions into components.
- Minimize instructions, maximize activity and relevance.
- Relate training to the competitive game.
- Challenge them to strive.
- Challenge them when mediocrity or bad behaviours return.
- Listen to them.
- Train their brain as well as their brawn (technical).
- Stimulate them.
- Make it personal, even though it often is a group session.
- Laughter and levity abound.
- Use group members to share and respond with one another.
- Enable players to see the value of your coaching to their progress.
- Provide regular sessions at same time every time.
- Display your professionalism by your planning.
- Display your professionalism by your punctuality.
- Display professionalism by your precise time-tabled session.
- Coach with energy and attitude and positivity.
- Remember positive people are amazing, be an amazing coach.
- Excite them by your coaching.
- Commitment - we expect players to have it, make sure you have it, they can see it, read it, feel it in and from you.

My advice coaches, get to it, now. Be that appealing coach.

**Lachlan Tighe, 2018**