

Website article
Calendar of coaching & training

Calendar For Season Pennant Training

Tuesday coaching session purpose

As head coach, the use of fellow coaches can be highly beneficial and rewarding if there is a role and responsibility for all coaches, including a female coach. Hence a calendar of commitments.

August hosts a full day set aside for coaching in two sessions, one attendance from members.

September hosts a meeting for the introduction of the season schedule of coaching.

Tuesday 30 minute sessions - 3:30, 4:30, 5:30 and 6:30 p.m. each session hosted by one coach.

Thursday rink team training / coaching 45 minute session- 4:30 p.m. and 6 p.m., each session hosted by two coaches.

December hosts a mid-season pennant performance review.

March will be coach services to competing teams playing in finals; and a meeting among coaches in summary of coaching review from head coach to fellow coaches.

Week	Head	Two	Three	Female.
August				
3	Planning	meeting	for next	week session
4	Two half day	sessions	with half	membership
September				
1	Leads	n/a	Front end	thirds
2	Seconds	n/a	thirds	skips
3	Thirds, skips	n/a	skips	Leads, 2nds
4	Induction	Of coach	Program to	members
October				
1	Tactics	Skill audit	Mental skill	Lead
2	Tactics	Game plans	Mental skill	Singles
3	Tactics	Game plans	Mental skill	Skip
4	Weight control	Length	Concentration	Women
November				
1	Mental skill	Lead	Weight control	Tactics
2	Mental skill	Second	Weight control	Tactics
3	Mental skill	Third	Weight control	Tactics
4	Mental skill	Skip	Weight control	Tactics
December				
1	Driving	Mental skill	Tactics	Draw bowling
2	Driving	Mental skill	Tactics	Draw bowling
3	Visualising	Mental skill	Tactics	Focus
4	Mid season	meeting	with	members
January				

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1	Winning mind	Team spirit	Winning mind	Winning mind
2	Coping	Team spirit	Options	Pressure
3	Pressure	Team spirit	Coping	Options
4	Options	Team spirit	Pressure	Coping
February				
1	BH draw	FH draw	BH draw	FH draw
2	FH metre over	BH metre over	FH metre over	BH metre over
3	Fun	Fun	Fun	Fun
4	BH drive max.	FH drive min.	FH drive max.	BH drive min.
March				
1	Finals prep.	Finals prep.	Finals prep.	Finals prep.

As recently as October 2021, I got an urgent call from a head coach requesting this very schedule as they had no idea of how and what to document as a plan for the season.

Lachlan Tighe, 2022.