

School Coaching Program

My club approached me at late notice to conduct a school PE program this week as our three joint head coaches were otherwise engaged in their full time employ.

When I shared the lesson plan below, the coaches were feeling a bit awkward as they did not feel confident and comfortable to run such a program with no prior PE background.

Once I explained the simplicity of the physical activity as it relates to all ball sports there was a sigh of relief from them. They knew what to do, what it meant, in bowls terms.

I think the terms in the headings made for their initial discomfort. Importantly the PE teacher was fully familiar with the idea of a lesson plan, and the application of the content within each heading.

The lesson went off without a hitch and I hope my 'energy & attitude' as a coach won the day with these 16-year-old boys.

LESSON PLAN

Program guide- Bowls

(8.45-10.00am)

Introduction

EQUIPMENT

Jacks, tennis balls, bowls small sizes, CDs, orange circular discs

FITNESS, WARM UP

PE teacher to take a two-minute warm up / stretching session

BIOMECHANICS

Ball catching

Ball rolling

Use of rink line for jack, bowls deliveries

Website menu- COACHES CORNER
A school Coaching program, 2017

SKILL ACQUISITION

Technical competence and consistency

Pre delivery routine, grip, step, stance, delivery, spot ahead, watch it, accept it.

Introduction to terms & identifying experience levels

F/H, B/H, narrow, line, length, heavy, ML, caterpillar, official lengths to play the game

Choosing the line of flight of your bowl- CDs

Clockface 12, 11am, 1pm as an alternative to saying bias and hand to use

Modifying your stance to alter length, weight

YouTube pendulum: demonstration of various heights bowl is held, knee bending

MINOR GAMES

Games: teams

Football,

Leapfrog

Back of the queue

Noughts & crosses

(N.B. _ Those of you reading this refer to my website and the menu 'games for fun training' where diagram sessions are on view).

My immediate feedback from the session was rewarding

Laughter throughout

Thanks from all the boys

Request from the teacher wondering if I would do this again

Him saying...may we pay you for this (where I was helping out the club at short notice).

Giving and helping is reward enough.

Lachlan Tighe, 2017