

Henselite Coaching Column... 'On line Delivery'
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February, 2012 edition of the coaching column titled '...On Line Delivery'

The *theme* this column is.....the quality and quickness of calls and decision making by either skips or thirds/ vice at the head.....lessons learnt from any bowls competitions and the recent Asia Pacific championships, December 2011 in Adelaide.

Preamble:

Attending the World Bowls Asia Pacific championships reinforced my despair at the procrastination and/ or inept calls and decisions prevalent at these events. Many players take an eternity to decide what to call and have no concept of how that time delay adds to a perception of ineptitude or anxiety held by opponents. Whether the reality exists, perception by the opponent is reality. And so is their heightened confidence to beat you, now.

BA in 2005 had research to show we are idle 91% of the time we are on the green. The difficult thing in bowls is to execute the perfect delivery. It is so easy to make a decision. Why? Well the only call has to be either a forehand or a backhand with the choice of weight the variable.

Use Adelaide as an example – the green runs at 18 seconds, so you have about 10 of 18 seconds to make a reasonable judgement of what to do next. And once the other bowl rests, a few seconds more is all it takes to call the delivery of the team mate...yep do this. As we all know it is not that quick a call in our competitions, so here is a practical workshop I experimented with in Arizona last week with the Canadian bowlers in attendance. Gee it worked well much to my glee, so try it at your club.

Stop Watch decision making workshop

- choose a fours team format for example and play a 3 end game and have an observer nearby who is the timekeeper
- the skip/ third has to make a call to the player on the mat on delivery decision by 5 seconds after the previous opposition bowl comes to complete rest
- n.b. the bowler can take as long as normal to execute the delivery
- if that skip/ third exceeds 5 seconds, the timekeeper yells out and the delivery is forfeited, place it on the bank
- now the opposition has 5 seconds to call advice to their player and again if the call takes too long the timekeeper intervenes
- or you could alter this approach to allow deliveries but the offending team loses a shot each time the timekeeper yells out;
- purpose – to learn to be quick in calls and be switched on about the game rather than just spectating the bowls as they roll up to the head
- and gives rise to question why there is the delay in making decisions and do we have the right players in the skip/ third positions in that case

Enjoy the read.

Lachlan Tighe, February, 2012