

Elbows 2013

COACHING- TEAMS

Factors affecting TEAM performance

Leadership	level of thus reflects culture
Skill	beyond technical baby
Composition	of teams is a foible of selection BUS concept
Objectives	for players to be known, applied, measured, reviewed
Game plans	hello anyone home
Team spirit	trained, enhanced, embraced
Attitude	shows bad & old habits in bowls

How to influence team performance at elite level

management

- set the objectives
- make everyone accountable
- choose the right people in all roles from the outset
- encourage as well as review

players

- be given what they NEED not what they want to do
- challenge to excel, explore, change
- skills in leadership- ensure qualities obvious or else to be trained in skill set or dropped
- must set goals; no goals, no go, no direction, no hope
- learn from past experience and share with all so as to be better

selectors

- BUS concept- right players right selectors and players in right positions
- Skill ratings are measurable not qualitative

coaches

- directive in training for games sense
- enhance mental, tactical and communication skills set
- maintain standards attitude and skills
- ensure purpose in training and fun
- assist with team debrief skills for all
- influence on team cohesion
- influence players to realise how good they can be and thus the team
- enable range of emotions is ok- enable disappointment, stamp on destructiveness and negativity, subtly dislodge distraction
- praiseworthy in practice at training, see something good as often as we can
- don't accept mediocrity and be bloody intolerant of anyone (else) who does

Factors that affect player performance:

- **ATTITUDE..** all about practising habits to contend with these
- Coaching
- communication as a skill
- composure/ TCUP & HICCUP
- Conditions
- confidence
- debrief/ evaluation

attitude: all about practising habits

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- expectation versus reality
- game plan
- goals
- leadership
- mental skills
- preparation
- pressure
- positivity versus negativity
- selection
- skills level
- tactical skill
- team composition
- team culture
- team environment
- training the bowls skill – jacko, instructions, stopwatch session, all one end
- want versus need

Lachlan Tighe, 7 May.2013