

# Technical Skills Competency Evaluation

## INTRODUCTION

This paper is for a coach evaluating the technical delivery skills of the bowlers they coach, especially that elite bowler with reference to their training performance and competition performance.

Also when doing the regular reviews (weekly, monthly or quarterly) use a ratings score from an excellent at ten (10) down to a dismal one (1). Any score below a five for a Skill would suggest a real NEED to improve in that skill.

The coach and the bowler need a mechanism to evaluate performance, both at training and in competition. An alpha score could alternatively be inserted into each box below when doing the regular review where the four alpha letters used are:

E = excellent, G = good, A = average, B = below average (in skill or performance, i.e. below a 50% capacity). Skills scored B suggest a real NEED to improve for that skill.

### 1.1 Technical (Delivery) Skill

- Grip and fingers
- Grip and thumb
- Feet placement on mat for chosen shots
- Stance for forehand deliveries
- Stance for backhand deliveries
- Posture for minimum length draw deliveries
- Posture for maximum length draw deliveries
- Posture for drive shots
- Shoulders and hips in sync with body, square to flight line
- Backswing line
- Control of pace of draw delivery
- Maximum length draw bowling
- Driving skill
- Jack delivery to required length
- Front knee adequately bent at time of bowl release
- Back knee adequately bent at point of delivery
- Step forward is along grass line
- Consistency in step forward
- Non bowling hand is suitably aligned and used for balance
- Balance in delivery of drives

## ***Website menu: measures & appraisal***

### **Technical delivery Skills Competency Evaluation: Bowler**

- Weight transfer over onto front foot
- Follow through extended and straight out front
- Stays down for a sufficient period to ensure a fluent follow through
- Accuracy in delivery along grass line
- Pre delivery routine

The article 'SKILLS AUDIT' on my website details a table with about 12 types of delivery at various lengths and either hand to use to record a bowlers' level of competence.

**Lachlan Tighe 2018**