

Elbows
Lachlan Tighe

Body Language skills observed

BODY LANGUAGE SKILL OBSERVATION- PEOPLE INVESTMENT

Everyone at BC camp not bowling was used as a support resource for the eventual benefit of the bowling squad. Their role was

- observe squad bowlers body language
- listen to squad bowlers verbal language when they train as partners
- watch player capacity/ willingness to bend down, stay down, follow through
- positivity – how signs were displayed from players to you
- negativity – how signs were displayed from players to you

BC squad showed they had the capacity to orient their focus on other players priorities if shown the value of the focus. The HK fours seated at the front of the group highlighted the current spotlight for all within BC.

Finale, discussion

The program finale where a contribution was required from everyone re-emphasised the merit of using one another as a resource. To be able to watch, listen and contribute to and for one another as we all did when asked these questions

- what was the ONE best aspect for YOU from the Sessions
- what was ONE thing the squad should heed from the Sessions
- what did ONE thing absentees missed not being here
- what ONE aspect in a Session was of limited value
- what was missing from the Sessions that you really wanted to cover/ explore

Feedback between players &...coach, team mates, selectors, management, relevant others is vital to the progress, and success, of this BC and future squads.

Important information transferred both directions should include

- player goals, and progress toward such
- skill development over the ensuing year
- issues and solutions, especially selection and coaching
- approaches, shared and valued.

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