

***Bowls Canada
Coaching 2011- Lachlan Tighe***

Facts and knowledge

Things I learnt by attending the BC camp

Leadership

determines the strength of BC, the team, the selection
think, plan, act

Players

hungry to learn
quite an intelligent squad of people
capacity to focus on others within their squad- HK fours

Coach

numbers in absentia
no professional development on offer
value of stats and knowledge to reinforce or even refute old school held views
the BUS driver of a bowler focus program

Communication

between selectors and players imperative
blind bowler simulation reinforces accuracy and precision required of player calls to team
skips and the unrealistic instructions to players

Drills

use of the shadows on a green to self coach
novelty; orange golf ball on lifter to use for hand extension exercise adding a metre of
pace

Lachlan Tighe

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