

Books On Sport, Coaching

To start my 2017 year off in sport and coaching, I took an opportunity to browse through numerous sports book I have in my library to detect and refresh myself of any valuable messages from the books to refer over to bowls, bowls coaching and elite level bowls.

The generic themes I reacted to were these:

Attitude

Choose the players of character

Culture and teams

Coaching

Leadership

Measuring performance, observing and statistics

Mental skill

Selection and teams

Skip skills

Teamwork

Team roles and positions

Winning is a mindset (as is losing)

Xcellence.

Here then are some précised statements, and my take too, on the specific theme below. Each theme will be on a separate article / column.

Coach(ing)

The role of coach is to be the guardian of the team's best interests. (7)
3R reward, redirect, reprimand

Empathy enhances the quality of our interactions with players and our capacity to communicate and work together. That emotional quality may be the glue for the team. Honesty is another vital ingredient. Be honest with yourself first and foremost and with everyone else.

Charlesworth & LT:

Consistent

C communicator

Diligent

O observer

Flexible

A analyst

Honest

C catalyst, energiser

Knowledgeable

H humane.

Website menu- coaches corner
Books on sport, Coaching

What is seen as attributes of an elite coach:

Willingness to concede control,
Belief others can contribute,
Faith in players to strive for their goals,
Trust in us in the heat of battle. (4)

Sources

4 Charlesworth _ Shakespeare the coach; The Coach;
7 Matthews _ Accept the challenge

Lachlan Tighe, 2017