

On Personal Coaching

Question:

I get asked these type of questions on a regular basis.

Will you coach me?

Do you do one on one coaching?

I want to be a better bowler, so I need you to coach me?

I want to be a top level skip. Will you help me develop those skills?

I have ambition to be an elite bowler. Can you coach me?

Answer:

I find it difficult to have a one answer fits all response though I do set out to challenge the bowlers motivation and I do this by asking them to meet with me and have answers to these questions I forward them beforehand:

What do you want to achieve?

Why?

Where is your technical skill level presently?

How would I be able to measure that if observing you?

Give me an overall appraisal of yourself as a bowler.

Do you have an annual program calendar?

What is your game plan playing singles?

And, if a skip of a fours team, what is the team game plan?

Do you know any of your strengths as a bowler?

Have you a training goal?

Are you a cautious player or do you wish to play exciting bowls?

Now for those of you reading this you might say heck, why be coached by this guy! But that's my point on motivation - I can only help those already highly motivated.

Can I just indulge a little and provide some ideas? I do give to those few bowlers who have that motivation (in no order).

GOALS

Work out what a successful approach is from other elite bowlers, or, in a team environment the culture of the success.

And what is required to achieve that success.

Website menu- ...Q & A
Topic personal coaching

GAME PLANS

Have one that works.

Have a contingency for when it does not work - specifically a player with a form lapse.

Have one for a team that maximizes the (skill) contributions of all four players.

SKIPPING

Sessions on calling every delivery based on a game plan, which will mean calls become quicker, precise, positive.

Research shows decision making is a cause for fatigue, tiredness, loss of focus. Pondering the next shot every bowl is demanding. Bowls is a chess game on a green. By having a game plan with player objectives, you as skip have the next delivery all ready to call and you are not having to make a decision every time, hence, you remain fresher, important for when you have / need to make decisions - it's called petrol in the tank.

TRAINING GOALS

Coach communication: as the player have trust, listen, don't justify your skill level.

Team integration: as a team member do drills per week with the team at extreme lengths, on both hands, and include an emphasis on team spirit, i.e practice positivity, motivation as a foursome, energize one another at training.

Purpose: as a player have specificity of skill development each session.

If we get back to the questions I pose interested bowlers I would add they have to accept a balance in life, as bowls is after all a leisure pursuit to all except a few full time bowlers.

However, even among the full time bowlers the motivation of some is questionable. Therefore if you were to be seeking a committed coach to further your goals then ensure you don't lower your standards simply because the motivation and standards of fellow bowlers is not on par with yours.

Stay true to yourself.

Go for it fellow bowlers.

Lachlan Tighe, 2017