

***Bowlers goal statement template***  
***BCB squad bowls Goal – 2012***

***The following is one example of a relatively simple goal statement which I drafted with Samantha Robinson, in fact we did a few drafts to come to this one.***

**GOAL STATEMENT...I want to be a better bowler (e.g. from Samantha)**

**Goal process**

- To improve my skills
- To plan and prepare better for competition
- To gauge process by success in competition

**IMPROVE MY SKILLS**

**technical skill**

- maintain a rigid, constant pre delivery routine resultant in successful ‘caterpillar’ grouping
- Deliver 40 bowls per session to acquire a repetitious delivery action (and my 8 bowls)
- Train to acquire acceptable level of delivery competency for all shots
- Low and slow, bend and extend as word associations
- Attempt two delivery skill ratings per training session and record rating

**tactical skill**

- Know my game plans having experimented at supervised coaching session
- have one supervised coaching session per week on tactical skill
- appraise each contest for tactical awareness (as a normal aspect of my game debrief)
- Train in appropriate formats to achieve the playing goals
- use of stats during my games for performance monitoring, recording, pb % and measuring

**mental skill**

- Have a purpose for every training session and event
- Display my intensity from that very first bowl be it at training or competition
- Gauge my composure and concentration levels as a review after each event
- laugh a lot, know what and who makes me laugh ...FUNdamentals
- rehearse, recall, reinforce the word associations –caterpillar, ML, how is it looking, etc
- know how it felt, feels when I bowl brilliantly, aim, aim aim again to achieve that feeling

**fitness skill**

- strengthen my body especially leg strength by gym or other means
- exercise daily yet find time to relax
- be more conscious of foods that suit or react against my well being
- stretch and walk prior to any training or event
- water, water, water all about hydration

**PLAN TO ACHIEVE, 2012 and beyond**

- draft a calendar to include training, supervised coaching, competition and review regularly
- use the delivery skill table chart to indicate and monitor my current technical skill rating
- Be selective in choosing team mates for important events if wanting to fulfill the goals
- Debrief events and write down lessons summary to use for further training
- gravitate toward others in bowls and beyond I deem to be kindred spirits and a support base

**COMPETITION, A MEASURE OF SUCCESS**

- club champion in any event
- event finalist (semi final status) 20% of entries (enter 10 bowls events for 2012)
- club pennant side – perform at 45% pb level for the season in whatever grade selected
- AO sectional winners in pairs

Revision January 11, 2012 ...Lachlan Tighe

***Attitude: all about practicing habits***

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