

ELBOWS, 2013
Coach Education: coaching the coach

COACH THE COACH: topics, 2013

(draft so in no order at present)

As a result of CAB, circa late 1990s, and through to Bowls Victoria, and international approaches, in 2013, these are a list of the topics I would expect to be covered to assist us in coach development:

However before referring to that listing, let me be reminded what is essentially why we need to provide any program for coaches-

- to further the training of coaches/ players
- to provide a service and support to the sport, the clubs, and their players, coaches
- to assist BV/ BA associations in the development of the sport
- to assist in the development of the playing standard of bowls
- act as agents to promote the game of bowls
- to provide the associations with a resource of coaches for selection as state or national coach
- to promote the image, development, skills, and status of the bowls coach

Audit – level of professionalism of Coaches

(the competence of earlier level coaching is added as we move from topics A-D)

TOPICS

A SKILLS to coach: fundamentals

Accreditation – reaccreditation

Coach KRA

Coach traits- enthusiastic, educated, energiser, enjoyed, exacting

Skill measure rating – audit of players

Skill training relevant to the bowlers - the needs of players in

physical – warm up routine & physical toning exercises

technical-

Training (& coaching) REVIEW

player to have 3 fundamentals / purpose to work on each coaching session

group organisation

Individual tuition

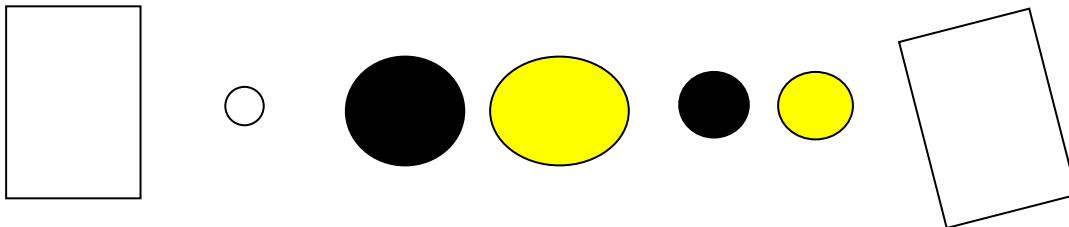
training routines

fault detection and correction

FUN programs as sessions to finish

EQUIPMENT

Bowls, jacks, round mats as targets, mats, mats for drive/ yard over, CDs



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B CLUB coaching competency applications

Planning,

- season, programs, sessions, evaluation, player, team, -
- coaching: season template, 2013
- pre season preparation
- Standards for players
- roles as players,
- Selection – understanding or influencing the criteria
- Selection – capability as advisor to the committee

Training (& coaching)

- Technical skill
 - for team player positions
 - pre delivery routines
- Tactical skill & Skips
 - Decision making
 - Calls and Calling shots
 - location of ideal lead deliveries
 - location of ideal second's deliveries
- coaching players in the choice of deliveries
- player/ team to have three fundamentals / purpose to work each time
- rate player performance out of 10 each training / coaching session =
- qualify/ record 3 things player did well at the session
- qualify/ record 3 things player need to improve on after the session

Responsibility in coaching

- devising skill charts
- goal setting for the player and the club
- facilitating & advising on planning for the bowls club organisation
- pre game rituals
 - programs for ensuing team spirit
- TAFE/ schools lesson plan programs
- Club/ squad mission statement, values statement
- Goals -the Club/ squad/ team/ coach
- Game plans, - Why,how
- Club tactics
- Club pep talk

C. COMPETITION applications:

- competition plans
- Team objectives
- game plans – applied to team game formats; rinks; players
- performance evaluation- game analysis of comparison to objectives for team and player
- coaching for singles
- coaching players for a position in the team

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communication skills
teaching skips about communication

D. ELITE/ advanced/ international coaching application

Skill training relevant to the elite bowlers- based on the needs of this level of player

This Coach

- management – reports, PR, submissions, plans, communications
- mission statements
- self evaluation
- self awareness
- philosophy
- building influence, cohesion
- Elite coach KRA (coach ed. File)
- Elite or advanced practical coaching
- Squad induction
- presentations – players, committees, Associations, seminars
- Sports science services suitable
- eg. Psychology, technical skill assessment, video & movement analysis, coaching, computer applications,
- Bowls as a culture of success
- Formal reporting (Group 13 contents page)
- Player report from coach (evaluation folder)
- Coaching sessions for the season
- Factors affecting performance (facts and knowledge)
- TID – conduct & content for sessions, criteria to decide talent
- Annual planning template

Coaching the Player at this level

- performance evaluation by coach
- role descriptions
- self analysis details
- goal setting for players
- communication skill – language, counselling, caring, knowledge, authority
- tactical –
 - Training for player situation awareness
 - Training stopwatch decision making
- Mental skill-
 - debrief performance – content, application
 - game analysis- the need to record
 - modified GAMES - example situations
 - positiveness in behaviour
 - specific calls discouraging players coming to head
 - challenge the player to perform not score
 - trained to negate negativity
 - inventory (making sense of the psychological bowls game) **

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team

effective teams, great teams
leadership – on the bus simulation
Description of cohesion in a team
On the bus
Team balance
Team spirit
International coaching aspects
Team debriefing- people management
Role and responsibility in teams

Advanced coaching-

enhancing motor learning skills-

What do you recognize as advance coaching skill?

What does the HP committee understand are those added skills?

And added to what comparative skill level?

Promotion of the coach services

Training sessions conducted to simulate these:

- A Anxiety, Automatic
- B Body language,
- C composure
- D decision making,
- E Enjoyment, Event lessons,
- F failure
- G Goals , Game plans, Games analysis,
- I Ideal performance state – IPS, Imagery, intensity,
- M Mental toughness (being behind), Motivation,
- P Pressure, Pre delivery routine, Player roles, skills, pre delivery routine,
- R repetition, rehearsal
- S Skill pb measures, Self confidence / self talk, Segmenting, Skipping, structure,
Situation awareness
- T Team spirit, tactics,
- V Visualisation, Verbal language,
- W winning

Lachlan Tighe, 30/4/2013