

Bowls Canada
Coaching 2011- Lachlan Tighe

Facts and knowledge

(refer also to the file – player performances)

An objective

will raise the level of intensity and focus for a player and for players in a team.

Game plans

are the basis for providing that objective.

Goals

are the specific target for any one individual.

Game debriefs

are the post mortems to see if any objective was met in the recent event.

Measuring Game Plans

1 fours team

Game plans can have a measured aspect and as a sample could include

- team has 2 bowls within mat length(ML)
- the lead bowler to have one bowl within ML
- the team to keep losses per any one end to 2 shots
- the lead bowler to aim for 50% effective, or ML, deliveries
- the skip aim to have 40% effective deliveries

which then are able to be used as a comparison to the actual performance at the conclusion in a debrief of the team event

2 singles game 28 ends player loses 20/25

- first bowl to be within ML each end – outcome 15/28
- one effective bowl each end – outcome 27/28
- a minimum of 8/20 (40%) ML effective bowls each segment 5 ends – one segment, ends 21-25, fell to 35%
- keep losses per end to 2 shots – 27/28 OK, one end dropped 4 shots

Knowledge – debrief that Example singles game

praise

- effective delivery % very good, 50%
- playing length at minimum successful
- TCUP 26/28 ends
- contributions consistent 27/28 ends

deficiencies on the day

- HICCUP, end 19 changed hand stopped seeing to believe drops 4
- jack throw long ends mid game not fully effective, helped opposition
- little use of deliveries 2-3 mid game to alter pattern of play
- FH on long ends not as effective later in game

Player GOALS

Sample statement To be an even better bowler

evidenced in competition

- club pairs champion (champions 5 of the past 10 years)
- event winner and finalist (entry into 10 specified bowls events season 2010/2011)
- club pennant side – perform at 45% pb level for the season

Lachlan Tighe, 11/2/2011