

Coach Tighe Seeks Video Topics

In late March I shall produce a series of ten (10) video clips on practical bowling and ten (10) video clips of an expert bowl's panel responding to bowls questions.

I will use my own club Melbourne Cricket Club and the Deer Park sports club for the overall production.

I would welcome anyone reading this column to send in questions or topics for practical programs to my email address l.a.tighe@bigpond.com before early March to allow me time to consider and include in the final production due our April.

Here are the current topics under consideration and scripted draft. There are ten (10) videos conducted as practical bowls sessions on the bowling green and cover these topics:

- Sensory skill leapfrog
- Rink lines as guides to training
- Slowest to fastest delivery skills
- Singles discipline training
- Efficient pennant team training
- Structured training model
- Tactics: ways to read a head
- The Perfect End
- Land the mat.
- Solitary training for Leads

The second series of video clips feature a panel of coaches and bowlers selected by me in recognition of their prowess and credence in the sport back here in Victoria.

I will comper the panel seeking their responses to bowls questions that I pose to them.

The panel are successful bowlers / coaches whose opinion I value so I hope you get that benefit too from watching and listening to their answers to my series of questions.

There are ten (10) video clips of the panel going on YouTube and my own bowls website displaying my approach to coaching.

This series of ten (10) YouTube videos of the bowls panel cover the topics as follows:

Website menu- ...coaches corner
Website TOPIC YouTube video

What is your strength as a bowler?
What is pressure in bowls?
What training is required to reduce pressure?
What is the formula for success in fours teams?
Describe a pennant rink team game plan?
What have you learnt most from any one bowler?
What motivates you to be so good as a bowler?
How do you identify an elite bowler.
Can you explain how you coach tactical skills?
Why do we need skips?

Looking forward to anyone anywhere in our global bowls world providing suggestions.

Lachlan Tighe, 2018