

## **Decision Making Training**

As coaches, we can conduct training sessions to focus on decision making. I watched the final of the Commonwealth Games 2018 men's singles final and from that match alone we could train players to discover what decisions work based on reconstructing the heads and enabling our players to attempt various deliveries based on presumed match strategy or game plans.

PURPOSE of the session for the player becomes one of:

- ...Knowing your game plan to influence your decisions.
- ...If you don't work hard enough, others make the choices for you.
- ...You don't have to be right.
- ...You don't have to be sure.

### **LESSONS learnt from previous performance (training or competition)**

As coach we have our players reflect on recent performance. In so doing we may find meaning for the term mental toughness. Mental toughness is being positive as 'trying not to' doesn't work.

- Have the ability to hold to your decision / objective despite the perceived pressure
- Make your decision and don't flinch
- Don't try not to be angry
- Don't try not to be nervous
- Don't try not to be frustrated
- Don't play not to make mistakes
- Accept you are playing at your C game level and not, unfortunately, in your A game and hold on emotionally
- Accept it, mistakes, as part of the roller coaster
- Not to decide is to decide

### **Tactics – learning the skill**

We pick up our knowledge of tactics by playing, and observing other experienced players. Or we should do that.

What if there are conflicting messages?

Well there be! Because these bowlers, like you, play a lot, pick up a lot from that bowls environment and then apply it into their various games.

Most Skips got that role in the game, for one reason at least, because they want to be more involved in the game and the role of the Skip is very much the one, of the four positions, that has you continuously involved in the game.

Me, well I believe you will play in any position anywhere to WIN.

What I see in Skips universally is so little thought and learning, to the tactical skill factor of the game.

The decision making capacity.

**Website menu- tactics**  
**Training Sessions on Decision making**

I provide you with some thought prompters that I expect we coaches should be doing with bowlers as part of their training.

Tactical factor – decision making

What is the best option for choice of length and hand.

Front-end team must be directed by the Skip to our strength, maybe their weakness.

Bowls in the head as prime objective.

Keep risk in mind when considering changes to the head.

Composure by Skip in making the decisions.

Composure within the team to hold firm emotionally and trust in our plan, objective.

Coaches, get to it and do more coaching of players in tactical skill training.

**Lachlan Tighe, 2018**