

Coaching Coaches: As A Presentation

THEME: Coaching coaches to be more capable service agents to players / clubs.

A pre-Practical discussion program (1 hour session)

Overview of Content

1. Why do you want to coach?
2. The seven skills for bowlers.
3. Structure to any session,
4. Logistics of setting a program,
5. Observation skill: people investment.
6. Beginner bowlers fundamentals,
7. Technical skill - mechanisms to measure bowlers,
8. Pennant team (practical) coaching content,
 - Tactics
 - Mental skill
 - Playing position skill in rinks especially skips
 - Teamwork, team responsibility
 - Game plans
9. The coach, the club, the bowler.

CONTENT

1. Why do you want to coach - responses.

2. The seven skills for bowlers:

Communication, fitness, mental, sensory, tactical, team, technical.

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3. Structure of a session (club level up to 2 hours reasonable).

**you have the competitive edge in bowls
knowing...**

**how you applied skills and time through coach driven
structured training to prepare to win this event.**

Warm up	10 minutes
Technical skill audit	15 minutes
Deliberate practice, intensity	20 minutes
Drills: purpose of session	40 minutes
Games and modified formats	25 minutes
Fun to finish	10 minutes

(A sample 2 hour structured session)

...attitude is all about practising habits

Coach the coaches in structured training models.

PURPOSE: To have the competitive edge in bowls knowing...
how you applied skills and time through coach driven structured
training (intensity) to prepare to win this pennant or championship
event.

CONTENT OF PRACTICAL PROGRAM- 10 a.m.- 12 p.m.

WARM UP= 10 mins.

Around the clock using one another bowls with green mat at minimum and a
cone placed 4 feet behind as ditch mat is 4 feet behind

AUDIT = 15 mins.

Minimum length, mat metre back from minimum, CD a metre forward of
2m. mark

all forehand 10 attempts

Draw then 2-3 metre weight delivery –not to lose the bowl (swap)

DELIBERATE PRACTICE= 20 mins.

Slowest to fastest 8 deliveries

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Draw ML, toucher, metre behind, wrest, metre over, 2m. over, 4m. over, drive

Drills for a purpose session= 40 mins.

Set up 10 heads with jack mostly at 2m.mark: two heads have dual purpose, 3 heads are vacant to allow for smooth transition of players

stations bowl ML out: draw around sequence & push up, as our bowl jack to achieve resting toucher

bowl MW short to draw shot

jack, drive into ditch (vacant head)

bowl jack high, wrest out

bowl ML out, shot bowl beside jack: narrow delivery for shot

jack in ditch draw to ML (vacant head)

bowl on 2m., jack ML from ditch: draw shot & trail jack into

ditch

DRAW narrow between short bowls to reduce from 4 down, 3m. weight into head with short bowls (vacant head)

partner at head to reset head or move bowls; swap role after each 4 deliveries

Move to a new head as you both complete each one.

MODIFIED GAMES=25 mins.

Same heads set up and compete as 'winners & losers'

Modified games – winners & losers, connect the jack, jacko, full house

Fun – bocce, noughts & crosses

FUN= 10 mins.

Back of the Q

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4 Logistics of conducting a practical program

Logistics of organisation - an example of use of the green efficiently
PROCESS

Have a set of bowls on the green for practical sessions working in pairs, sometimes fours.

Pair off but don't join a teammate from your club on the rink outside - expand your networks.

When in session, one delivers, the other is at the head returns bowls / resets head-swap;

We start & stop as a group, so don't attempt to complete specific practicals as we keep to a strict timetable.

Schedule is one hour for these 3 training factors: front end, back end, team (spirit)-no breaks.

GREEN SET-UP

Pair off each with your set of bowls behind one of the mats on the green

Mats are placed at 4m. from the ditch, jacks are about a medium length today

Notice coloured disk objects ahead of mat, these are 10m. away for a reason.

5. Observation skill: People Investment

Selectors, coaches, and others not playing, to do the following

- observe squad bowlers body language
- listen to squad bowlers verbal language
- watch player capacity / willingness to bend down, stay down, follow through
- positivity – how signs were displayed from players to you
- negativity – how signs were displayed from players to you
- passivity – how signs were displayed from players to you

6. Beginner bowlers – fundamental to all bowlers

Grip, step, stance, delivery, weight transfer - squeeze ball drill

Line & length - body posture, clock face simulation for FH &

BH

Jack throwing skill

Bending the knee - idea from Glenelg 2012 on park bench

Posture - vary to playing lengths

Pre delivery routine & timing (Forsyth)

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Stay down (Forsyth)

Tips as tools

Bend & extend, collect the cheque 2007

Two rows step out and extend to touch hands

Feel shoulder blades when stretch to extend

Feel rump when feet alignment twisted

Narrow delivery repeats - eyes and not body altering

Short bowls - look further up line

Heavy bowls - lower eye along line

Warm up sessions- 4m ditch delivery, caterpillar

& Tools to perform

how to

line adjust

length adjust

overcome short bowls - eyes, hand extend

weight lost control

form slump - pre delivery routine, recall great delivery

minimize inconsistency - change focus, new objectives

game plan, gives a focus.

7. Technical skill measures,

Mat length (ML)

Jack, 4 draw measures, 8 weighted delivery measures

Facts

Estimate distance; same hand %; rationale for minimum length;

pennant stats.

8. Pennant team (practical) coaching content

Team competition skills coaching to advance players in teams

Tactical

Mental

Playing position skill in rinks

Teamwork Game plans know your role

Coaching playing position skills for pennant teams

Poor behaviours traits; leadership; communicator; tactician; game

plans

goals for bowlers & teams; game plans for players & teams in events

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Skips leadership, communicator, SA- expected traits

Examples of the issues:

Players being Team members contributors, behaviours, expectations

Examples of the issues to do with (other) team members:

9. ROLES & RESPONSIBILITIES, YOU AS COACH

The coach, as part of the leadership, effect on the culture of our club, the bowlers:

- How do we see ourselves (coaches within the club)?
- How do the best bowlers view us coaches & as a coach?
- What are good practices / services to foster as our culture?
- What is to be recognised as unacceptable and acted on - quickly and firmly?
- What is the link between the coach and the selectors and is it suitable?
- What do you offer the beginner as a solo performer - overview?
- What do you offer the intermediate level bowler playing team competition - overview?
- What do you offer the squad / elite level bowler - overview?
- Singles, individual coaching
- Goals for bowlers & teams & coach
- personal values, Standards you accept as a coach
- Are coaches coaching or simply playing- deploy responsibility;
- Quality of program
- Training poorly attended esp. by senior officials of club.

ENERGY & ATTITUDE COACHING

It exudes energy, power, aggression, confidence, positivity. I can sense it, feel it. I reckon we bowls coaches need to embrace it and step up to the pitch swinging and take on the challenge to be roundly seen as an Energy & Attitude Coach. Players would gravitate to us then.

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PLAYERS HAVE A ROLE & A RESPONSIBILITY TO THE CLUB

What will you aim to do as Coach to ensure we are a better team because of your effort?

If you are not willing to do any of this why would I a fellow team mate, and for that matter the selectors, want you on our top team BUS?

What will you aim to do to ensure we are a better team because of your effort?

Measuring performance - 21 (minutes), 210 (minutes) active % (BA research, 9% 2005).

If you are not willing to do any of this, why would a committed teammate, and for that matter the selectors, want you on their top team BUS?

Lachlan Tighe, 2022