

**Website menu – coaches corner**  
**Training Session contingency: Wet weather program**

**TRAINING SESSION PURPOSE: Wet weather contingency**

**PURPOSE of the session:**

Capacity to offer a program (in the club house) despite weather prohibiting any on green practical work.

**DISCUSSION**

**TACTICAL & MENTAL**

**TOPICS**

Club / squad mission statement, values statement.

Goals

The Club/ squad/ team/ coach

Team

Leadership – on the bus simulation

Description of An Effective team

On the bus

Game plans,

Why, why not, how

Game analysis - the need to record

Coach is enthusiastic, educated, energiser, enjoyed, exacting

Skill rating,

Deliveries

Estimating distances - from mat, use of bowls in head as beacons

Communication – role play simulation of good vs. individuals

Tactical skill

Create a head for discussion (Henselite column example)

Decision making

Calls and Calling shots

Skips indicate

Location of ideal lead deliveries

Location of ideal second's deliveries

Standards of planning

Fluid, ML, jack throwing, roles as players,

Mental skill

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) \*\*

Coach

Bowls as a culture of success, Overheads

Formal reporting (Group 13 contents page)

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**\*\* How would you, or what would you, conduct in training to simulate these points.**

Ideal performance state – IPS	Anxiety	Enjoyment
Automatic	Self confidence / self talk	Visualisation
Imagery	Pressure	Pre delivery routine
Mental toughness (being behind)	Team spirit	Body language
Verbal language	Game plans	Games analysis
Segmenting	Tactical skill development	Pb measures
Motivation	Decision making	Goals

**Factors that affect performance:**

- **ATTITUDE..** all about practising habits to contend with these:
  - Coaching                      communication                      composure / TCUP
  - Conditions                      confidence                      debrief / evaluation
  - Game plan                      goals                      leadership
  - Mental skills                      preparation                      pressure
  - Positivity versus negativity                      selection
  - Skills level                      tactical skill                      team composition
  - Team culture                      team environment                      want versus need
  - Communication as a bowls skill – jacko, instructions, stopwatch session, all one end.

**Culture of Success                      a Questionnaire to seek the perspective from the players**

- I want to be in the state and the national side.
- I am prepared to work to be in the state and national side.
- I have a coach who plans / supervises my training.
- I have set my goals (in discussion with my coach).
- I have a training program of three times a week this season.
- I practice specific tactical skills at training.
- I know what mental skills are necessary to improve.
- I have training sessions to develop my mental skill.
- I use games sense (simulation) in my training.
- I have performance evaluation debrief sessions (with my coach).
- I plan and devise game plans for every event.
- I keep a diary record of my performance in training & events.
- I know what the qualities of a great player are.
- I watch better players practice and / or play.
- I now need to re-set my objectives in bowls to Xmas.

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**Seminars or Wet Weather programs**

**Question Answer (Q&A) Time – Bowls ‘Parliament’**

The following are questions we can use as prompts for an audience of bowlers / coaches to discuss and challenge their approach to being better bowlers. By encouraging discussion we may learn a wider view than the one we presently have toward our bowls development.

Q. I want to be a better lead in a 4s team...becoming the best lead bowler in the Country. What do I need to know?

Q. What sets the elite bowlers apart from us other bowlers?

Q. I want to improve my performance, however once I enter into competition...my mind and body freeze up. What can I do?

Q. What bowl size and brand should I use?

Q. What goals do I set myself in bowls for next year, in fact how do I write a set of goals?

Q. I want to achieve my bowls goals that I am sharing with you as the coach for reaction?

Q. What can I do to perform better in future national tournaments?

Q. Can you measure skill improvement?

Q. What do I need to do to improve?

Q. How do I cope with differing surfaces we play on?

Q. Where, or how, do we learn the craft of tactical skill?

Q. Can you explain your term ‘situation awareness’ as it relates to team bowls?

Q. You give the lead the choice for length. Do you as skip know what he considers?

Q. Have we a mechanism as a team to cope when we are struggling in the finals?

Q. What is our game plan?

Q. What lessons have I / we learnt from this event or bowls season?

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Q. I have been approached by a club to be the non-playing coach seeking some advice on plans, preparations and team goals?

Q We have to win 3 shots on the last end (any game format). Explain your tactics with you having the mat?

Q As coach, what do we continue doing, stop doing, start doing?

Q What are the factors that affect performance?

Before you give the answer as a coach, you need to know the questions to ask.

**Know all...do what you always do  
...get what you always get  
Knowledge – that you have the competitive edge in bowls  
knowing... how you applied skills and time  
to train & prepare for this game  
fail to plan = plan to fail.**

**Training (& coaching) REVIEW**

Player / team to have three fundamentals / purpose to work on each coaching session.

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Rate your performance out of 10 each training / coaching session =

Qualify / record three things you did well at the session.

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Qualify / record three things you need to improve as a consequence of the session.

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**Lachlan Tighe, 2015**

**TRAINING SESSION REVIEW**