

# *Tighe On Bowls Coaching Column*

## *June 2014 column*

### **Master Class coaching**

#### **... what factors do you consider/ include in coaching successful teams**

A Master Class for coaches held in Melbourne recently included the above topic for discussion and practical application. All around the country and indeed in Glasgow for the 2014 Commonwealth Games, coaches will be applying their skills for the benefit of the players in the bowls teams.

Presuming the bowlers have the technical skills for the relevant competition levels, the added factors I tend to consider imperative to train for success are these:

**Communication** – you are required to tell your teammate what shot to play. Why, oh why, do bowlers at all levels tell their teammates the score? (“we’re two down, mate”); convey their own anxieties (“don’t hit that short bowl”; “don’t be short”); exhibit uncertainty (ask numerous questions of teammate before bowling). Whereas we as coaches need to train players to simply provide clear instruction to the player on the mat, to train them to advise on access (I call it ‘flight path’), or outcome intentions;

**Game plan** – the team members train to a plan so that it is an automatic application in the competition;

**Leadership** – use training to identify the strong people in the team; reinforce the strength of character of the individuals who form the team;

**Measure Performance** – the players have to know how their game performance is measured, and we train to have them meet and maintain that level of performance;

**Objectives** – or goals, to strive to meet. We can train the skills and we can practice games to trial the objectives, but these targets need to be constantly in mind during the event;

**Player Position** – a lead in a team has to deliver and draw two bowls. Hence, that player has a major emphasis in my training on those two technical skills. Team members in other positions require various skills honed to compete successfully;

**Role** – prepare players in training to know and perform their role in the team game. Emphasize via training the need to respect and understand the role of your teammates.

**Situation Awareness** – something I try and introduce, with limited success, is the capacity of the players/team to observe the situation and the possible outcomes. Too often, the team (read skip) has not concentrated enough on the other tactical and mental factors that influence all the players on the rink; them and us. Use training to train and simulate for these circumstances.

**Team Spirit** – organize training so that it simulates an opportunity to view how well the spirit of the team looks for each individual member. Team spirit plummets when teams are losing. In my view great teams have ‘spirit’ even when they are losing and know how to win.

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**Training Intensity** – the training should be of equal intensity to that expected in the game. Better than that – the game is seen by the players as less intense than their training preparation.

Lachlan Tighe, 24/5/2014

P.S....my book “**Winning becomes you, in lawn bowls**’ is available now. If interested in purchase, contact me direct on email [l.a.tighe@bigpond.com](mailto:l.a.tighe@bigpond.com); check the Henselite website for details of availability or my website [www.lachlantighebowls.com](http://www.lachlantighebowls.com)