

Website menu: coaches corner

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Professional Development, bowlers & Coaching 2017

Seventy two (72) bowlers / coaches from (27) clubs around Victoria, Australia have registered for a Workshop I am conducting late January 2017 in Melbourne.

Why?

Maybe because these attendees and I as the convenor want:

- Continuing coach education for coaches and experienced bowlers.
- The need to constantly educate ourselves as bowls' coaches and bowlers.
- To continue to develop bowlers / coaches skills.
- To meet a demand for this type of service.
- Mutual exchanges of approaches to coaching / bowling.
- Forum for coaches / bowlers wanting their club pennant team performing better.

This is not an elementary coaching course. It is geared toward providing a forum for coaches to network and for learning and performing better through structured and skilled coaching.

Normally I would structure a Bowls Workshop program to cover such topics as:

- Coaching large groups of bowlers with all skill levels in the club.
- Coaching specifically a pennant or elite team.
- Individual bowler or singles competition coaching.

However this informal network session structure comprises:

- A question by an attendee coach being put to the audience and then in small groupings (6-8 per table) they react within the group and after 15 minutes share important points from each table.
- Next we have an international coach give a five-minute talk on coaching skilled players.
- Back to the next question, same format and time.
- Now a second international coach.

This schedule will go for 2.5 hours.

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What we may do in future workshops, if interest is evident, is something like the following as a full day session:

Organisation – groups of bowlers, coaching

A one hour session containing a:

Warm up routine.

Circuit concept use of the full green - a number of stations.

Four skill drills Draw/ add yard / yard over / drive.

Finished with a fun activity.

Organisation – pennant bowlers, coaching

A practical session including a:

Warm up routine called caterpillar (consecutive bowls resting on original delivery).

The session then used the full green with:

Mat on each rink a few metres apart – ‘back of the queue’ handicap – and at varying lengths.

Skip directions – two attendees showed their ‘ideal’ lead position bowls, for everyone to attempt.

Skip directions – two attendees showed their ‘ideal’ 2nds position bowls, for everyone to attempt .

Back end team (3rd & skip) – head which required the jack to be drawn onto to hide it from the opponent working in pairs over the entire green.

Finish with fun having group compete in a nearest the ditch – 2 deliveries at 2 lengths.

Lunch Discussion - longer sessions

While indulging in a light bite, discussion continued and the topics were:

How to gauge pennant performance.

Objectives of side / rink / each player position.

Measures of side / rink / each player position.

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Afternoon format

Organisation – individuals / singles coaching

A typical training session would include:

Warm up / skill rating / tactical skill / mental skill / modified game.
Finish with fun.

Modified Game examples might be:

- All deliveries on one hand for one player against an opponent.
- Full house where each of the four deliveries has to be different.
- Limit to 2 bowls for one player against a player with 4 deliveries.

The topics covered in the event of Wet Weather forum may be:

- Game plans.
- Modified games and their application in training.
- Club culture and the difficulty as a coach.
- Tactical training.

I shall report next on our 29 January in an article called ‘Coaches develop network.’

Lachlan Tighe 2017