

Lachlan Tighe

.....bowls presentation 2012

‘Coaching bowlers’

I guess the way I go about coaching (especially an individual who is motivated to approach us to coach them) is something along this way

PRELIMINARY DISCUSSION

- Find out what they hope to gain (goals)
- Find out if there is a specific event they want to succeed in within a certain time
- Agree on a mutual commitment
- Agree on what your role as coach will be for them, let them know what type of bod you are

PLANS

- Get the player to describe their present skill level
- And also how they view themselves as a player
- Let them tell you where he / she wants to be at a set time in the future
- Share your knowledge of how you would measure their progress

JUDGEMENTS

- The technical skill potential of the player
- Specific skills needed to help them in a team position (say going from second to a skip)
- Specific skills needed if the player is wanting to be better at singles
- Your view of their preparedness to learn, to listen, to read, to ask, to digest information, to try

TRAINING PROGRAM

- A winter season program maybe weekly or fortnightly over 4 months, r
- Establish an agreed weekly training session for the bowls season
- Schedule an agreed pennant and tournament competition calendar with the player
- A program to assist them when you as coach are not around and it may include something like
Technique, mental stuff, tactical programs, fitness, events

JUDGING, MEASURING PROGRESS

- Level of attendance at training
- Skill rating sessions at training as knowledge is vital to tactical skill
- Results from all competitions, either individual or team events
- Improvements in skills application at training, at events
- Videod observation of skill development now with iPad, iPhone

MATCH PREPARATION AND MATCH ANALYSIS

The bowler may not be used to having a coach plotting and analyzing a game so where might you start

- Have the player set down a game plan with objectives beforehand
- Wherever possible go and watch them play – that may well mean not playing yourself – are you prepared for that situation; I reckon you ought to be
- Review the game plan together comparing results to objectives
- Review the competition for other aspects they feel are important
- Anecdotal stuff –do they just accept their performance or do they go away and analyse it for a future discussion

The above is not exhaustive or definitive, simply an approach I probably use.