

# **International Observations, Lessons From Coaching 2002-2019**

## **Why Malaysia, Elbows squad had national / international success (Essentially What Works)**

- The standard of preparation, documented, is constantly elite standard
- The length, and hence investment, of the preparation prior to the targeted event(s)
- The innate and (trained) conditioned team support prevailing in the squad
- The calibre of players both in a competitor sense and a character sense
- Players setting their performance objectives practised in training and applied in competition
- Players setting their game plans and practiced at training
- The monitoring process of those objectives applied by the players through use of their own score card to monitor their progress during the game
- The composition of the right players, right positions in team events
- Tactical and mental skill training are a major component of the session
- The adherence by players to the trained skills and behaviours undertaken as preparation for the event.
- A coach driven, directed, fun training program with feedback, taking the role of safekeeping the standards, the values without tolerance of mediocrity

## **Improvements**

### **(Essentially what any of us need to work at for ongoing success)**

- Expectations in your future have to be realistic. Not everyone wins every time. Not everyone has the time to commit more to bowls preparation
- Players have to set their goals and performance objectives / game plans for every event they compete in
- Players have to audit their technical skills as a rating sheet out of /10
- Players be encouraged to perform in events at a bare minimum of 40%
- Players to record competition performances and meet for a formal debrief
- Experience is overrated if it is a repeated (unsuccessful) experience

## *What works, what wins*

- Players are allowed to be human, so expect some disharmony and discontent and ensure we coaches have the social skills to capably support players in these situations
- The players awareness of their technical skill to be able to know the 'mechanics of detection and correction' to support their game; the skill awareness has to be reinforced regularly as these faults can reoccur too frequently in the events
- Beware, don't borrow second rate practices from supposedly top bowlers
- Be alert to being busy, which is not necessarily being productive – translate that to players viewing practice as going up and back repetitively with 4 bowls
- Continue to ask regularly of the personnel for any bowls team  
Do we have the right people (and in their right playing or non playing positions)?  
Do they take the role seriously, if not why are they here?  
Do they accept the challenge, if not why are they here?

**Lachlan Tighe, May 21 2019**