

Elbows, 2011

Self appraisal by bowler

Members of any Bowls Squad,

Theme: Planning for the players to do their best
In the past calendar year, have you advanced on your answers to these questions-
What are my goals as a Bowls squad rep. at the priority 'event', e.g. championships
What are our team goals and if none why not
what is needed, still, of me to meet that goal when the 'event' occurs
what is an acceptable level of achievement for me to be satisfied
have I the motivation to debrief my performance after every competition
have I the honesty to appraise myself to determine necessary level of improvement
Are you interested in YOUR bowls success????????????????

Can you easily respond to yourself/ me/ anyone who asks answers to these statements

- I want to be in the squad side
- I am prepared to work to be in the squad side
- I have a coach who plans/ supervises my training
- I have set/ written my goals for skills and performance
- I have documented an annual bowls plan for training and events
- I have a training program of 3 times a week in 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 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 train/ practice and / or play
- I know what my strength as a player is
- I know what my delivery strength as a player is
- I know what my deficiency as a player is
- I know what my weakest delivery as a player is
- I need to re set my goals/ plans/ objectives in bowls for the next calendar year

Use this template as a guide to assist your goal for BOTH training (sessions) & competition (events). You identify yourself within one of three columns and then insert a score for yourself in the range shown at the top of the column. All about being honest. In role as coach this is what it would mean to me.

Rating (rate the player out of a score of 10 in a range as follows
9-10 excellent; 7-8 very good; 6 good; 5 average; 3-4 poor; 1-2 ghastly; 0-
players ranking 0 need immediate consultation to question their/ our desire to continue.
players ranking 1-4 need advice, assistance, training and if continues then ejection.
players ranked 5-6 need encouragement to strive for the higher scores, avoid mediocrity.
players above 7 need to be nurtured as they are the foundation to strive for success.

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Self appraisal guide for bowlers			
Score in the column that aptly fits you now Player name:	Need improvement Rating 1-3	Fair to Good Rating 4-6	Very good - Excellent Rating 7-10
<i>TECHNICAL Skill</i>			
delivery consistency- backhand			
delivery consistency- forehand			
draw			
drive			
Skill ratings for all (19) deliveries			
<i>TACTICAL Skill</i>			
Decision making, as skip			
Decision making, singles			
Game plan detail			
Minimize losses			
Choice of lengths			
Capable head reading			
Set play format			
<i>MENTAL Skill in event</i>			
Pre delivery routine			
Communication giving instructions and listening to instructions			
Concentration			
Confidence, energy, presence			
Composure under pressure			
Persistence			
<i>ATTITUDINAL skill</i>			
Health & fitness			
Diet & nutrition program			
Commitment, passion			
Goals, set, applied			
Honest with team			
Pre game preparation			
Responsibility to team			
Team focus/ support/ orientation			
Training attendances			
Training intensity			
Records performances/ motivation			
Willingness to learn/ change			
assertive, confident character			

March, 2011