

## *Elbows*

### *Attitude, all about practicing habits*

#### *Coaching – an alphabet of coach approaches toward success*

*A select comment applying each letter of the alphabet as a guide to prompt fellow coaches or bowlers on what may be an ingredient of developed success.*

#### **A**

- All about practicing habits; your attitude level, and mine as coach, may well determine your success.
- Attitude is everything, always.
- Analysis of performance is a necessity to gauge progress.

#### **B**

- ‘BAT’ award is a novel method to foster intensity in training – best at training.
- Balance - find time outside bowls for yourself, others.
- Bowls is all else a game, keep that perspective.
- Bend and extend are two words to utter to players to ensure smooth deliveries.

#### **C**

- Communicate - develop and hone the skill for clear, concise convincing calls.
- Coaching - love it and know who you are and why you choose to coach.
- Commitment - I see in those who choose to do the extra yards without anyone else even asking.

#### **D**

- Debrief every performance.
- Desire - keep it.
- Draw - the bowl skill fundamental to being really good.
- Decision making - for instance you can have the best forehand draw delivery in the world, but, if playing a forehand draw delivery is not the best, or preferred option, it is the least effective decision.

#### **E**

- Experience is overrated if you have not learned from it.
- Enthusiasm overrides all deficiencies.
- Soar with the Eagles and don't mix with the turkeys.

#### **F**

- Fun - I also want to enjoy it so lets collectively revel in the fun.
- Formula - no such thing in bowls.

#### **G**

- Great teams have standards, seek to be a great team.
- No goals, no reason to commit, as heading nowhere.
- Glamour or desire never won gold; grit, talent and goals win gold.

#### **H**

- Homework - spend the time, reap the reward.
- Honesty, be upfront in dealings with each and every one of the squad.

#### **I**

- Image is reflected in your appearance, presentation.
- Inspiration is brief and never replaces perspiration.
- Invisible team are all those in supportive roles to complement the player(s).

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#### *J*

- Jubilation in our collective progress and success.

#### *K*

- Keeness, coach sight it, encourage it.
- Knowledge (about bowls) is within everyone, tap into that resource.

#### *L*

- Learning is incessant. Never stop learning.
- Laughter is a sound we should all hear on the green.

#### *M*

- Mat length, my zone of excellence in bowling.
- Milestones are reached by players occasionally. Reward them publicly.
- Motivation is within (the player), seek to foster it.
- Mediocrity is never, never, to be acceptable.

#### *N*

- Network coach because if you are not known you are not professional.
- Never hurts to apologise, never hurts to admit mistakes, never hurts to offer praise.

#### *O*

- Open mind enables the 'air' in for new ideas, processes.
- One ounce of information is applied to a ton of application at training.
- 'Oneness' is all of us toiling on the same ship heading in the one direction.
- Observe everything and use your senses to do that effectively.

#### *P*

- Planning is the key to success.
- Personalize your coaching geared toward a person not a bowler.
- Persistence pays.

#### *Q*

- Question yourself, processes, others.

#### *R*

- Role - know your team position role and take responsibility.
- Relish change toward advancement.
- Review recorded performances.
- Ritual is having a pre-delivery routine riveted into your mind.

#### *S*

- Skills are more than technical delivery skills.
- Sensory awareness is skips, or singles players, having the skill to be constantly switched on to patterns of competition.

#### *T*

- The winning team has members who want to make the extra effort for their team.
- Think plan act.

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#### *U*

- Understand the players as people.

#### *V*

- Visualizing your delivery enables you to 'play' two bowls.
- Team values always exist in great teams.

#### *W*

- When in doubt, don't.
- Winners know how to win and expect to win in the knowledge they have trained to perform.

#### *X*

- Excel.

#### *Y*

- You, me, us.
- Your contribution is your responsibility.

#### *Z*

- Zest for the game, for the contest.

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