

Aspirations Of Bowlers

During 2020 I have used the website to prompt and foster a need to meet a demand for PD for coaches, most especially those wanting to elevate their craft to service the keen bowler, the talented bowler and certainly the elite level bowlers in the sport.

Numerous topic areas are up for grabs, some are group discussions around ourselves as coaches, on teams or individuals, on competitive performance, coaches as selectors and another set of topics are very much a practical oriented workshop for the coach.

This is my article / column for today focusing on the bowler..

ASPIRATIONS AS INDIVIDUAL BOWLERS

A player seeks you out to coach them.

What goes through your mind as to how to gauge their commitment, their motivation?

Personally I always state I cannot help anyone unless they the bowler are (highly) motivated.

Some questions for you the coach to consider posing to the player for them to answer:

What goals have you set yourself in bowls for next year?

In fact, what do you include in writing your set of goals?

What is your intention, your goal, as a bowler?

How good is your technical skill? How do you know?

What is one thing you are going to do better this year?

What were the fundamentals you worked on since last season?

Do you see yourself having to display leadership, and why, or why not?

Describe the value of game plans for you.

What is your strength as a bowler?

What have you learned most from any one bowler?

What motivates you to be so good as a bowler?

What do you need to do to improve?

**Website menu coaches corner
PD for aspiring coaches**

How do you cope with differing surfaces we play on?
How do you identify an elite bowler?

What most of these questions do is enable the player to ponder what they want to do in bowls, whether in fact they have ever asked themselves these same questions, and for you in the role as coach to gauge the bowler's mindset, their awareness of the path ahead of them, a starting point in your decision to guide them to move toward their aspiration.

Lachlan Tighe, 2021