

Games sense coaching

Cricket, football of many codes, lawn bowls and tennis are examples of ball sport games enjoyed by we participants.

Each of these sports gain where the coaching focus is on Games Sense to display to (interested) coaches the specifics as they can apply to each sport and the commonality (of principle) to be used for all ball games when applying Games Sense approaches.

Ball games and games sense is simply use of imagination at training (by coaches) to stretch knowledge (of players) for application in the playing environment, competition.

Game modification, simulated game score progress, ends still to complete, rule changes, play area alterations, format changes, restriction in player format, and time, are examples of the components of Games Sense that we can expect to see, learn from, gain tips in when we attend this specific form of coaching, training.

Within bowls numerous coaches simply set up flap jacks within a circuit of the green for players to 'have a go at'.

And listening to elite squad members back here in Australia it seems they are required to place emphasis on 40 or 80 bowls test procedures.

Important tests to reinforce standards, highlight consistency levels of draw bowling.

But, tests are not games, and tests are not the reality of games. Do tests by all means, but place even more emphasis on games sense training in sessions.

Games sense stuff enables a sizeable component of the training session to be set solely to familiarize players to situations they shall face in the event.

And games sense is used to explore the options to contend with the situation and work through what is the formula to succeed in these future situations.

Website column www.lachlantighebowls.com

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Games sense training scenarios are not hard to set up, simply requires coaches to spend the time doing it, and allowing players to be supervised doing it.

Are our elite representative coaches worldwide doing game sense training and coaching, and if so, why are these approaches not percolated down through the rungs of competition so as to be a tool used at club level?

We hope so!!!

Lachlan Tighe, 2021

Website menu- facts, measures & knowledge