

*Members of any aspiring elite level Bowls Team or Squad,  
Part of an overall plan for self improvement as a capable bowler*

Self appraisal guide for .....(bowlers name)			
Rate yourself by referring to the column on the right that aptly fits you now / today	Demands improvement Rating 1-3	Fair to Good Rating 4-6	Very good - Excellent Rating 7-10
<b>TECHNICAL Skill</b>			
Delivery action consistency - backhand			
Delivery action consistency - forehand			
Draw bowling skill competency at: Maximum length Minimum length			
Drive skill competency at: Maximum length Minimum length			
Skill ratings for these : All FH delivery weight options & jack All BH delivery weight options & jack			
<b>MENTAL Skill</b>			
Pre-delivery routine, as a constant ritual			
Mental toughness: remain in control despite: Losing scoreboard Distractions Anxiety Anger Luck (perceived as bad) Poor form – yours / ours			
Composure under pressure: Keep a level of positivity Retain confidence Maintain competitive energy for the team Concentration factor TCUP - thinking carefully under pressure			
Situation awareness in game: Thinking hard, hardly thinking Using all senses to keep aware			
<b>COMMUNICATION Skill</b>			
Communication when skip are: Clear and precise instructions Positive, audible Supportive verbally Supportive body language			
Communication in team when NOT skip: Listening to instructions Accepting instructions in trust Supportive verbally Supportive body language			

*Self appraisal by bowler, 2015*

Rate yourself by referring to the column on the right that aptly fits you now / today	Demands improvement Rating 1-3	Fair to Good Rating 4-6	Very good - Excellent Rating 7-10
<b><i>TACTICAL Skill</i></b>			
Decision making, when team <b>skip</b> (fours): Prompt, purposeful Aware of playable (winning) hand Aware of winning playing length Aware and use of team member delivery skills Game plan team detailed, known, applied			
Decision making, singles			
Game plan detailed for singles formats			
<b><i>TEAM Skills</i></b>			
Team membership, you in the team: How responsible are you to your role What level is your focus during game How supportive are you to each player How honest are you with fellow members Team training attendance and application Asserting yourself to improve the team mindset			
<b><i>ATTITUDINAL attribute s/ skills</i></b>			
To Health, diet & fitness			
Motivation to develop as a bowler: I can readily state my bowls strengths I know what I need to do to improve Developed a set of goals for myself Sought a coach to service my goals			
Commitment: factors to ask yourself: Could you measure it, or, describe it (to others) Willingness to learn, even to change Training intensity and regularity Goals set applied and monitored			
Event / game performance debriefing: Record my game performance statistically How well do you do detail the debrief How well do you discuss it in teams How honest are you with your own game			
Pre game preparation			

**Rating Players** (rate yourself in a column above out of a score of 10 in a range as follows)  
 9-10 excellent; 7-8 very good; 6 good; 5 average; 4 fair to average; 3 poor; 1-2 ghastly; 0- yuk

ACTION if I was your coach

Rating 0 Needs immediate consultation to question their / our desire to continue.

Ratings 1-3 Needs advice, assistance, training and if pattern continues then ejection.

Ratings 4-6 Needs encouragement to strive for the higher scores, avoid mediocrity.

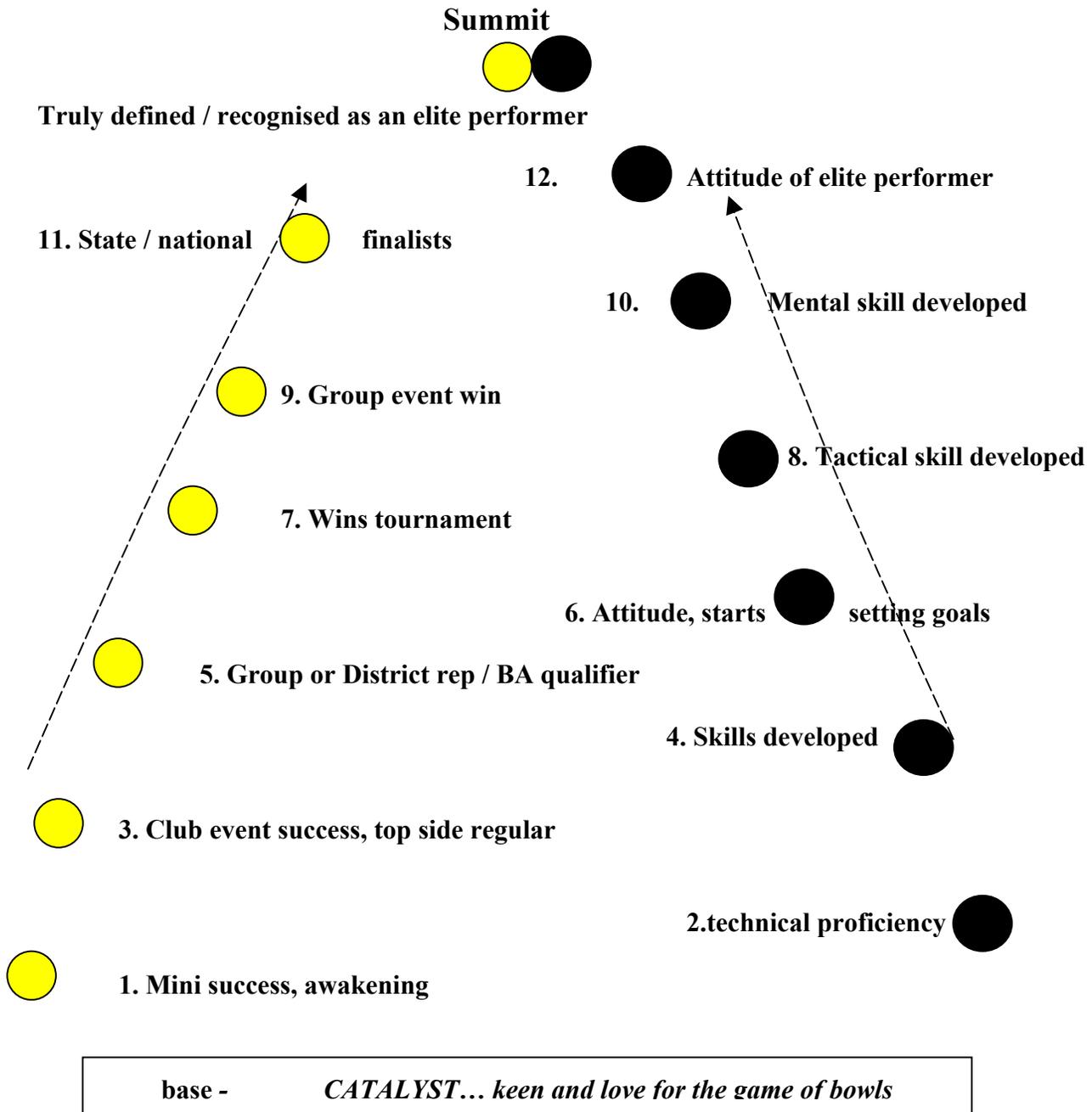
Rated 7-10 Needs to be nurtured, as they are the foundation to strive for success.

The template intends to allow you to reflect honestly on where you are as a bowler, and what you might see doing to reach your level of aspiration in bowls.

Lachlan Tighe, 2015.

**PURPOSE of the session**

Assist bowlers to be aware of their current skill proficiency and required skill(s) competency. Bowlers, know your strength, identify and, importantly, accept weaknesses to ensure you continue to develop the skill to reduce or minimise the weakness; in fact the weakness may even disappear as you acquire the skill and thus a weakness is not apparent anymore.



As coach I have players pinpoint to me where they reckon they sit in the pyramid, discuss.