

Developing as a coach, endless

Early August 2023 in giving a presentation to a premier league club, I mentioned their need to constantly develop as players, as teams, to ensure future success.

And I said it was no different (developing) as a coach;
If you want to gain / retain credibility.

So happens, while at the AO at Gold Coast in June, I spent an amount of time in front of my computer tidying up my copious volume of coach and training drills.

On my return home post- AO I edited the entire coaching folder and the result is these file headings as a 'how to conduct...' as follows.

Warm up routines

Consistency

Weight control

A skill audit

Jack roll

CREEP where we add a ML to a metre

A metre over / through

Trail a jack anywhere from a ML to a few metres

The firm / running delivery

Drives

Deliberate practice

Intensity and purpose of solitary training, training by yourself

Mental skill training

Train with simulated heads to replicate areas such as these:
composure, pressure, concentration, winning mindset

Singles training

Skills, both technical and tactical for execution of
Delivery one, and two, and three, and final.

TEAMS

THE LEAD

Training drills for that role, that position

Tactical drills for the first delivery, and for the 2nd delivery

THE SECOND

Training drills for that role, that position

Tactical drills in these situations

Use of our team delivery 3

When 4 bowls already at the head

When 5 bowls are already at the head

Use of our team delivery 4

When 6 bowls already at the head

When 7 bowls are already at the head

Game plan training for the front end team- lead & 2nd

THE BACK END TEAM

Deliberate practice of deliveries required by a 3rd & skip

CAPER approach to decision making

C convert, change a head

A add or attack or anticipate

P protect our advantage

E explode, we are in strife

R reduce with shots down

THE 4s TEAM

Team spirit training to weld them into a team with teamwork.

When reading the list above you may realize the amount of detail that can be available to we coaches and thus offered to the players and teams.

And to do it without having to bore players with the same old, same old drills.

As a coach I get excited by what next I offer players as training as I know it will be different to the previous session.

If I am excited (coaching) there is a good chance these players are excited too.

Keep developing fellow coaches

Coach Lachlan Tighe, 2023