

Website menu- Q&A
How do you measure performance?

Measuring Performance

QUESTION

Hi Lachlan:

You asked me to provide my reactions to these questions from you on the expected number / % of effective bowls you set yourself for the day.

Kay

YOUR ANSWER

I aim to try and have at least a 50% effective bowl rate each time I play.

ANSWER I MIGHT HAVE EXPECTED

Hi Kay:

Your answer is fine, for the present.

But, guess what, that answer is unrealistic. That answer leaves little room for error at this stage trialing in a new club.

Where then did you get that figure anyway? National level bowlers might perform at 50% effective if the measure is a mat length draw score.

Determine a set of objectives pre game (5 here below) based on how you measure your skill in training, if you do!!!

You can set your score at 40% effective in mat length, 17/42 deliveries.

You can set your ends contributed at 12/21 ends.

You can set your target where both bowls effective 4/21 ends.

You can set your target where first bowl is effective 10/21 ends.

You can set your target where first bowl is within a mat width, 4/21 ends.

You had that figure as a base, though not sure where the base comes from, and did you measure the performance that day. If you answer no, then question your level of motivation to fulfill your goal of state representation, as the answer in the future to the question of measuring performance has to be a yes.

A great coach and friend of mine, Danny Simmons, explains our pennant game thus:

21 the amount of minutes taken to deliver your 42 deliveries in pennant

210 about the number of minutes for the pennant game

10 the % of time you are specifically involved in bowling

90 the remaining % of time all players have available for WHAT!!!

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I keep harping...where your mind goes everything else follows.

It is inexcusable for **ANYONE** purporting to be elite not to be able to take 10 seconds each end to assess the effectiveness of their two deliveries.

Such factual information is great during the game, greater as post game debrief.

The reaction is given for you to see how you might set yourself stepping stones, measurable steps to know you are progressing along your track to your destiny in bowls.

In itself the track is your success.

Thanks

Lachlan Tighe, 2017