

**Website www.lachlantighebowls.com
Self appraisal by pBus members, 2021**

*pBus squad Members overall plan for self improvement
from a capable bowler to an elite level bowler*

Self appraisal guide for(squad member 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
<i>TECHNICAL Skill</i>			
Delivery action consistency- backhand - forehand			
Draw bowling skill competency at Maximum length Minimum length			
Drive skill competency at Maximum length Minimum length			
Jack rolling skill competency at Maximum length Minimum length			
Skill ratings for these All FH delivery weight options All BH delivery weight options			
Skill consistency transferred into competition			
Skill audit done monthly			
<i>MENTAL Skill</i>			
Pre-delivery routine, as a constant ritual			
Personal rituals known when bowling well			
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			
Sensory awareness My delivery action My team mates delivery action(s) Behaviours of fellow teammates			

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<i>TACTICAL Skill</i>			
Decision making, when team skip (fours) Prompt, purposeful aware of playable (winning)hand aware of winning Playing length aware & Use of team member delivery skills Game plan team detailed, known, applied Take opportunities when presented			
Awareness that expectations excessive today			
Mat knowledge for deliveries			
Aware of technical ability of 4s team members			
Aware of preferences of 4s team members			
Aware of options for deliveries 4-6 in 4s team			
Singles-Decision making			
Singles- Game plan detailed & applied			
<i>TEAM Skills</i>			
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 & application asserting yourself to improve the team mindset are you an energizer (a sapper rates lowly) do you accept and apply your role in game plan			
What rating would you give yourself as an elite level Lead Second Third Skip			
<i>COMMUNICATION Skill</i>			
Communication when you skip is clear & 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			

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<i>FITNESS Skill</i>			
Exercise/ walks minimum 5 times weekly has healthy, balanced weekly diet keeps alcohol drinking in moderation physical warm up/toning pre event has a regular balanced sleep pattern non smoker			
<i>ATTITUDINAL attributes/ skills</i>			
Motivation to develop as a bowler by these Annual schedule of priority events I can readily state my bowls strengths I know what I need to do to improve Documented set of goals overall Documented set of competition goals Documented set of skill goals Sought a coach to service my goals Relish the challenge to improve			
Commitment: factors to ask yourself could you measure it, or, describe it (to others) Willingness to learn, even to change Doing this self appraisal form annually Train 3 times a week Training done with intensity training session has a purpose Scheduled a structured monthly training Goals set now applied & 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 follows a 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 Need immediate consultation to question their / our desire to continue.
- ratings 1-3 Need advice, assistance, training and if pattern continues then ejection.
- ratings 4-6 Need encouragement to strive for the higher scores, avoid mediocrity.
- rated 7-10 Need to be nurtured as they are the foundation to strive for success.

The template, first written in 2014, intends to allow you to reflect honestly (with your coach) on where you are as a bowler, and what you might see doing to reach your level of aspiration in bowls. These past years I have rewritten the form to reflect my current view on elite bowlers requirements.

Lachlan Tighe, January, 2021.