

The Best Use Of Control

I was convening a coach seminar in Melbourne in January 2017 and listened to a respected national bowls coach refer to some of the anxieties, even fears, held by international players. Did not think too much of it as being out of the ordinary.

Then in April I presented at a seminar in New Zealand and one question given to me was about we coaches indulging in player wants rather than player needs. The thrust seemed to be let's appease their fears and not push them.

Anyway, in coming back to Melbourne I sat with three coaches seeking my advice and was given an audio tape on mental spirit, mental mind and on it I heard a component on control.

Over the years of writing on bowls, practical coaching of bowls, specific training sessions with elite players I reckon I can muster up a series of thought and emotional processes on the best use of control.

If I was to assist you to take control of your bowls aspirations I would include these:

You can control

- The goals you set
- The periodic review of the progress of those goals
- The coaching you seek, you need
- The volume of training you undertake
- The intensity of training you do
- The purpose of every session of your training
- Your reaction to success
- Your reaction to bad moments in the event
- Your reaction to unfavourable conditions in any one game
- Your choice of training partners
- Your motivation (level)
- Your reaction to mediocrity, yours or those around you
- Your reaction to your selection in a team

**Website menu- ...coaches corner
control**

- Your leadership / playing contribution to the team
- Your recording of competition performance
- Your level of energy (positivity) given to the performance
- Your review of each performance
- Your expectations, maintain a level of reality
- Your composure
- Your time management

I am sure there is a more exhaustive list, but what I did here is get you to keep in control.

Hope these prompts help in your bowls development

Lachlan Tighe, 2017