

## *Elbows*

*Website column whats new*

### **Behaviour Analysis**

My style of coaching emphasizes what I, as a layman, call player behaviour patterns.

I look to see, and listen to hear, if players apply themselves in training at a standard that displays a level of commitment that will carry on into the contest.

I use other coaches and good players to assist bowlers with technical coaching because there are numerous good people, certainly in the technical side of coaching.

My training might focus on the following behaviours and the drills and repetition sessions are:

Deception \_ forcing options or reducing options, e.g, block.

Risk \_ one in head, choice to either draw or place a back bowl.

Shot selection \_ head with you having last bowl, or the opponent to play after your last bowl.

Game stage \_ one end to play, you are +1 or -1, or -2 for all game formats.

Space \_ length choice.

Decision making \_ part of risk / anticipation / maximising angles.

Anticipation \_ reading your opponent and offsetting him.

Regaining control \_ mat placement, playing length, how / where, + jack delivery.

Maximising angles \_ widen head options, or keeping the head view narrow.

Attacking \_ scoring by pushing out opposition, or adding numbers in head.

I was once privy to the world bowls report for the Australian sides. I was astonished to read the players discarded further thought of a games' analysis early in the event having no scoreboard success early on.

Their reasoning was they viewed a debrief, post game, added to their pressure.

Elite athletes and coaches from other sport would see that as sheer nonsense!!!

It is a necessity and benefit of performance to have a daily informed debrief.

How else can we in bowls improve our approach if there is no comparative information to use.

Lachlan Tighe, 2015