

'Elbows' 2013

How to be a great coach

BE A COACH

Coaching is providing direction, adding complimentary skill to the innate skill of a bowler. I find it important that the bowler believes I have knowledge and the specific coaching skill to give that add on.

MOTIVATE THEM

Bowlers are presumably motivated to succeed. They seek me to go further for future success. I can be that motivator by showing my philosophy and passion. My eight P Principle is that guiding light for me

- P philosophy of striving for success
- P passion, unbridled
- P people, focus
- P planning, ongoing, detailed, documented
- P power, in the knowledge and updating
- P performance, titles, success
- P programs, training and experimenting
- P praise and appraise

Every time I see and meet people and every time I conduct training the 8Ps abound.

ASK FOR OPINIONS

This happens to fit in with my compartments in goals. All the while I keep reading, researching,

ADMIT YOUR MISTAKES

I have written articles on this topic and developed templates from my various squad experiences

BE ACCESSIBLE

From the Elbows squad as an entity I can then focus on any one individual.

BE A GREAT LISTENER

The establishment of Elbows as my personal squad in 2000 set the pattern for listening

ASK GOOD QUESTIONS

It is this sphere of activity I believe the sport needs to change as we all need to question constantly

WELCOME COMPLAINTS

Too easy to take and not give. Complaints as with advice is to be taken as another form of engagement.

COACH ONE ON ONE

Personalize the coaching for the player, another degree of engagement.

WATCH YOUR LANGUAGE

The numerous presentations, excess of 100, to clubs over a decade could possibly be classed as my expression. However my bawdy verbal language has its ups and downs

CELEBRATE THE DIFFERENCES

Attitude: all about practising habits
Lachlan Tighe, l.a.tighe@bigpond.com and ph 9853 5497;0409 532 953

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I see my prime achievement as still coaching with zest and passion to and for everyone.

EMPOWER PEOPLE

Let all connected share in the direction, the process, the journey

DELIVER BAD NEWS PERSONALLY

Take responsibility, enhance trust & respect, empathise

TRAIN THEM

To be the best they can be requires you to be the best you can be

ADVOCATE FOR YOUR TEAM

For the sport, people need to see you as a profile representative

Great Coaching; a rethink, 2013 (Maddi's interview June 2013)

Q10. What do you believe a good, successful coach must entail?

I wrote years back what I believed were attributes for great teams, players and one for coaches. I keep the notes close by and the simple acronym PIE guides me toward what I think are the attributes to make for a great coach, something every coach might aspire to be:

'PIE' an acronym to easily allow me to be reminded of what it is

- Professional; passion; plan; personable; philosophy; presence; persistent; political
- Intelligent; initiator; innovator; influences; inform; inspire; inquisitive; interested
- Enthuse; engaging; enabling; energise; enjoy; educate; excel; encourage; empathy;

to be a GREAT coach

- at the heart of the sport
- Critical to how sport functions
- Critical to performance of players
- Well prepared
- Quality people
- Continue the quest for growth, learning, initiatives
- Exceptional work ethic
- Effective caring communicators
- Strong in relationships
- People who possess strong and personal coaching styles
- Teachers as well as coaches
- With character, values
- Player focused as driven coaches
- Led by their goals (statement)
- Self aware, self appraised with their critical facility
- Highly skilled
- influential

*** from Clive Woodward on Yehuda Shinar

coaching winning behaviour included skills (which were all trained) for

- identifying opportunities- decisions
- decisiveness
- time management

Attitude: all about practising habits

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- momentum
- self control
- one on one situations (skip, lead, singles)

Advanced Coaching; a rethink, 2013

Enhancing the learning of motor skills, MLS- considerations in planning & coaching

- Arousing the bowler- how?
- Motivating the bowler- how, behaviours ?
- Use of techniques to do both above- what effectiveness?
- Fundamentals e.g, IDEAS
- Short & long term memory- considerations, reinforcing
- Skill progression- simple to complex
- Capability of coach to be able inform or show, then to have the bowler know, the difference between knowledge of results (KRA) and knowledge of performance (KPI)
- Structure of sessions that can enhance acquisition, retention, application and somewhere in there I would add done by repetition
- Learning styles- bowlers have preferences either oral, visual, sensory, tactile all again requiring for me experiential

Wednesday age 19/6/2013 had an article in the sport pages 'coaching is a hard drug' and I only sighted it today in reading my backlog of newspapers for the week, and how pertinent- it was about the AFL conducted coach development workshops for assistant coaches and current players who may see coaching as a vocation;

- philosophy of coaching
- people management
- teaching
- learning
- tactics & strategy
- game plan
- opposition analysis
- leadership
- great coaches
- goalkicking (read technical bowls skill as the parallel for that one)

the notable omissions that I would include would be

- structured training
- situation awareness
- measuring skill
- measuring performance
- player & team debrief sessions
- analysis & reporting

27/6/2013