

Lachlan Tighe...Talking Tactically ***Website bowls coaching column***

(June 2009 column)

No Goals.....no Score

Any bowler, at whatever level, and any bowls coach, must, repeat must, have goals. These goals have to be written down for constant reference.

How can you 'score' if there are no goals to aim for.

A simple template Statement was drafted for the Henselite site. Here then is a detailed and descriptive sample of a Goals Statement template to assist a few international bowlers as they prepared for World level success

Prepare a statement of purpose for yourself... e.g.

Purpose to do your best as a bowler

Outcome satisfaction when the fulfilment results in winning

A sample of Statements of intent below (you choose/ insert your own)	How to achieve and measure your progress
<p><u>Competition Performances in a Team</u></p> <p>Within a period of three (3) years</p> <ul style="list-style-type: none"> • national triples/ pairs champion • top pennant side regular player • profile team event winners • state triples/ pairs/ fours champion • Group triples/ pairs/ fours champion • 	<ul style="list-style-type: none"> • Finalist, in a profile teams event • club top side – perform at 50% rating level • performances should result in selection at group, or state, or national squad level • club pairs finalist (champions 4 of the past 10 years) • Aust. Open championship quarter finalist (enter all formats) • entry into 5 profile events
<p><u>Competition Performance personal</u></p> <p>Within a period of three (3) years</p> <ul style="list-style-type: none"> • group singles champion • state singles champion • national singles champion • club singles champion • profile singles event winner 	<ul style="list-style-type: none"> • state Qualifier for Australian Indoor Finals • A club finalist • Finalist, profile singles event • entry into 5 profile events (previous Yallourn Classic Singles runner up) • semi finalist previously

Lachlan Tighe...Talking Tactically
Website bowls coaching column

<p><i>Technical Delivery skill</i></p> <ul style="list-style-type: none"> • Improve the rating of each of the technical skills • All delivery rated below 5 in the Skills table to be improved 	<ul style="list-style-type: none"> • Commit to a monthly training program • Record each skill rating session • Each session update the inventory of pb for all the (19) deliveries shown in the table; • Develop poorer delivery skills to make your game more intimidating;
<p><u>Tactical skill</u></p> <ul style="list-style-type: none"> • a game plan for every competition • practice with a purpose • train and prepare to know how to play all positions • have a singles game plan every session and preferably a different one each session 	<ul style="list-style-type: none"> • Consult monthly with squad coach • train to know how to play all positions • Observe elite bowlers to learn and improve tactical decision making • contribute to discussions and views on tactics
<p><u>Mental skill- planning</u></p> <ul style="list-style-type: none"> • have annual calendar of training, competition • set annual goals • prioritise events to perform well in • plan your coaching & training session • practice with purpose • seek sports science expertise • game debrief session • record performances – training & competition 	<ul style="list-style-type: none"> • computerize a calendar and review • be selective in event entries • regular schedule with your coach • train 2-4 times per week in season • Commit to a coach supervised training program that practices the mental skills • sessions to incorporate more stress / pressure • sessions to reinforce and train your coping mechanisms; • Experimenting (results don't count in training) • Know yourself, so as accept behaviour to ensure better preparation • Record 'pb' competition performances after each event • Record each skill rating session • Experiment with game plans • game plans have a series of objectives especially on tactic/ decision making • training to assert yourself with drives; • Use of a drive into a game plan and the decision making for that skill; • Debrief each event and include • note the difference between evaluating and justifying a performance; <p>What was your objective; What worked; why did you win; what do you see the need to improve; what was the best aspect of your world win</p> <ul style="list-style-type: none"> • Practice and perfect my '% contribution principle for games,

Lachlan Tighe...Talking Tactically
Website bowls coaching column

	<ul style="list-style-type: none"> • Offset anxiety in training by use of calming approaches, coping mechanisms; • Learn to reset game goals where the result is beyond doubt (either well up or unable to win) • video on regular basis • Review annual plans/ progress every 3 months • Choose playing partners capable of assisting to fulfill the goals • use of a card to register the performances in training & events • Keep developing, recording and improving on game plans, & analysis • Record your likes/ dislikes in bowls
<p><u>Mental skill- training</u></p> <ul style="list-style-type: none"> • Be positive • improve relaxation and visualization skills • Focus for an event • enjoy the game (bowls) • experiment to improve, to challenge • Walk the talk re commitment to practice • practice habits that are requisite to achieving goals • decision making skills to apply in structured training sessions • soak in the thrill of perfect execution of bowling skills in training • 	<ul style="list-style-type: none"> • Maintain a positive focus through practice • Accepting losses as lessons not as signs of failure • focus on first 2 bowls at training • first 2 bowls always to be in the head • walk to head after third bowl always • focus by recording progress • positive Body language training • Experimenting with new/ better approaches such as game analysis assessment • Jogging the memory – training to recall ‘pb’ bowls • Seek and cope with coach’s contribution to my skill and game assessment • Train & record ‘pb’ performance all year per week in peak bowls season • time for simulating game training • rehearse, recall, reinforce the word associations – bocce, caterpillar, ML, • keep at forefront the FUNDamentals connected to the journey to success • practice positive praise • Improve my skill and game assessment • Train and compete with self assurance • each and every session have a written specific purpose for the session • Train in appropriate formats to achieve the playing goals • Read material on a winning mentality • soft hands: picture the imagery and sense/feel the personal meaning of the expression

Lachlan Tighe...Talking Tactically
Website bowls coaching column

<p><u>Physical fitness levels</u></p> <ul style="list-style-type: none"> • remain healthy • Keep Fit • stretching routines at training & games 	<ul style="list-style-type: none"> • Maintain an exercise program • Maintain a healthy diet • Walk daily / regularly each week • Lose weight • Drinking ample water daily • Lose weight • gym classes
<p><u>Personal & communication skill</u></p> <ul style="list-style-type: none"> • Be a good sport • foster friendships • Improve communication skills • Balance my time • believe in everything I do • be regarded as an exemplar role model 	<ul style="list-style-type: none"> • have fun, enjoy what I am doing • support team meetings • contribute • practice positive praise • honest to myself and others • be able to present well when I win an event • train with and support squad members • read and review these goals regularly • make time for my family and bowls • Tailor training sessions for events • use a personal calendar

Seems a lot, however that effort demonstrates why these bowlers were successful internationally.

Set your own level but at least have something to aim at. Don't forget after the season to measure your progress against the goals content and reconsider your goals, again.

enjoy
Lachlan Tighe.