

## ***Lachlan Tighe.....Talking tactically***

### ***Website Coaching Column***

(column 198, October 2006 a view on bowls coaching)

## **Making Sense of the (Psychological) Bowls Game**

Jack Unmack shared his presentation notes with me after an Academy of Sport program where he had referred to a list called the ten commandments. This contact with Jack followed hot on the heels of a presentation from John Snell and Nat Mills, a sports scientist who touched on similar subjects in their presentation to the Montmorency club members. I have incorporated other topics to make up a list below of points which are all good stuff quite applicable to seminar and class room settings.

Question is where do we bowls coaches learn the practical application of all the book talk points.

As players move up the ranks they hear much of this stuff and certainly will at national levels. But where and when are they getting the familiarization for the terms out on the green to be ready if and when they hit their national level.

Although here in Australia we have an elite bowls program, it is not accessible like say any of the football codes which we can watch , read, and get programs on from their elite level to apply at the relevant local football level. Slowly, bowls may move down that path.

Righto, coach, in the meantime, how would you, or what would you, conduct in a bowls training session to apply these points as they occur in competition

Anxiety

Automatic

Alert

Body language

Breathing

Control

Consistent standard

Discipline

Decision making

Energised

Enjoyment

Effortless

Focused

Fitness for bowls

Game plans

Games analysis

Games sense

Goals

Ideal performance state – IPS

Imagery

Imaginative programs

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Intensity  
measuring training performance  
Mentally calm  
Mental toughness (being behind)  
Motivation  
Optimistic  
Physical relaxation  
Pressure  
'pb' measures  
Pre delivery routine  
Self confidence / self talk  
Segmenting  
Simulation  
tactical skill development  
Team spirit  
Team oriented  
Visualisation  
Verbal language

That is one heck of a list of aspects for training bowls that will test all of us in striving to plan and conduct elite squad programs. As a state coach I can vouch we don't have such resources at our finger tips. Basically I get my ideas from other good coaches, top players and other sports.

We as a group of coaches do good stuff at the elementary level. If you want to extend your skill level as a coach to get into coaching at a higher competitive level, bowls officials call it pathways in fancy talk, don't just scratch your head, email or ring your relevant national or state bowls office to see if there is anything they can or will offer to share.

Make a move to improve (your coaching), you will enjoy the satisfaction.