

Lachlan Tighe.....Talking tactically

Weekly coaching column# 186

(column 186, May 2006 a view on bowls coaching)

Coaching; The story continues at the higher level

Last week in column #185 I mentioned I would broach what I think an elite level coach (or someone keen to move to that level) needs to know and develop if they want to do well for the players they coach.

Over the weekend we held a TID program for aspiring state players. And last Friday I was approached by a top coach to share my thoughts on his interest in securing a paid coaches position.

What interests me is that prior to conducting that weekend program I had prepared this coaching column. The TID weekend experience again reinforced what I thought and wrote, so let me share it.

I believe we coaches have to conduct our own self - audit ; sift through our own level of professionalism by responding to the list of skills below

A SKILLS

- Accreditation – relevance, screening of coaches
- computer applications
- Elite coaching
- goal setting for players
- management – reports, PR, submissions, plans, communications
- Player performance evaluation
- player role descriptions
- player self analysis
- presentations – players, committees, Associations, seminars
- Selection – understanding or influencing the criteria
- Selection – capability as advisor to the committee
- Skill rating – audit of players
- Skill training relevant to the bowlers - the needs, the progress, the deficiencies
 - communication – language, counselling, caring, knowledge, authority
 - tactical –
 - mental
 - physical – warm up routine & physical toning exercises
 - technical
- Sports science services suitable
 - eg. Psychology, technical skill assessment, video & movement analysis, coaching,
- Teams – effective, leadership, cohesion
- TID – content for sessions, criteria
- Training
 - Planning, season, programs, sessions, evaluation, player, team, FUN

B COMPETITION

- competition plans
- debrief performance – content, application
- game plans – applied to team game formats; players
- game analysis- the need to record
- game analysis - learnt ; plan ; applied

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modified GAMES - example situations

performance evaluation

Team objectives

I don't know about you fellow coach, but I cannot say I have a strong grasp of each and every listed skill above, but, I am aware of the need for ongoing development for all of them if elite level players are to have anything to do with me as a coach. Hopefully so are you !

And as an example of operating at a higher level, here is how I attempted to appraise the players we met last weekend, obviously names are deleted to 'protect the innocent' as they say in the classics. There were 12 players all having 10 attempts at the 15 deliveries below (note the symbol / in some columns is there to indicate this player did not complete this delivery program)

Type of delivery	ave	'pb	1	2	3	4	5	6	7	8	9	10	11	12
Jack	6	8	8	/	/	/	/	/	7	/	/	/	8	3
Draw Forehand	4	9	3	5	2	2	6	6	3	9	5	5	1	6
Draw Backhand	4	8	8	3	3	5	4	5	3	/	7	6	3	5
Wrest toucher Fh	2	7	/	0	4	1	1	2	/	2	1	1	1	7
Wrest toucher Bh	3	8	8	5	/	4	1	0	1	/	3	4	2	4
Add a yard F/h	3	8	/	8	3	1	3	2	0	1	7	4	/	2
Add a yard B/h	4	9	5	/	3	5	9	5	8	/	/	4	4	8
trail shot F/h	2	3	/	1	3	3	2	3	/	2	1	1	/	/
trail shot B/h	2	4	1	2	3	3	3	4	0	/	2	1	2	3
yard on Fh shot	3	5	5	2	0	/	1	4	5	3	1	2	/	/
yard on Bh shot	3	7	2	7	/	2	2	/	3	/	/	5	6	4
2 yard on Fh shot	3	5	3	1	2	4	/	3	4	1	5	2	/	2
2 yard on Bh shot	3	6	6	0	2	1	1	2	5	/	/	/	5	2
Drive Forehand	4	6	/	1	4	/	/	6	/	6	4	1	6	3
Drive Backhand	5	5	5	/	/	4	5	5	/	/	/	/	5	/
Max achievable	150	150												
Actual score			54	35	28	35	38	47	39	24	36	36	43	49
Best 'pb' to date		98												
Ave score to date	51													
Actual score as %			36	24	18	24	26	32	26	16	24	24	28	32

I wrote an accompanying report with recommendations which again is all part of the role and responsibility we undertake if we are to perform at a higher level of coaching.

Would you have the skill to conduct the program ?

Would you have conducted it differently and better?

Again, I see our national coaching committee should take on this training role to service the interested coaches. I repeat again that I would enjoy the learning environment with my coaching peers.