

## *Welcome to the February 2013 (monthly) edition of the coaching column titled ‘...On Line Delivery’ on Henselite’s website.*

The theme of this column is.....

### **Training to win** **do what you always do, get what you always get**

#### **Coaching a bowler for a specific event**

Since returning from the world championships mid December 2012, the players I coach have won 4 club championships and a tournament and come runner up in a regional singles event.

We nearly always sit and chat about the experience, training and competition, and share it with all the squad, and other interested parties. This insight below is as good an overview received from a player and deserves public viewing:

I went into the event with usual min/max length game plan. When I arrived at the club for the early rounds and saw that the green was going to have some unpredictability about it, I decided that long would be best. This proved to be a good strategy because I was able to bowl more closer bowls than all of my opponents (at that length). Then when they got the mat (they almost all predictably) changed the length to my strongest (short to min).

I played predominately on one side of the green, but swapped when the risk/reward justified the swap or I needed to play my opponents hand. Only once did I swap with only one bowl left (normally had at least 2).

Things I found most useful from training (current structured coach directed training for singles run over the past few weeks)

1. Game scenarios when you were either up (or down) a handful of shots with a limited timeframe.
2. Match play drills that we do (mini comp singles either holding or down with a very close bowl). When I stepped on the mat, faced with an opponents close bowl, my mindset went straight to those training drills. I wasn't anxious or concerned at any stage that my opponent had drawn a close, or number of close bowls.
3. "zone" training drills did last week. Bowl consistently to a target and then drive accurately. My scorecard from that session showed that my draw shot accuracy was approx 70% and my drive accuracy was 100%. This gave me amazing confidence when standing on the mat during the game, particularly on the few occasions when I drove. Late in the game I hit 4 out of 4 backhand drives (same as in training) and I just knew I was going to be accurate.

Last month I said the club coach has the opportunity to enhance the skill set of each of the skippers and he may have club authority to do so. Better still he/ she can work with keen bowlers structuring their coach supervised training to see them achieve their ambitions and he/ she can be part of a review process similar to the one above.

How rewarding would that be, fantastic let me tell you.

Hooray to that man who provided the review above, great mate!

Lachlan Tighe  
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