

# **GOALS**

Welcome to this (monthly) edition of the coaching column titled '...On Line Delivery' on Henselite's website with this theme ....GOALS

## ***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 below

## ***Goals Statement***

Purpose.....

Outcome.....

With these headings (for you to fill out)

- Competition performance, personal
- Competition performance in a team
- Technical delivery skill
- Tactical skill
- Mental skill – planning
- Mental skill – training
- Physical fitness level
- Personal & communication skill

Don't forget after the season to measure your progress against the goals content and reconsider your goals, again.

Enjoy the read.

Lachlan Tighe, 2009