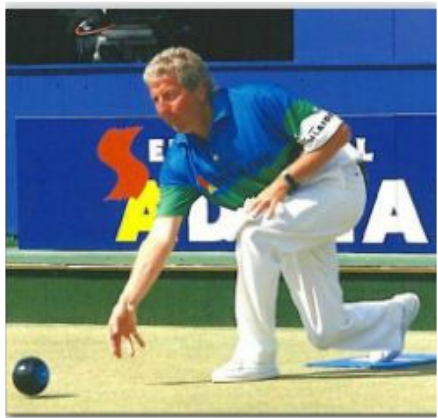


# Coaches Newsletter

June 2017



Tamworth Indoor Bowls Club  
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## Welcome.....

.....to the first ever Coaches Newsletter bringing you details of our Coaching programme, articles, tips and general information.

**What is Coaching?..... It is the act of giving a person special teaching in a particular subject.**

Each Coach has been on various, certified, training course to teach the sport of bowls, conforming to the English Bowls Coaching Society (EBCS) and/or Bowls Development Alliance (BDA) standards.

All coaching is free (standard rink fees apply) and voluntary. Video analysis is used when necessary.

## Coaching Programme

**Saturday** 9.30 to 11.30 am - new bowlers to indoor bowls.

First 3 lessons are free then standard rink fees apply.

**Sunday** 9.30 to 11.30 am - Juniors only, minimum age 7.

Fee £2.00

**Tuesday** 4.30 to 6.30 pm - Improvers and coaching clinic.

**Thursday** 6.30 to 8.30 pm - Improvers and coaching clinic.

If you and or your team require help, speak to any coaching team member and we will arrange a time to suit your requirements.

Watch our Notice Board for specific coaching clinics.

## WHAT HELP CAN A COACH PROVIDE TO A CLUB BOWLER

As coaches we believe that there are five ways in which we can offer help to club level bowlers.

### Lets look at aspects of team play.

A general observation, which the coaches all make as we watch matches, is the negative way many teams perform as a team. If we accept that the Skip is the team leader, how do they perform this duty of leadership? The skill of a skip is to direct their team in building a 'Head'. The first aim in head building is to have 2 bowls in the head. Why?

Hopefully, the 'lead' will deliver 2 bowls into the Head. In triples, where should the 'leads' third bowl go? Have you as the Skip decided where you wanted it?

Did you clearly indicate exactly where you wanted the bowl to end?

Can you, when bowling yourself, assess distances of particular bowls from the jack? Your team can be up to 30+ metres from the head, so, why not give them distances for relevant bowls in the head. Alternatively give them instruction to reach/rest a particular bowl.

When the head changes, then re-establish your teams head position by adding to the head.

Back bowls are always vital. What is a good back bowl? How far behind the head is a good back bowl? What is the best back bowl in the circumstances?

Team players if in doubt on the required shot - Ask questions? Try to get a picture of the head, shape of the head, distances of bowls that affect your shot. Believe that the skip has faith in you playing the shot required.

When skip and team change ends, tell the team what shot you are going to play.

We hope that these ideas can help your team both improve your game and enjoy it more.

Talk to us! We would be happy to talk with you as a team over the implementation of better team play.

## HOW TO PLAY UNDER PRESSURE AND WIN

- Focus on key factors of the situation. Forget consequences of success/failure/
- Don't be distracted - if you are distracted, refocus straight away/
- Forget the chatter with opponents and spectators. Concentrate on the things that you can control.
- Play slower, be decisive, play with skill and your brain.
- Confidence is a must. Avoid worry, anxiety - remove tension from body.
- Switch on – switch off.....smell the flowers. Breathe to relax and survive!
- Good technique – minimize body movements; smooth delivery.
- Relax and use your senses - touch, sight & balance (reflex). Remember must do's – 2 or 3 each delivery.
- Display a winning image all the time even when things look grim – remember this is what the opposition sees. Every good bowl is worth cheering about.
- Team work means discipline and sharing the load - No dissent.
- Trust yourself and your team.
- Simplify task – in your mind (see this, not that) visualise.
- Positive thoughts – look for opportunity. Stop negative thoughts – if they start.
- Expect opponent to succeed at their shot – prepare mentally.
- Pressure games are not won by spectacular shots.
- Pressure will cause mistakes by the opposition.
- Sustained pressure and performance is better than flashes of brilliance.
- Sustained pressure will cause opponents to become desperate and disillusioned.
- Great play under pressure comes automatically and when you are "In the Zone". Don't think about mechanics
- Game may not be won until the last 5 ends – be ready for extra effort
- Be patient, be well prepared, be tough, be determined, be confident in yourself and your team.