

★ A L A W N

BOWLS COACH ★★★★★

by Barry J Starrett, Coaching Committee Member

A coach is a trainer of sporting teams, charged with the responsibilities of; Motivation, Technique, Fitness, Game Techniques, Tactical Skills and Team Work.

A bowler's development and preparation before they become a team player for their club or district, requires training by a qualified coach in the technical, tactical, psychological and physiological aspects of the game. These same core aspects for individuals, then applies to the team as a whole, in addition to regular individual practice and training from their coach.

So many bowlers and teams don't have a coach or regular training with a qualified coach.

Why is it so?

Is it an aversion to accepting simple instructions from another person, or being ribbed from friends about being coached?

In any sport, one's **k**nowledge, **a**ttitude, **s**kills and **h**abits determine the level we aspire to and finally reach. This is known as the **KASH** principle and *kash* (so badly spelt) means the payoff.

Perhaps you might ask yourself :-

Knowledge. Do I know the all of the rules of bowls, know about the latest equipment, and do I know all the most effective techniques of stance and delivery, not just the basics?

Attitude. Would I go to a coach for any assistance on any issue?

Skills. Have I reached my full potential as a bowler or is there room for improvement?

Habits. Do I train regularly (or just hope it will be alright on the day)?
Am I really only practicing mistakes or getting assistance and following the advice from a coach?

If you answers are **NO** to any of these questions than you are more than likely to be an unconscious incompetent, rather than a very good bowler who knows how to correct his mistakes.

“**Excuses are excuses, reasons are reasons, performance is reality**”, so after your next games listen for the excuses and reasons from the losers and if that's you, re-ask yourself the questions above. Then if you decide you or your team needs some coaching, organize it through your club and enjoy the training and improvement.