

Bowling for Success

Session three

Presented at Burnside Bowling Club
Sunday 11th November 2012
CM



COMMUNICATION / BODY LANGUAGE

HOW?

- Have you considered how you speak to your team members?
- What is the tone of your voice?
- Are you using eye contact?
- Is it positive or negative?
- Will it help your team member play better or will it make them “anti”?
- Do you know what type of signals do your team members like during a game- what shot you suggest, if you are a skip, will your team member have a chance to discuss if they see a different shot and therefore not confident about what skip has called?



COMMUNICATION / BODY LANGUAGE

HOW (cont'd)

- Have you considered *the body language* of you and your team members? They send a clear message.
- Do you know the strengths and weaknesses of your team members, that could avoid you calling a shot they are not comfortable playing?

TO WHOM

- Your team members, your opposition, the officials, volunteers assisting- how will this affect how your club is regarded?
- Have your discussed how your team will de brief after a match and what can the athletes do to improve.



COMMUNICATION / BODY LANGUAGE

WHAT DIFFERENCE WILL IT MAKE?

- Will positive communication help for a more compatible team?
- Will it help to play better?
- Will it help your body language?
- Will it help you enjoy the sport more?
- Will it help you win?
- Will it help you support your team members if they are playing as well as they would like?
- It is suggested that teams talk about options that all can buy into to improve your team culture.



GOALS

There is a saying *that If you don't know where you are going, how will you get there?*

- Once your club teams have been selected it is suggested that you meet for say an hour to work through issues outlined today.

GOAL SETTING

- WHAT do you want to achieve?
- HOW will you get there and WHAT can you do now to start that journey?
- A good method to do this is to take a whiteboard and write all goals that are mentioned and then prioritize them- that way all team members will be committed to those goals.



GOALS

As part of your goal setting procedure it is suggested that you:

- Discuss the **VALUES** that are agreed by your team
- Discuss what the penalties of those values breached are. i.e. not training, late arrival at matches, lack of commitment etc.
- Really whatever is important to your team to achieve your goals?



PLAYING POSITIONS

It is important to understand the different roles that each player should take responsibility for in a fours match.

- Lead
 - Second
 - Third
 - Skip
-
- Who is the most important person in the team? Why ?



MENTAL SKILLS

- What is understood by this topic?
- What difference will good mental skills make? Why?
- Give examples of good mental skills that you might have seen recently.
 - Olympics- athletes achieving personal bests even though not achieving a medal.
 - Para Olympics- Sophie Pascoe
 - US Open - Andy Murray up 2 sets, lost next 2 sets, won in 5th
- How can you improve your mental skills?
 - Reading relevant books, talking to folk who have achieved – looking in the mirror, learning to believe in you, self talk.



MENTAL SKILLS

Mike Small has delivered a number of presentations to bowlers on this topic; his papers are already published on the website under Academy.

Thanks Mike.

AJ will be listing relevant books on our Burnside website these will help you.



PAPERS

Recommended papers that have been presented at the Bowls Canterbury Academy; those papers are worth reading to help your teams.

- Values and Goal Setting Vince Roper
- Fitness and Nutrition Jimmy Sinclair
- Mental Skills Mike Small
- Silicon Coach Cushla McGillivray
- Recording of trainings Graeme Rees



SILICON COACH

- Silicon Coach is a software programme that allows you, the athlete to view how you deliver the bowl.
- The equipment is owned by Burnside and has been very helpful to a large number of athletes who have been filmed and then reviewed.
- Many of you here have been through that process.
- The programme will be demonstrated on the green for those who have not been filmed.

