

Bowls training – Recommended books – Sport psychology

- The Inner Game of Golf Tim Gallwey
- Inner Strength Ralph A Vernacchia
- Staying at the Top Ric Charlseworth
- Bounce Mathew Syed
- The Power of Positive Thinking Norman Vincent Peale
- Sport Motivation Ken Hodge

Recommended reading for Coaches

- ✓ Athlete-centred Coaching Lynn Kidman - Developing inspired and inspiring people
- ✓ Coaching for Performance John Whitmore – GROWing human potential and purpose
 - The principle and practice of coaching and leadership.

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