

Program in the Development of Skills

Introduction

When a player takes up the game he/she will have had experiences in other sports activities which may or may not be related to the skills needed to be a good Lawn Bowler.

This article addresses all players from those beginning through to those who are already accomplished (but not yet Interstate level) who wish to play at an even better standard.

Learning Curve

There is an accepted theory in learning that when a new issue is introduced contrary to the previous understanding then there will be a drop in performances. After the 'new' understanding is accepted the improvement catches up to the previous standard and surpasses it.

Some players are impatient and want to improve immediately - guess what? It just does not happen that way. Be patient and allow the new way to develop in a controlled sequence - develop one skill and then use it to develop the next in its proper sequence.

The Stages

There are 10 stages in the program and within each there will be a number of steps which must be climbed in sequence before going up to the next level. Briefly the 10 stages are: -

1 Controlled Delivery Technique -

Tailored to your personal circumstances i.e. Health, fitness, injuries, physical build etc. to achieve a comfortable well balanced delivery.

2 Method for Line -

To find, hold and deliberately alter the Line.

Which of the 8 major methods suits your style?

3 Method for Weight -

Which of the 6 major methods suits your style while holding the Line?

4 Most Comfortable Bowling Technique -

Combining Rhythm and Tempo with Line & Weight Methods for consistent results.

5 Pre-delivery Routine -

Applying the mind aspects of Concentration, Visualization, Imagery, Relief of Pressure/Stress so enabling a high quality first delivery and a consistent second result.

6 The 9 shots -

The purpose, standards using 4 above and the probability of success of each shot.

7 Pennant Play -

Roles & Responsibilities of all 4 Positions incl. range of shots per Position

8 Setting Objectives -

Personal Ambitions, Terminal performances and the Key issues

9 Promotions by Position and Grade -

The Roles & Responsibilities, standards of performance and the shots per Position.

10 Head Building -

Setting Match plans, tactics, strategies and the Art of 'Skipper ship'

Completing the stages

The stages may be likened to climbing a ladder! We cannot expect to jump from the bottom to the top without taking each rung at a time and in the correct sequence. So too is this program. - The achievement of one step at a time in a co-ordinated sequence.

Some of these stages have many steps within them and unfortunately some previous understandings may need to be discarded or 'unlearned' and replaced through a relearning process. This ladder to success (this program) can then have a reasonable chance of becoming a reality.

Incidentally, there is a strong emphasis on the enjoyment of the challenge that lies ahead.

Limit

The top of the Ladder will be that as in the setting of realistic Objectives and the level of dedication that you are willing to put into your own development.

The Program is available however it is up to the player to co-operate and develop at his/her own pace.

Entering the Coaching Stages

Some of our members have already participated to their level of commitment with outstanding success - credit to them for their efforts and the rewards that they have gained from the program.

If you are interested in developing your game via this program, then please book an appointment with me and we can start what may be a relatively short or indeed a lengthy period dependent upon your willingness to try a different and controlled approach.

In any case the first four stages are available to all even if they consider themselves as 'Social' players and do not wish to put in the effort required of the higher levels that automatically apply.

The offer is there - now it is up to you!

Brian McIntyre