

MULGRAVE COUNTRY CLUB



COACHES NOTES

Coaching & Training	2
Thursday Morning Coaching Sessions	2
Mulgrave Team Building Notes:	3
Mulgrave Player Positions Season 2016/17.	4



MULGRAVE COUNTRY CLUB COACHES CORNER

Coaching & Training

During the bowls season, coaches are available to work with new and experienced bowlers. New bowlers will be referred to the Chairman of the Coaching Panel, who will then assign a coach to teach them the basics of the game. Experienced bowlers who need assistance with any aspect of their game are invited to contact one of the coaches listed in the handbook.

If you have a query about training and coaching, please do not hesitate to contact a coach.

Thursday Morning Coaching Sessions

Every Thursday during the bowls season, from 10.00 am to 12 noon, practice drills will be set up and coaches will be available to assist players. The drills will be changed from week to week, and the aim is to give players a chance to practice specific shots. Both new and experienced bowlers are welcome.



MULGRAVE COUNTRY CLUB COACHES CORNER

Mulgrave Team Building Notes:

These words are from the Mulgrave Members.

THIS OUR BRAND!!!!

- Positive
- Every bowl counts
- Professional
- Encouragement
- Collaborative
- Concentration
- Determined
- Enjoyment
- Inspire
- Consistency
- Achieve
- Respectful
- Game plan
- Team first
- Teamwork
- Strategic
- Commitment
- Adaptable
- Supportive
- Never give up

Set goals, no negative thoughts, team motivation, unity, gracious in defeat, keep score board up-to-date, rehydration, practice as a rink if possible, pre-came exercise, stretching if capable, education read books watch games of bowls, visualisation, confident in playing shots, communication with fellow players, encouragement support your team, be confident in your skips decisions, pause before stepping onto the mat, don't rush into your shot, use the mat to your advantage to get under or around a bowl.



MULGRAVE COUNTRY CLUB COACHES CORNER

Mulgrave Player Positions - Season 2016/17

Lead:

Must get behind the jack, don't be short, roll the jack to the length the skipper wants, avoid cutting the head, bowl to comfortable hand, take note of hand bowled by opposition, aim to be 2 foot from the Jack, encourage other bowlers, discuss possibilities, own your position in the team, don't criticise teammates, concentrate, reach head, rhythm, focus encourage, bowls in good position, listen, posture and etiquette.

Second:

Seconds cover the lead, add to the leads bowls, compliment the lead, no reason for short bowls, don't get on the mat with a preconceived idea, if you do not see the shot called ask if you can come up to the head, be in regular communication with this skipper and speak about the trends of the game, and how the card looks, be aware of changes conditions momentum, monitor your leads bowls, the line the hand they are played on, monitor the big board change it if you are nearest.

Third:

Thirds communicate with Skip, call the skip to the head regularly, be aware of the situation of the head, positive encouragement, measure every doubtful shot, keep the team motivated, chalk the bowl when it comes to rest, stand together as one, remain involved when others are bowling, concentrate at all times, maintain focus in the rink discuss shot selection, execute game plan, mental toughness, show emotion, chemistry with skipper, be precise with your call, be specific with what weight is required, if you do not understand the skippers call walk to the head.

Skip:

Skip communicate, ownership, encourage, positive, game plan, weakness & strengths, anticipate big board, play smart, be patient, check the card on a regular basis, call correct shot, read the game, positive body language, don't be afraid to change length, encourage players, know your players capabilities, play the percentage shots, get second shot, no clangers, don't be afraid to visit the head regularly, don't play a shot blind see the shot commit to the shot, execute the shot and celebrate with your rink, keep opposition to under 18 shots and overall to 70 or less.