

Hugh Wyndham Park, 15 Hume Road
Dunkeld West, Johannesburg 2196
P O Box 47177, Parklands 2121
Tel: (011) 788-0005
Fax: (011) 880-4578
E-mail: john@bowlssa.co.za
Website: <http://www.bowlssa.co.za>



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**TO: DISTRICT SECRETARIES
EXECUTIVE
MEDIA**

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LAWN BOWLS COACHING

We take pride in presenting LAWN BOWLS COACHING a comprehensive coaching manual which has been produced by the **National Standing Committee: Coaches (NSCC)**. This publication is the result of a four year project.

Written to meet the needs of coaches at every level, this practical book informs readers about the most fundamental coaching techniques. These techniques involve mental and physical training methods designed to help players perform to their highest possible standard.

The manual includes sections on:

- Principals of Coaching
- Teaching, Learning and Communication Strategies
- Biomechanics of Bowls
- Fault Correction
- Building Mental Toughness
- Lifestyle issues
- Squad Coaching

Supported with more than 80 illustrations and dozens of tables this publication is printed in loose leaf format to assist easy updating of material and offers easy access to all of the key principles relating to the delivery of the jack and bowl.

This publication is available from the office at R300.00 per copy and must be ordered through District Secretaries in the usual manner.

It would be appreciated if widespread publicity could be given to this manual as the publication is not only meant for coaches.

A handwritten signature in black ink, appearing to read "John Ravenscroft".

**John Ravenscroft
Operations Manager**

Executive Committee:

President: Allan Freeman, Vice President: Kallie Haupt
Members: Robert Forbes, Fred Kruijs, Charles Levy, Andrew Strong

