

COACHES FORUM

FOR THE EXCHANGE OF COACHING NEWS AND VIEWS

(FROM BOWLS SOUTH AFRICA COACHES STANDING COMMITTEE)

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A NEW YEAR FOR COACHING ?

This is a question that depends on your personal outlook. We have completed the Masters Tournament and also the Test series against England and it may be of interest to consider what part, if any, did coaching play in the results of these events.

There is a general feeling amongst bowlers that they do not need coaching except perhaps amongst the youth. Why is this ? At a recent presentation the question was asked as to why the game of bowls is usually played with a disregard for both the Laws of the game and also the benefits of having a qualified coach available to assist players. We did not receive an answer !

Do the Proteas (Cricket) have a coach as a figurehead, is he there to teach them how to play cricket, or is he there to improve their skills ? When they have a slump in their form who do they turn to ? Why do all our top rugby sides have coaches ? Are they used ? With all other sports we have achieved a lot – the World Cup in Rugby, a series win in Australia for the cricket side – do we now do away with coaches because we have achieved results ? The answer is a most definite **NO !** By using qualified coaches we can achieve even greater success – so why is this not the case with bowlers ?

Coaches spend a lot of time and effort in qualifying and have knowledge and skills to be given to any bowler who is prepared to use their services. We do have some of our bowlers who have

achieved top honours by spending time with a coach.

Let's make 2009 the year when coaches are seen to be playing a major part in our players success, no matter at what level.

2009 – THE YEAR OF THE COACH

Maybe the District Leagues or competitions, or National events and even International events can benefit from quality coaching. The coach is a major “player” in both team and individual events and should be seen and used more often.

COURSE UPDATE

In 2008 several courses had to be cancelled due to lack of applicants, however this year has seen courses being run in Western Province and Natal Inland during March and a Club Course is planned for Mpumalanga from June 11th to the 14th. The venue for this course has not been finalised but more details can be obtained from Gussie Dick on 083 228 9315.

Central Gauteng are holding a Club Coach course in July and already have candidates from neighbouring districts. Further details can be obtained from Sue Upton on 072 407 2400.

It should also be noted that there is a time limit for completion of these courses. Unfortunately some districts appear to have ignored this requirement to the detriment of the Candidates. May we appeal to all districts to follow the prescribed time table.

Despite giving several months notice the response to this years Level 2 Upgrade Course has been extremely disappointing but with the upgrading of all training material together with restructuring the course itself it is hoped that 2010 will be better.

The structure of the Level 3 course is still being discussed and further information will be distributed as soon as the details are finalised.

It is important that all coaches undergo a Refresher Course every four years in order to keep up to date with current practices.

NEW DVD

The National Academy has recently released a DVD entitled "Walk the Line". This DVD is described as "A Complete Guide to the Mechanics of Lawn Bowls" and is intended to be a resource to any bowler seeking assistance in the improvement of their game and as an additional teaching aid for coaches.

The DVD has English, Afrikaans and sign language options and is available via your District at R 50 each.

It must be stressed that the DVD is aimed at assisting the coach in improving the standard of bowls throughout South Africa.

TALENT IDENTIFICATION AND ASSESSMENT PROGRAM.

At the end of 2008 three of our twenty districts had still to complete this National Program and it is hoped that these remaining districts will be up to date by the end of April.

During the initial part of this program the local district coaches were shown how to continue with this program in their own districts and many new potential squad players have been identified as a result. Feedback from some districts has also indicated that the overall standard of play and skills has been improved and players

are realising the benefits of undertaking these exercises.

IN CLOSING

A thought towards our suggestion for making 2009 the year of the Coach :

A good coach will not change your style but

A good Coach will improve your technique.

Let's make sure we are all "good coaches".

There is no such thing as "a magic bullet" to improve your bowls; it takes patience, practice and perseverance to hone your own skills into a successful routine and hopefully the perfect delivery every time.

Remember that quality practice and quality preparation create and enhance quality performance.

A final quotation from "The Secret Garden" by Frances Hodgson Burnett.

"At first people refuse to believe that a strange new thing can be done – then it is done and all the world wonders why it was not done centuries ago".

Let's not wait centuries before coaching is recognised as a benefit to ALL bowlers.

REMEMBER

**LETS WEAR OUR BADGE AND
PLAY THE GAME WITH PRIDE**