

Coaches Info shared space (updated link) <https://goo.gl/LqKeiB> – (Ctrl-Click to access)
Email additions for shared space to dixie@nmmu.ac.za

Level 2 Coaches' Course(s)

See Circular 19 for details & Circular 21 for the updated links to apply ASAP.

Using Technology in Coaching

Video analysis has become a huge factor in the analysis of technique for all sports like soccer, golf tennis etc. One only has to look at the products on the market today to see why top athletes perform so well and keep on achieving greater heights.

A smartphone or tablet with a video app has become one of the most useful coaching aids in a coach's 'box'. The first one that comes to mind is Dartfish Express (only available for Apple devices ±R90), which is used by Theuns Fraser and Simon Botha in the National Academy.

Other apps (free) that can be used on Android devices as well are:

- Uber Technique (version 4.3 or later)
- Coaches eye
- Quick Coach V3.

There is another app called EasyTAG which is very useful to keep track of an individual's or a team's performance during skills training or a game (game notation) and have cumulative analysis of the results both during and straight after the session.

Brian Sayce

Setting up your Skills Clinics

(Skills Afternoons in Eden- follow-up)

A number of people have asked how this works so that they can replicate it in their own areas. Since Forum 38, a number of Trevor's players have done extremely well in Eden competitions – one of his novices has just won the Eden Novice Singles and was named the Most Improved Player of the Year in the district. These results automatically provide even more marketing for the skills afternoons – the green space he needs grows all the time! How Trevor organises his Monday afternoons at George BC:

- Started off offering it to club members but it has since expanded to players from around the district, from Novice to A-Inter-District players.
- Players generally arrive in 2 groups – 3pm-5pm & then the workers arrive at 5pm to play until

7pm (or darkness!). As players arrive, they slot into the circuit.

- A 6-rink circuit of drawing skills is set up, depending on what skills (not only technical) will be worked on during that session:
 - Start off with random length drawing – can observe, analyse & correct general delivery routines (which include technical issues around grip, stance & delivery), psychological skills, etc.
 - E.g. If working on PoA & depth-perception, one rink will be set up with the mat-line at 2m & target at 23m and the mat-line at 23m & the target at 2m on the next rink – same length, similar angle, but different delivery-line.
 - E.g. if a number of more elite / experienced players, may set up a 4-rink circuit of various attacking-type shots on a separate green, especially if there are large numbers (±50 players) to relieve pressure on 6-rink drawing circuit.
- One of the main draw-cards for these sessions is not merely players practising particular skills in preparation for competitions, it is also that the players' delivery routines and other skills like psych skills and depth perception (weight), are improved through Trevor's fault analysis and correction assistance – some things as a group and some as needed by individuals. Trevor will observe them all (with his Assistant Coaches who could be coaches from Level 0 – Level 3) and then stand on one particular rink in the circuit and tweak individuals as they come through. This occasionally causes a bit of a bottleneck, but then he'll keep that player back and allow others to go through to keep the circuit flowing reasonably well.
- Due to the growing numbers, Trevor has a number of Assistant Coaches – up to 8 – helping him with the set-up, player observations & play on each rink – through discussions around the analysis of these observations, leading to a particular 'thing' being tweaked for individual players, his clinics have turned into coach-development sessions as well as player development sessions – a really useful platform for information sharing to take place in a very practical way. If possible, try to include other coaches from the club or your area, as with Trevor's current Executive duties (and life!) he cannot be there every Monday himself – but his Assistant Coaches can still provide the session for the players – a must for continuity!

- Some players arrive at 3pm and don't want to leave at 5pm! To relieve the pressure on the circuit for the 2nd group, Trevor gets these players to go to the next green and play games, to put into practice what they have been practising in the circuit.
- Players who need to travel long distances to attend, have taken the circuits back to their own clubs and attend Trevor's sessions maybe once a month, to receive his personal attention regarding their individual needs.

If anyone has further questions about this, please email Trevor at the address given at the end of this newsletter.

Ed: What we like about Trevor's timing is that: i) players may have realised they have a problem over the week-end and can immediately do something about it; and ii) they have a week to practise any tweaks to their technique before the next week-end's competition!

Frequently Asked Questions

Please email your FAQ's to dixie@nmmu.ac.za for inclusion in future publications.

1. **Skips wat ongeduldig is met nuwe spelers / Skips who are impatient with new players**
 - Play with the new player in the front-rank for the first few tabs-in games – this protects them from any shenanigans that may occur as well as helping to build their confidence.
 - Arrange with the Tabs Master to gough the draw

to ensure sympathetic skips for the new players at least the first few months.

- As the coach, communicate assertively with club players (e.g. at every club AGM when they are all together!) about how the club needs them to be patient and supportive of the new player.
 - Maybe even have a club ruling, that brand-new players play 2nd (in fours) until they have settled a bit and then add the pressure of the jack delivery and open head – if the uncaring skip has bowls in the head from the lead, the lack of accuracy / consistency from the new player becomes less of an issue. *I asked a bunch of new-ish players about this and they all thought that it would be a really good idea!* Skips would need to be educated though, that they should only ask these new players to draw – nothing fancy!
2. **Should a coach offer advice to players with bio-mechanically awkward deliveries – e.g. koeksister, or butt-in-the-air?**
 - Even if the player is successful (and the don't-fix-wot-ain't-broke rule should apply), this is an area where the coach should offer to help (always explain WHY).
 - If the player has been experiencing pain after play (e.g. neck as playing butt-in-air; knees / hips due to koeksister), they are usually more willing to make the change for their health, rather than any problem with their play!

Graham's Coaching Corner

The most common fault at this time of the season is the lack of good timing – as a result, players find that they are dropping short. Their (incorrect logic) to overcome this is to speed up the delivery action – BUT the quicker the backswing, the quicker the forward step, causing the player to rush the forward swing; playing catch-up with the faster step. This tends to result in a total loss of timing and increased frustration for the player!

It is essential to keep the backswing slow in order to provide appropriate timing of the step. The speed of the bowl is controlled by the forward swing of the arm only.

Slow backswing + step = timing
Forward arm movement = speed (length / weight)

Graham Mackenzie

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Coaches Forum is the official publication of Bowls South Africa's NSCC

Please email your stories to johnjill@telkomsa.net