

Zone Camps

After a break in 2015, the National Academy are again giving players from all around the country, an opportunity to strut their stuff in a series of 12 assessment exercises. The camps will be held in 6 areas around the country 24-26 June:

Camp	Districts
Bella-Bella	BGN, Limpopo, Mpumalanga
Cape Town	Boland, Eden, WP
Edenvale	EKB, JBA, Sables, Sedibeng
Pietermaritzburg	Kingfisher, KZN Country, Natal Inland, Port Natal
Port Elizabeth	Border, EP
Welkom	N Cape, NFS, N West, SFS

The coaches will be running these camps on behalf of the National Academy and **all camps need local coaches to assist with the scoring** – please contact the liaison coach for your district ASAP if you are prepared to assist on any of these days. If you help on Saturday morning, you get tea, if you work all day Saturday, you get tea and lunch!! ☺

Ekurhuleni ran a mini zone camp for under 35's early in May. The guys & girls enjoyed some great bowls & good fun until ... **much needed rain stopped play**. The standard of bowls was high, and some good scores were recorded. On the picture below the scores were 7-5-5



OMW!! Who was short with the last bowl?!??? Well done guys we want to see more of these! B Sayce

Frequently Asked Questions

1. How to stop a player hanging on to the bowl – releasing too late?

- It is probably a timing issue – the easiest way to fix any timing issue, is to break down the delivery movement into individual elements and do one at a time slowly – maybe without the bowl first to build the rhythm – then slowly build up the speed until it is one movement again.
- Using the 10m mat is good for this kind of correction, as there is no task involved – only process, and the player can get used to the process without walking up and down so much (wasting time) and then once the process is there, play up the green (no jack – just same line, comfy swing for weight), then later add a jack (the task).

2. What can coaches do when the Club Executive are negative towards or unappreciative of coaching? (PN C-2-C)

- Assertive communication and education is the key to sell coaching to negative committees – an on-going thing as committees tend to change annually.
- Ask for time at a monthly meeting to do a short presentation about WHY and WHAT coaches can contribute to the club with management support. PS this sometimes needs to be done with the District Executive & Selectors as well! But as your current District President is a coach, you will surely have a sympathetic ear and representative on your current Executive. ☺
- Most importantly – **show what you can do** – that is always the best way to earn respect!

3. How to ensure that all the coaches at a particular club get an equal opportunity to coach?

- There should be an established protocol of how people are allocated new players to coach (the same people should not grab everyone that comes along) with an appropriate match of personalities between coach and player where possible.
- There should also be an agreed-upon protocol for how various issues are handled (like a player having worked with 1 coach, requests help from a different coach, etc.).

Around & About

2016 Level 1 Courses (to date)

If your district is not planning on running Level 1 course this year, you may like to join a course in a neighbouring district. Contact the relevant NSCC district liaison member for information.

Eden	George	16-17 & 23-24/07/2016
Boland	Swellendam	6-7 & 20-21/08/2016
BGN	Pretoria	10-11 & 24-25/09/2016
Kingfisher	South Coast	19-22/09/2016
EP	Port Alfred	7 – 11/11/2016

Coaches Info shared space (click on link) <https://goo.gl/LqKeiB>

NOTE: to access the space, create a Google account first, then sign-in

Email additions for shared space to dixie@nmmu.ac.za

Getting into the Bubble (02) – Second

This is the second of a series of 6 articles that focus on the TEAM aspects of PST – psychological skills training – which coaches could use to help individual players and / or develop clinics focused on the various Team positions individually and the Team as a whole.

CH Dixie & E Davis

The Second has the toughest task mentally of all a Fours-team players – the Lead plays to an open Jack and the back-rank have seen the head up close before they play. The Second plays ‘blind’ and has to have complete trust in the Skip in terms of shot selection.

The Second should never have preconceived ideas of what shot to play, as these thoughts will clutter the mind if the Skip calls for something different. The Second should wait patiently at the back of the mat until the Skip indicates the shot to play – only then should the Second pick up the bowl in commencement of the delivery-routine. As Jenson (2016) describes, “The second must be a versatile player for defense, attack or recovery with the ability to

- Draw on either hand to the jack or to a position designated by the skip,
- Be able to play on-shots to trail the jack to designated lengths,
- Rest on or wrest out bowls from the head.
- Re-establish the leads obligation at the head, when the lead has failed.”

The Second needs to hone his/her delivery-routine to ensure reliability in hitting the variety of lines needed for the different types of shots that may be called for. Practising all the different types of drawing shots and light attacking shots is vital to give the Second the confidence to play the required shot, no matter what the head looks like and the situation of the game.

The Second should practise slight adjustments of their lines in order to play different types of shots on the day.



Showing the Second how to make slight adjustments to the line by moving the anchor foot slightly to the left or right and using the same point-of-aim is by far the easiest way of making that slight

line adjustment – but this will only work if the anchor-foot is usually placed in the centre of the mat! The mantra for this is ‘step inside to play outside’ or ‘step outside to play inside’ as this technique is also very useful play inside or outside a front bowl on the drawing-line. This technique is also useful when the new Second is learning how to play the positional draw with a slight line & weight adjustment.

Additional PST is needed where the Second practises remembering the lines for different shots on both sides of the rink, from both ends! Even a bowl delivered on the wrong line for the shot required on this end, provides information that should be stored for later, in case a shot ending in the same position is required later. No bowl delivered should be ignored – it may not be required this time, but the information should be stored in the memory for retrieval when it is required.

When passing the Third on the way to the head, the Second needs to strongly resist telling the Third what to do – the Third has just left the head with a plan in mind, as discussed with the Skip, so other remarks being added are merely distracting and not at all useful! The Second (& Lead) should merely provide encouragement and support in passing.

One of the official duties that can easily distract a new Second from their play-focus is the need to maintain the score-board (if toss one) when at that end – let them practise this in tabs-in games before expecting them to manage this task in a high-pressure competition.

Add a little etiquette to your ‘lesson’ for new Seconds – too often, a Second will rush off to do the score-board as soon as the head is broken, leaving everyone else to kick bowls, much to their annoyance! Make sure your Seconds help the other members of the front-rank to gather the bowls before going to write up the score.

Jensen, M. (2016) *Playing your Part as the Second* http://www.comobowls.com.au/customdata/index.cfm?fuseaction=Display_Image_Listing&CategoryID=24030&OrgID=16545 Accessed 2016-05-21.

Graham's Coaching Corner

As winter is setting in and the greens speed up after their summer growth, players tend to shorten the backswing, which causes an early forward step, resulting in a push delivery that will be a nightmare when the grass starts growing again! The speed of the backswing also controls the speed of the step and with all these changes, timing of the delivery goes out of the window!

The only change that players should be making, to adjust to the ever-quickenings greens, is to slow the forward swing of the arm – everything else should stay at the same tempo to maintain the delivery-routine.

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Please email your stories to johnjill@telkomsa.net