

## SCHEDULE OF TRAIN-THE-TRAINER COURSES

	Districts	Location	Date
1	SFS, NFS, N Cape	Bloemfontein	15-17 July
2	JBA, BGN, EGB	Edenvale	22-24 July
3	NW, Sables, Sedibeng	Krugersdorp	5-7 Aug
4	WP, Boland, S Cape	Swellendam	19-21 Aug
5	PN, KBA, NI, KZN	Pietermaritzburg	30 Sep – 2 Oct
6	Limpopo, Mpumalanga	Middleburg	28-30 Oct
7	EP, Border	Kowie, Port Alfred	15-17 Dec

The times planned are:

Friday	16:30 start (Registration with session starting at 17:00)
Saturday	All Day
Sunday	Ending at midday

**Should any district have a major problem with the date allocated to that particular area, they should contact Kallie Haupt (082 927 3625 or [haupt4@telkomsa.net](mailto:haupt4@telkomsa.net)) immediately. (Circular 2011 30)**

**LEVEL 1 COURSES** may be arranged with Jill Atkinson ([jillatkinson@mighty.co.za](mailto:jillatkinson@mighty.co.za)) for your district **AFTER** these dates.

### Graham Mackenzie's Coaching Corner: THE "GHOST" DRAW

#### ***Playing just Inside / Outside the Line***

Newer bowlers tend to find it difficult to change their line by a miniscule margin in order to draw inside / outside a front bowl directly in the drawing line or to play the pound-on shot. They tend to overcompensate and play too wide or too narrow.

To help these bowlers get their head around how much to adjust their line, place two strings or elastic on the green – one on the drawing line and one on the slightly adjusted line. The bowler practices with two bowls – delivering one on the drawing line and one on the adjusted line.

Another way to practise this is to place two bowls "in the way, ie in on your established line" for the draw.



**Now practise drawing both inside and outside the line on both hands. Just imagine the bowls are not there!**

NSCC Member	District Liaison Responsibility	Cellphone	Email
Kallie Haupt	BSA Executive	082 927 3625	<a href="mailto:haupt4@telkomsa.net">haupt4@telkomsa.net</a>
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Vacant	Sables, JBA, NW, Sedibeng	Contact Kallie Haupt	

## NEWS FROM THE DISTRICTS / NUUS VAN DIE DISTRIKTE

### Dagkliniek te Bonnievale

Bonnievale Rolbalklub het die afgelope jaar sterk gegroei. Die klub het heelparty jong lede bygekry o.a 10 skoliere. Aangesien 5 van ons junior lede boonop in die Boland O/19-span opgeneem is, het ons klub gevoel dat almal sou kon baat by 'n dag van afrigting.

Op Saterdag 26 Maart 2011 het me. Marina Van Wyk (Convenor, Staande Kom. Afrigters, Boland), en Ronnie Atkins, Bonnievale Rolbalklub besoek en 'n baie produktiewe afrigtingskliniek aangebied.

Vandat ons om 9:00 begin het, was Marina se aanbieding boeiend en insiggewend. Die afwisseling tussen teorie in die klubhuis en die praktiese toepassing op die perk, het die kursusgangers se aandag deurgaans geboei. Elkeen was voluit betrokke by die kursus tot met die finale afsluiting en algemene bespreking om 16:00. Die bespreking van baanetiket, op daardie laat middaguur terwyl Stormer-rugby op die



kassie roep, het so 'n lewendige reaksie ontlok, dat Marina gesukkel het om die bespreking afgesluit te kry.

Agterna was die kursusgangers dit eens dat dit werklik vir ons as nuweling baie leersaam was - vanaf die sielkundige voorbereiding, deur die regte asemhalingstegnieke tot by die nodige rolbalvaardighede vir die verskillende spanposissies. Ronnie het van elke kursusganger se aflewering 'n video geneem

wat later bestudeer en bespreek is. Die prakties op die perk is afgesluit met 6 interessante oefeninge waarvoor kursusgangers telkaarte moes voltooi. Dit het soveel byval gevind dat ons dit nou gereeld Donderdagaande gaan doen.

Van ons almal: 'n reuse-dankie aan Marina en Ronnie – julle kan maar!!

**Dirk Jordaan, Ontwikkelingsbeampte  
Bonnievale Rolbal Klub.**

### Port Natal

Hazel Lillig is a District Coach in Port Natal and runs the Academy. She is running both the mens' and ladies' academies. Due to the great demand of players wishing to attend the academy Hazel has had to form a second T.I.D. Camp. Eight ladies from the academy have been invited to the Provincial Squad and eight of the ladies from the T.I.D. Camp have moved up to the academy Camp. On average Hazel receives 300 assessments per month from these players. Well done Port Natal!

(News sent by J Atkinson of NSCC)

**Newsflash ....**

**Level 2 training course will  
be held 20-25/11/2011**

## Starting Players on a Psychological Journey

A much neglected part of bowls coaching is the mental or psychological side of the game. Target sports like bowls and golf allow the players time to plan their strategy and shot-making, yet as coaches we hardly ever address this aspect of our game. We tend to concentrate on the delivery technique, almost to the exclusion of all the other aspects of the game. We tend to expect the 'good' bowlers to inherently possess the skills necessary to strategise, to focus, to relax, to control their emotions, to ignore distractions – to be mentally strong with big match temperament (BMT).

Can we as coaches assist our players in building their mental skills? Of course we can! Granted, some are more receptive than others, but every step taken will take our players on a journey to ever greater mental strength.

What can we do as coaches of new bowlers? We coach the clinic style of grip, stance and delivery. Added to that is how to adjust the line and length to allow for different greens of different speeds, etiquette and some of the laws of the game - just enough to allow the new players to integrate seamlessly into a tabs-in game at our clubs. What we can add to this, from the first lesson, is explicitly encouraging a consistent delivery routine, from the moment the player picks up the bowl until the bowl comes to rest at the head.

This routine has many advantages both technically and psychologically. Technically it reduces potentially harmful variables by ensuring that the bowl is held the same way in the hand *every time*; that the feet are placed on the mat the same way *every time*, that the body is lined up properly *every time*;

that the arm swings the same way *every time*; that the follow through is straight *every time*; and that the player watches the bowl to learn from it *every time*. Psychologically, the routine assists the player to move from a semi-relaxed mental state to full concentration for the actual delivery; it frees the mind to concentrate only on the weight required as the anchor foot has already set the body up for the required line; and it helps the player get centred which fades out distractions and stress.

What is a delivery routine? Ask 10 players and you'll get 10 different routines! This routine is personal in the details (the *how*), but the fundamental elements (the *what*) are the same for everyone – see Table on page 4.

Most new players are coached over a series of lessons and this routine can be built up element by element as the players' understanding of the game grows. This is especially necessary for those new players who want to play competitively right off the bat – the faster they learn consistency, the faster they'll be able to contribute to a team and the quicker they'll be hooked on this wonderful game of bowls.

The sooner we start players on a journey of building their mental skills, the faster they'll travel to their goal on mental strength in bowls and in life.

**Article by CH Dixie  
(member of NSCC)**

### Mind Power

The difference between those of us who succeed in a programme and those who fail, is the ability to overcome the mental blocks and negative thoughts that sabotage our success. Before you can overcome the physical challenges, you must overcome your mental challenges. Live your life and not your age.

### Elements of a Delivery Routine

	Element	Explanation
1.	Stand behind the mat with bowl at hand	This allows the players to start moving from a relaxed state to a concentrated state without having to rush around trying to find their bowl while everyone waits, and then rushing into playing their shots.
2.	Understanding the shot required	How often does a player step boldly onto the mat with a particular shot in mind, only to have the skip call a different shot? The player then shuffles around on the mat and as often or not plays a wrong bias or the wrong line because that shot that they thought of is still milling around in their heads!
3.	Pick up bowl & check bias	Eliminates having to think about the bias during delivery (and buying drinks for everyone after the game if you don't!).
4.	Deliberately grip the bowl in the delivery hand	Grabbing the bowl any which way means that it will come out any which way too!
5.	Step onto the mat with the anchor-foot on and pointing at the line	Lining the body up eliminates the mental energy (but not the visual focus!) of manoeuvring the bowl onto the required line.
6.	Take up stance	This ensures that the arm can swing straight and that the body is well balanced.
7.	Visualise projected route of bowl to point of rest	By mentally following the route of the bowl, the player establishes both the line and the weight necessary to achieve the required shot. At this point the player has systematically built up his/her concentration to the peak necessary to deliver the bowl.
8.	Deliver the bowl with eyes on point of aim	Everything has been set up so that all the player needs to do is let the bowl go without conscious thought – <i>in the zone!</i>
9.	Follow through	If the hand is pointing to the point of aim, the chances are good that the bowl has been delivered on the required line. Watching the route of the bowl through the first 5m – 10m also allows the player to garner information about the line.
10.	Stand up on stepping-foot	This not only protects the player's back but also allows him/her to be out of the way of the opponent the moment the bowl comes to rest.
11.	Watch bowl to point of rest	Something can be learned from every bowl delivered to factor into the next delivery.

**Coaches Forum is the official publication of Bowls South Africa's NSCC. Please send your news and views to the Editor, Merle van den Berg at [merlof@telkomsa.net](mailto:merlof@telkomsa.net) or give her a call on 043-7483985 or 082-6934 227. Her postal address is P O Box 2486, Beacon Bay, 5205.**