

# MULGRAVE COUNTRY CLUB



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## Coaching & Training

During the bowls season, coaches are available to work with new and experienced bowlers. New bowlers will initially meet with the Head Coach who is Chairman of the Coaching Panel. He will then assign coaches from the panel as needed. New bowlers work with a coach to learn the basics of the game.

Experienced bowlers who need assistance with any aspects of their game are invited to contact the Head Coach who will appoint a coach to assist them. If you have a query about training and coaching, please don't hesitate to approach the Head Coach. (contact details in handbook)

## Scheduled Coaching Sessions

Organised sessions will occur every THURSDAY during the bowls season. These run from 3.30pm to 5.00pm, with practice drills set up and coaches available to assist players. The drills will be changed at regular intervals, aiming to give players a chance to practice specific shots. Players will be encouraged to participate in programmes to identify and gauge bowling competencies. Thursday training and coaching will have an emphasis on practising for Pennant games, however, both new and experienced bowlers are welcome to all Thursday sessions.

The other coaching afternoon is TUESDAY 3.30-5.00, where emphasis is placed on skill and drills training, and again, all welcome.

From time to time the Head Coach will organise other special training times and Workshops, with emphasis on covering specific topics. They will be widely publicised, particularly via Team App.

You may contact the Head Coach at any time to arrange coaching by appointment.

## Practice

Players are encouraged to practise as often as they wish. Always practise with purpose, play short ends or ditch to ditch, think of the shots you need to work on and spend time practising them.



***Achievement***  
***Adaptability***  
***Collaboration***  
***Commitment***  
***Communication***  
***Composure***  
***Concentration***  
***Consistency***  
***Control***  
***Determination***  
***Education***  
***Encouragement***  
***Enjoyment***  
***Every Bowl Counts***  
***Game Plan***  
***Goal Setting***  
***Gracious in Defeat***  
***Inspiration***

***Never Give Up***  
***Peace of Mind***  
***Positivity***  
***Practice***  
***Professionalism***  
***Rehydration***  
***Respect***  
***Routine***  
***Self-Development***  
***Strategy***  
***Support***  
***Team First***  
***Team Motivation***  
***Teamwork***  
***Trust***  
***Unity***  
***Visualisation***  
***Warm Up***

### **WHAT IS MULGRAVE BOWLS CLUB?**

In team building sessions our members agreed that these words reflect our goals and beliefs





## Mulgrave Player Positions - Season 2020/21

### **Lead:**

Should try to get both bowls close to the jack, don't be short, roll the jack to the length the skipper wants, avoid cutting the head, bowl to comfortable hand, take note of hand bowled by opposition, aim to be in the scoring zone, stay on one side of green unless instructed by the skip to change, encourage other bowlers, discuss possibilities, own your position in the team, don't criticise team mates, concentrate, reach head, rhythm, focus, encourage, get bowls in good position, listen, posture and etiquette.

### **Second:**

Seconds cover the lead, add to the lead's bowls, compliment the lead, no reason for short bowls, don't get on the mat with a preconceived idea, if you do not see the shot called ask if you can come up to the head, be in regular communication with the skipper and speak about the trends of the game, and how the card looks, be aware of changed conditions, momentum, monitor your lead's bowls, the line the hand they are played on, monitor the big board and update it if you are nearest.

### **Third:**

Thirds communicate with skip, call the skip to the head regularly, be aware of the situation of the head, positive encouragement, measure every doubtful shot, keep the team motivated, chalk a toucher when it comes to rest, stand together as one, remain involved when others are bowling, concentrate at all times, maintain focus in the rink and discuss shot selection, execute game plan, mental toughness, show emotion, chemistry with skipper, be precise with your call, be specific with what weight is required, if you do not understand the skipper's call walk to the head.

### **Skip:**

Skip communicate, ownership, encourage, positive, game plan, weakness & strengths, anticipate big board, play smart, be patient, check the card on a regular basis, call correct shot, read the game, positive body language, don't be afraid to change length, encourage players, know your players capabilities, play the percentage shots, get second shot, no clangers, don't be afraid to visit the head regularly, don't play a shot blind, see the shot commit to the shot, execute the shot and celebrate with your rink, keep opposition to under 18 shots and overall to 70 or less.

## Pre-Game Routine

Be at the venue at least 30 minutes pre game. Make sure you have everything needed to play your position: seconds - pencils or pens; thirds - measure & chalk and skips - chalk. Remember water bottle, hat and sunscreen, cloth or towel if wet. Before the game take a few moments to think about the conditions of the day (e.g. is it windy, wet) be prepared for the day. Warm up!