

Coaches Corner

Lindsay Kerr & David Willey

Your Aspirations

Do you want to play in the top side, be a skip, change team position role, play in a higher division or play pennant?
Then you need to consider.....

Questions to ask yourself as a player?

- 1 - What were the fundamentals you have worked on since last season?
- 2 - Have I set goals for this year?
- 3 - What motivates me to be a good bowler, what are my strengths?
- 4 - What is my main goal, intention as a bowler?
- 5 - How good are my technical skills? How do I know?
- 6 - What is one thing you are going to better this year?
- 7 - Describe the value of game plans and leadership.
- 8 - How do you cope with the different playing surfaces we play on?

What is holding you back?

- 1 - Lack of knowledge - bowls club is full of knowledge. Ask for help, read 'Coaches Corner' articles.
- 2 - Lack of skill - skills can be improved by practice with purpose.
- 3 - Lack of desire - just do it!
- 4 - Lack of goals - set goals and write them down and make them specific. E.g. Improve my draw shot consistency to get at least one bowl within a mats length every end.
- 5 - Poor attitude - first and foremost a positive attitude is the right attitude.

Getting Help

- **Peter Blee has expert coaching lessons each Sunday at 11am.**
- **You may also ask Lindsay Kerr or David Willey on Thursdays.**
- **Garry Waldron is the clubs best Drive Bowler, ask him for help.**