

## Train-the-Trainer Courses successfully completed...



Pietermaritzburg



Lekkerbreek



Port Alfred

The Train-the-Trainer courses that were held throughout the country mean that every district has now been empowered to run their own Level 1 courses. The new reference book for Lawn Bowls Coaching developed by NSCC, with additional reviewers, was used at these courses. Details of how to present the (Club) Coaches courses, handouts and other resources and how to use them were provided at these courses.

The first course was held at Bloemfontein in July last year and the last at Port Alfred in December. From the outset the idea was to combine neighbouring districts at a central venue.

The districts were not slow to begin implementing the new material! A couple of districts presented Club Coaches courses towards the end of last year. There are applications to hold seven courses this year, with Western Province requesting two, one in July and one in September.

***Well done Province!***

## ***PORT NATAL REGIONAL ACADEMY SHOWS US HOW!***



Hazel Lillig is shown here with members of the Port Natal Academy for men and lady bowlers. Due to the demand of players wishing to attend the Academy Hazel had to form a second group to do the TID programme. The Academy forms a feeder for the provincial squad as eight ladies from the Academy were invited to the Provincial Squad. Eight ladies from the second-tier TID group then made their way up to the Academy. Hazel Lillig (with the sunglasses front & centre) is a District Coach in Port Natal and runs the Academy. On average Hazel receives 300 assessments per month from these players. Well done Port Natal and Hazel!

### Graham Mackenzie's Coaching Corner: The "Ghost" Draw

This is an excellent practice exercise when you are looking for a different way of practicing. Try it! Arrange two bowls in front of the jack, forming a triangle. Now draw to reach the jack and get shot.

○ (Jack)

○ ○

Alternate both hands, i.e. both forehand and backhand. Bowl both inside and outside the bowls in the draw, imagining they are not there. Replace the bowls if you knock them out or in, or use a nail to fix a sponge or plastic golf-ball instead of bowls, if you are by yourself.

**NOTE: This is such a simple but effective way of practicing. So often we look for the grand and complicated. Stick to the basics and keep it simple!**

### The 2011 Level 2 (District) Coaches Course



*(Missing: Con Dixie, Merle van den Berg and Brian Sayce, three of the presenters and members of the NSCC)*

The course was held at Wingate Park in Pretoria from the 20 to the 24<sup>th</sup> of November. Districts were allowed to nominate two eligible candidates. From the outset it was planned that the course would be very practical and interactive with presentations by NSCC and invited speakers kept to a minimum. The emphasis was also on having fun and making coaching fun (which led to some hilarious moments)!

As most would-be coaches dread giving presentations these were done in three small groups to ensure the presenters felt comfortable and at ease.

Coaching principles, the Clinic Technique, Lifestyle, Communication, Roles and Responsibilities of coaches, Teaching and Learning Strategies were all covered. At the beginning of the course candidates were invited to give their expectations of the course which were then listed and marked off on a daily basis. Everything was finally ticked and the candidates departed with the knowledge required to do their post-course projects which entails the planning, implementation and analysis of a half-day coaching clinic which has to be completed by the end of February. NSCC plans to offer this course every second year, i.e. the next one is planned for 2013.

(The second and final part of the article, the first part of which appeared in Forum 26)

## GET YOUR FEEDBACK RIGHT...

Some aspects of Feedback Theory as applied to the playing of bowls

Merle van den Berg

(An updated article of one which appeared in *Bowls Action: Volume 2 Number 1, Jan/Feb 1999*)

### **Q What feedback should you give after playing a good shot?**

**A** Avoid nonverbal gestures of triumph – pride often comes before a fall, especially in bowls! Smile perhaps if you really need to give feedback, but be modest. If you lose your concentration by thinking you are a wonderful player, you will start playing badly. Aim at playing more good shots to improve your consistency. Successful players concentrate on **every** bowl played.

### **Q What feedback should be given to a team member's good shot?**

**A** A simple "Well done" is usually sufficient. Sometimes the player might need special encouragement if they have been struggling but don't overdo it – as this could border on gamesmanship.

### **Q What feedback should be given when the opposition plays a good shot?**

**A** To ignore a good bowl is simply bad manners and poor sportsmanship. Again a quiet word like "Well played" is sufficient. If your praise is over-exuberant, your fellow team players could think you think the opposition plays well and you are playing badly! It is a thin line that bowlers walk!

### **Q What feedback should be given when the opposition inadvertently gives you a shot by promoting one of your team's bowls?**

**A** This has happened to all of us occasionally but it is extremely poor sportsmanship to thank them! "Bad luck" is sufficient.

### **Q What should you do when you have not heard an instruction, a question or feedback?**

**A** Check by asking immediately that the communication is repeated to avoid misunderstandings. If you don't it could cost your team the game. In an important game a skip shouldn't rely on unclear feedback but should inspect the head. It is vital that team members do not misunderstand each other. (The distance between the player and the skip can be

problematical.) Rather than be irritated by the query, the person should repeat and even rephrase the message.

### **Q Is it as easy to give and receive feedback in the bowling situation, as in other everyday situations?**

**A** No, the greater the distance between the individuals concerned, the more difficult it is to give and receive accurate feedback. It is so much easier to communicate, to observe and even to check intentions and meaning when you are face to face. In the bowling situation the immediacy is greatly restricted, particularly between the skip and front rank. In trips and pairs it is only when the players swap ends that they have a brief moment for an interchange. This highlights the necessity of a supportive relationship between the two members of the front rank. The same applies to the third and the skip. This restriction also means that feedback tends to be more nonverbal than verbal and thus the importance of the (agreed) sign language to avoid unnecessary shouting and the divulgence of tactics.

### **Q How do we put these guidelines on maximizing the effectiveness of feedback into practice?**

**A** You simply have to decide to start! Using feedback may seem unnatural or stilted at first, but as you feel your way and consciously try, you will notice that the communication is clearer, there are fewer misunderstandings, your team relationships, your game and the results will improve. This is particularly true of a team who constantly plays together but it also applies to all players every time they set their foot on the green. The more you empathize with the needs of others, the more sensitive and alert you will be to feedback.

### **Q Is grading necessary in a club?**

**A** Regular (six-monthly or annual) grading is vital performance feedback. It is an important development tool necessary to the growth of the

player. Those who have high goals and/or feedback needs will be motivated to improve their play and grading. Furthermore, it is crucial to building an adequate pool of talent to sustain the future needs of the club, supplying the selectors with useful information.

**Q Do T-ID (the National Academy's Talent Identification Programme) results provide useful feedback?**

**A** Yes indeed, they provide feedback not only to the players themselves but also to the district and national selectors. Clubs and districts should be encouraging their members and squads to participate in the programme which has been simplified and modified so as to be less time-consuming, thereby making it more realistic. The player's progress is measurable and plotted over time, thereby making it tangible and not simply pie in the sky.

*In conclusion, there is a skill in receiving and giving feedback and, depending on the skill used; feedback can be either destructive or extremely helpful to furthering the success of the team. Furthermore, understanding feedback needs from your own perspective as a player and from the perspective of the rest of the team can help you in improving your bowls relationships.*

**ERRATUM:** In the article on Feedback in Forum 26 it stated that the player should wait on the mat for direction from the skip. This is incorrect! The player should wait **behind the mat!**

### Level 3 (Academy) Coaches Course

NSCC plans to offer a level 3 course in the final quarter of 2013, in conjunction with the National Academy. At this level the focus is on squad and team development as well as the advanced personal development of the coach. It will be a four day course, probably over a weekend plus two days.

Candidates are required to have 200 hours of coaching at Level 2 and more advanced computer skills (Word, Excel, Access PPT) will be an advantage. It is also recommended that the candidates have Level 2 Technical Official and First Aid qualifications.

District Standing Committees will need to motivate their applications to NSCC. Closer to the time, Bowls South Africa will send the application forms to the Districts so watch out for them!

### A Bowler's Wish

May good fortune guide our bowls  
Just as we're inclined;  
May our first be on the jack  
And the next just behind;  
May our numbers two and three  
Be where we would have them be;  
Most important, may our Skip  
Save us should we slip.

*Author Unknown*

NSCC Member	District Liaison Responsibility	Cell phone	Email
Brian Sayce (Convenor)	EGB, BGN, Mpumalanga, Limpopo	082 570 5884	<a href="mailto:sayso@sherwood.za.net">sayso@sherwood.za.net</a>
Jill Atkinson	All KZN districts	079 030 7418	<a href="mailto:jillatkinson@bergmail.co.za">jillatkinson@bergmail.co.za</a>
CH Dixie	EP, WP	082 220 3707	<a href="mailto:dixie@nmmu.ac.za">dixie@nmmu.ac.za</a>
G Mackenzie	NFS, SFS, NC	082 948 9262	<a href="mailto:gailmacwhite1@yahoo.com">gailmacwhite1@yahoo.com</a>
Merle v d Berg	Border, Boland, S Cape	082 693 4227	<a href="mailto:merlof@telkomsa.net">merlof@telkomsa.net</a>
Vacant	Sables, JBA, NW, Sedibeng	Contact Brian Sayce	
Kallie Haupt	Bowls SA Executive	082 927 3625	<a href="mailto:haupt4@telkomsa.net">haupt4@telkomsa.net</a>

**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 043 748 3985 or 082 693 4227. Her postal address is P O Box 2486, Beacon Bay, 5205.**