

Stanley Park Lawn Bowling Club Coaching Program 2017

Trevor Ludski, Coaching Director
Eva Murray, Coaching Coordinator

Please see additional information below re our upcoming coaching clinic.

If you would like to become a club coach or an assistant coach kindly e-mail Trevor Ludski (coachingdirector@splbc.com) by Tuesday, April 18.

As an assistant coach you will have tremendous opportunities to learn from experienced coaches and at the same time improve your own skills and abilities.

Coaching clinics: will take place on one of the following dates:

Sunday, April 23, 10am to Noon

Thursday, April 27, 630pm to 830pm.

If you are unable to attend we will meet with you at a mutually agreeable date/time to help you familiarize yourself with the program.

A major priority will be to strive for consistency e.g. basic signals, etiquette.

We will emphasize the fundamentals of the game as outlined in the Bowler's Handbook from Bowls Canada Boulingrin.

Coaching takes place three times a week for three weeks in May.

Sundays 10am to 12 Noon (May 7, 14, 21);

Tuesdays 630pm to 830pm (May 9, 16, 23); and

Thursdays 630pm to 830pm (May 11, 18, 25).

As a coach or assistant coach you will be requested to select one of the above days to coach.

Phase One - Initial three lessons for new bowlers.

Each coach will receive a photocopy of some of the games and exercises outlined in Stephen Forrest’s book *We’re Playing Bowls, Programs For Beginners and Recreational Players*. These games will introduce new bowlers to the correct technical elements for positive team interaction.

Each lesson will last 120 minutes (90 outdoors / 30 structured reflection indoors).

During the 30 minute structured reflection questions will be open-ended and generic because bowlers will be at different levels of technical skill. New bowlers will receive a basic lawn bowling etiquette fact sheet when they register.

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| Lesson #1 | | |
| Technical Elements | Games and/or Exercises | Etiquette, etc |
| Draw shot Casting the Jack Developing a smooth delivery Controlling the weight | #1 New Balls, Please #2 Snakes and Ladders #3 Roll a Goal #5 Countdown | Mat placement Hand signals Bowl placement Deliver and walk away |
| Lesson #2 | | |
| Technical Elements | Games and/or Exercises | Etiquette, etc |
| Drawing to the jack Drawing to the ditch | #1 Draw to the Jack #2 Draw to the Ditch | Hand signals Stance Comfortable grip |
| Lesson #3 | | |
| Technical Elements | Games and/or Exercises | Etiquette, etc |

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| Draw shot Casting the Jack Developing a smooth delivery Controlling the weight Drawing to the jack Drawing to the ditch | Playing an 8-end Game with every bowler changing positions after 2 ends. There will be informal coaching throughout. At the conclusion of two ends, there will be a pause to reflect on their experiences during the coaching session. | Correct bowl size Standing in the head Scoring |
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Phase Two - Pony League, Blue Heron League and Afternoon Draws

New players will be invited to play in the Pony League, the Blue Heron League or any afternoon draws once they complete their three lessons.

Every effort will be made to ensure coaches are present to assist new players in a supportive and helpful environment.

Phase Three - Club Competitions

Once new players begin to understand the fundamentals of the game they will be encouraged to enter club competitions including the Novice Singles Competition on Saturday, August 5, 2017.

P.S. Sunday evening one-on-one coaching will be offered to any club member who feels the need to improve a particular aspect of her/his game. Details will follow.

Many thanks,

Trevor and Eva