

## Advanced Coaching

Advanced coaching needs to be put into a different category when the pupil is a newer bowler.

A new bowler must be taught certain basics, no matter what the sporting skills might be; but in coaching some of the advanced shots one must be prepared to tell the pupil that unless hours of practice are spent on these shots, very little will be achieved.

In advanced coaching we are talking not only about various shots, but also the correct shots to play when looking at the head. One must remember that while there is always the shot which should be played, much also depends on the capabilities of the bowler who is going to play it.

We must not only talk about team play, but also about team play as it relates, say, to playing in a side in a pennant match; as well, the important points which can arise in a singles match should be similarly discussed.

Most bowlers who need assistance in playing the advanced shots are those who have been bowling for about two to five years; so in these circumstances one must cover all aspects of the game of lawn bowls.

### **How should you begin?**

First, you should establish in your mind how good the pupil is; whether he/she can play a good draw shot; does the stance and delivery appear to pose any problems which might cause the delivery and aiming line to be less than accurate?

If corrections need to be made to the delivery, do this before you go on to advanced bowling; and these corrections must continue until the faults have been eradicated and the player no longer has to think about them. This could mean many practice sessions on his/her own, but advise that each practice should not be more than one hour's duration.

The coach cannot say specifically how long it might take a bowler to correct any faults, but can be certain the bowler will be a much better player with a sound delivery. All bowlers with faults should be advised not to play in games until they feel their confidence has returned, and this will take several sessions on the green.

When a bowler is taught an advanced shot, the same amount of practice time must be devoted to each shot; but it must be borne in mind that when the player is accomplished in each shot, it must be practised with that basic shot – the draw. A good practice formula to follow is two draw shots, one advanced shot and then another draw.