

# BOWLING FEDERATION OF INDIA

(Affiliated to Indian Olympic Association) Member: World Bowls Ltd, Bowls Asia

## INTERNATIONAL VIRTUAL WORKSHOP FOR COACHES DEVELOPMENT

**SCHEDULE : MAY 21 - 25, 2021**



**Day 1 FRIDAY 21 MAY**

**3:00 - 7:00pm**

**Opening Ceremony**

**3:00 - 3:20pm**

The courses will begin from

**3:30 - 7:00pm**

1. Why Coach?
2. Discussion and short videos on the basics of Lawn Bowls Coaching.
3. Fault correction-“red flags”
4. The four building blocks of coaching.

**Day 2 SATURDAY 22 MAY**

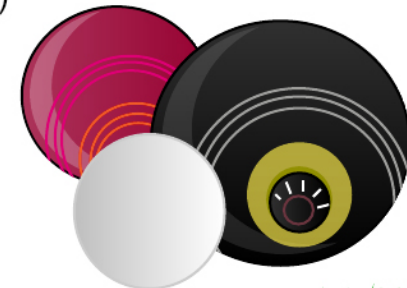
**10:00am - 2:00pm**

1. How people learn
2. Goal setting (physical and mental)
3. The physical preparation of athletes (core stability, flexibility, aerobic preparedness)
4. The inner game of Lawn Bowls

**Day 3 SUNDAY 23 MAY**

**3:00 - 7:00pm**

1. Periodization (motivation for, function, goals, various aspects, graphs, Statistics)
2. Training skills analysis (20/20, targets, trail, controlled shot, drive).
3. Specific situation based repetition exercises.
4. Game analysis-notational analysis.
5. Correlation between training and game outcomes.



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### Day 4 MONDAY 24 MAY

3:00 - 7:00pm

1. Team selection
2. Criteria
3. Requirements for each position-physical, mental, mindset, personality.
4. The close relationship between the physical, technical, tactical and psychological preparation of a player.
5. Role of each player in team.

### Day 5 TUESDAY 25 MAY

3:00 - 7:00pm

1. Focus and mental approach to a game.
2. The centering technique.
3. The value of specific situational repetition training
4. Record keeping. Know your player.
5. Adding value to the body of knowledge with regards to coaching: what is your contribution?

