

## **Milford on Sea Bowls Club**

### **Coaching Plan for 2020**

We will continue to treat the coaching of potential new members to the Club as a priority. After their 'Taster Session' this will be carried out in a structured way to comply with the programme established by the English Bowls Coaches Society (EBCS).

In addition we will be organising a number of coaching initiatives throughout the year, comprising:

1. Refresher Sessions for the 2019 intake of new members
2. Improvers for members in their second and third years
3. Development of talent in conjunction with the Ladies and Men's Captains
4. Building the Head Sessions
5. Revisiting Video Clinics and the associated Purposeful Practices carried out in 2019
6. Further Video Clinics as necessary
7. One to One Coaching Sessions by arrangement
8. Tactics for singles play
9. Etiquette for Marking

We will carry out a pre-season Spring Seminar concentrating on the 'Roles & Responsibilities' of team members and the range of 'Hand Signals' commonly used by Skips to signify what they require from the next delivery.

A Fun Bowling afternoon will be held later in the bowling year, if time permits, where 'Skills Tests' will be introduced to concentrate on those aspects of the game that are faced from time to time. These sessions will be published on the Notice Board.

We will continue to monitor the Base Stock of Club Bowls, rotating that stock as necessary and offering the surplus stock for sale to members at nominal prices. Redundant surplus stock will be offered for bulk sale. We are now in possession of 2 sets of new Thomas Taylor Ace bowls, engraved Coaching, in sizes of '0000' and '000' which will be of particular value to the Lady members. These are new to the established range offered by both Taylor Bowls and Drakes Pride in recognition of the need for smaller bowls.

We will work consistently with our Website Manager (Kate Wall) to ensure that our Web Site is as up to date as it possibly can be for coaching related matters.

Members should be aware that all of our Coaches will be delighted to be approached by any member who wishes to have 'One to One Coaching' or a specific discussion on any aspect of the game no matter how complex or trivial that aspect may be perceived to be by the individual concerned.

**Trevor Rock**

**14 November 2019**