



ENGLISH BOWLS COACHES SOCIETY

The Registrar Function: **Carol Watt-Sullivan**
149 Copers Cope Road
Beckenham, Bromley
Kent BR3 1NZ

Level Three Assessment Requirements

Name:

License Number

Address

Postcode

Email:

Tel

Mobile

Club

County

Trainer

Qualification Level
(min Level 3)

Assessor

Qualification Level
(signed off by Advanced Coach)

Date of Assessment

Venue

1. Trainer's Record card showing satisfactory completion of the following:

- Demonstrate to another coach how to Coach a Beginner
Personal & Purposeful Practices
Physical preparation including Nutrition
Phantom Four

2. Practical and Oral assessment should demonstrate the ability to:

- Diagnostic clinic using a camera
Freezing the Head
Off-green questions

Evaluation and feedback General comments to be discussed with applicant

Signature of assessor

date

NOTES FROM LOG BOOK RELATING TO WORK DONE

FREEZING THE HEAD

Criteria	Yes/No	Comment
Is the prepared Head to the ability level of the players?		
Has the Head been set up in the correct position?		
Was the introduction of the situation clear, concise & contain sufficient detail?		
Were the discussions controlled by the coach?		
Were both teams talking at the same time during shot discussion?		
Were all players given an opportunity to contribute?		
Was the exercise allowed to become stale?		
Did the coach resist the temptation to offer solutions?		
Did the coach lose sight of any of the players, or allow players to wander aimlessly?		
Did the coach give an indication of length during trial bowls?		
Did the coach play the role of the 'Devils Advocate' when appropriate?		
Did the coach let the exercise move on too quickly?		
Did the pupils enjoy the exercise?		
Was time allowed for a summary?		
EVALUATION & FEEDBACK		
Signature	date	

DIAGNOSTIC CLINIC (using a camera)

Criteria	Yes/No	Comment
Was all the equipment set up in the correct position & tested before the player arrived?		
Did the coach organize an 'assistant' to return the bowls?		
Was the player allowed to relax & explain their needs fully?		
Was an opportunity given for the player to practice their delivery?		
Did the coach stand in a position so as not to affect the player's delivery?		
Was efficient use made of the equipment during playback eg actual speed, slow motion, still frame sequence?		
Was the player allowed to comment first on what they saw?		
Were relevant questions asked by the coach?		
Was the coach able to offer suggestions to remedy the delivery problem?		
Was sufficient time allowed for the player to assimilate any changes?		
Was the camera used to illustrate the change?		
Was the player allowed the opportunity to feedback during & at the end of the session?		
Did the coach provide a clear summary for the player with an outline of how to progress?		
Did the pupil(s) enjoy the exercise?		
EVALUATION & FEEDBACK		
Signature		date

QUESTIONS FOR LEVEL THREE COACHES

- 1 What exercise could you use to help a pupil to develop line?
- 2 What could you look for in a good delivery?
- 3 What main factors determine weight?
- 4 How would you correct a wobble?
- 5 In overcoming anxiety what does the trigger word WASP represent?
- 6 If, when you measure, you move the jack what happens?
- 7 Describe what 'possession of the rink' means
- 8 What is the rule about the feet on the mat when you deliver?
- 9 How important is general fitness in the game of bowls? Why?
- 10 What effect does dehydration have on performance?
- 11 Why would you recommend a bowler to exercise before beginning a game?
- 12 Can you comment on the time-tabling of meals and their content?
- 13 What in your opinion is the best advice in the section on Nutrition?
- 14 Why set goals?
- 15 When setting goals what important aspects need to be considered?
- 16 What are your goals? What do you hope to achieve?
- 17 What are your comments on S.M.A.C.T.?
- 18 How do you feel about Level One and Two Coach Training?
- 19 What attributes would you look for to promote in a potential coach?
- 20 If you are successful in this exam, have you an area of bowling that particularly interests you and which you would want to pursue?