

English Bowls Coaches Society Courses

Following on from our recent very successful EBCS level 1 course at Tilbury where 14 bowlers from 9 clubs qualified as level 1 coaches the EBCA is arranging the following courses.

EBCS Level 1 : This course qualifies you to coach new bowlers up to being able to bowl and is the first step in your coaching career). This course enables clubs to have coaches in place on their Open Days able to introduce someone new into bowling. **The course will be held at Colchester Indoor Bowling Club from 10am to 4pm on Sat/Sun 23/24 April with qualifying on Sun 1st May.**

EBCS Level 2: The EBCS level 2 course is for EBCS level 1 coaches who wants to become more involved in the coaching of club members. The course qualifies the coach to work with all levels of coaching and to supervise a level 1 coaches. **This course will be held over 2 days at Tilbury Indoor Bowling Club . Date to be confirmed.**

EBCS Level 3 Course: This course is for the EBCS level 2 coach who wants to coach more experienced bowlers. And assist/train level 1 & 2 coaches. **This course will be held at Falcon Bowling Club on Sunday 12 Jun with additional work to be completed at clubs.**

EBCA Road Shows. The EBCA coaching team is making available two coaching sessions for clubs. The idea of these sessions is to help clubs start the new outdoor season with some practical coaching. The session one is for the newer / intermediate bowler. Coaches work with the bowler on delivery, line and length plus an overview of etiquette. Session two is for the more advanced bowler where coaches look at specific problems, look at team play, talking heads and bowls ballistic. New this year is an overview on the psychology of winning. Each session last approx. 3.5 hrs with a maximum of 4 people to a rink . Sessions 1 and 2 can be run am/pm or separately. **Course content can be amended to suit a clubs specific needs.**

If you would like to register or receive more information on any of the above please contact me via Essexbowlscoaching@gmail.com clearly stating the course(s) you are interested in and giving your full details including club.

Hope to hear from you

Trevor Plank
County Coach

PS If you are a coach and want to join our team to gain more experience please let me know.