

Self Appraisal By Bowler

*To be used by members of any Bowls Team or Squad
as part of an overall plan for self improvement as a capable bowler*

Self appraisal guide for (bowler's name)			
Rate yourself by referring to the column on the right that aptly fits you now	Needs improvement Rating 1-3	Fair to Good Rating 4-6	Very good - Excellent Rating 7-10
TECHNICAL Skill			
Delivery action consistency- backhand			
Delivery action consistency- forehand			
Draw bowling competency Maximum length Minimum length			
Drive competency Maximum length Minimum length			
Skill ratings for these deliveries All 9 FH delivery weight options All 9 BH delivery weight options			
TACTICAL Skill			
Decision making, when team skip Use of playable hand Playing length Use of team member skills Game plan team detail			
Decision making, singles			
Game plan detail for singles formats			
Situation awareness in game,			
MENTAL Skill in event			
Pre delivery routine			
Communication as skip giving instructions positive precise supportive verbally supportive body language			
Communication when NOT skip listening to instructions accepting instructions in trust supportive verbally supportive body language			
Composure under pressure Keep a level of positivity Retain confidence Maintain competitive energy Concentration factor			

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ATTITUDINAL attributes/ skills			
To Health, diet & fitness			
Motivation to develop all skills I can state my bowls strengths I know what I need to do to improve			
Commitment factors: How could you or I measure it How would you describe it Willingness to learn Willingness to change Training attendances Training intensity			
Goals, set, as in written somewhere			
Goals, applied			
Game performance debriefing: how well do you do detail it how well do you discuss it in teams how honest are you with it			
Pre game preparation			
Team membership, you in the team: How responsible are you What level is your focus in the team how supportive are you how honest are you with members Training attendance & application How well do you assert yourself to improve the team mindset			
Records competitive performances			

Rating Players (rate yourself out of a score of 10 in a range as follows)

9-10 excellent; 7-8 very good; 6 good; 5 average;
4 fair to average; 3 poor; 1-2 ghastly; 0 yuk

ACTION

Ranking 0 need immediate consultation to question their/ our desire to continue.
Ranking 1-4 need advice, assistance, training and if pattern continues then ejection.
Ranked 5-6 need encouragement to strive for the higher scores, avoid mediocrity.
Ranked above 7 need to be nurtured as they are the foundation to strive for success.