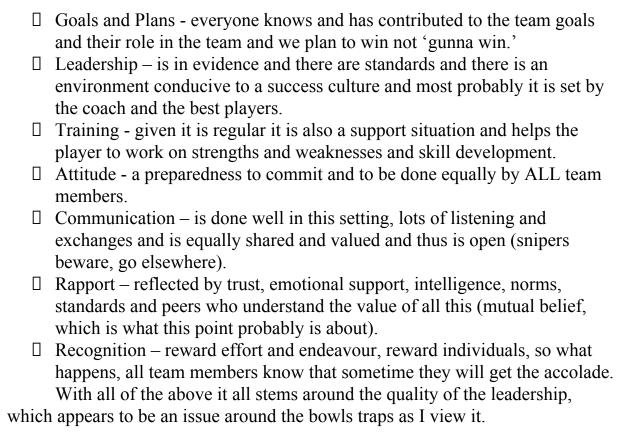
Lachlan Tighe Rugby teams with spirit

Rugby Teams With Spirit

Previously I enjoyed a luncheon discussion with state Rugby coaches and two sports scientists with experience servicing national football teams. The purpose for the discussion was to share views on team spirit and how to instill team morale. I reckon the nine of us who sat chewing the fat gained a lot from this 'intellectual cross training' session. Pity the red was over-priced.

Apart from the fact that we represented about four (team) sports, it was the exchange of views from different perspectives, finding common themes and ground that made it so worthwhile and here is an attempt to summarise the contributions for application to us all in bowls.

What makes for an effective team?



Lachlan Tighe Rugby teams with spirit

So what adversely affects a team's performance and the early signs of probable dysfunction?

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	Performance – at training and in competition is sub standard.
	Behaviour – is unacceptable and worse not being addressed.
	Criticism – is either excessive of the team or any one individual and
	verges on being destructive (another opening for snipers).
	Conflict – now we really are in trouble.
	Alienation – among players and support staff or between players; for years
	I have witnessed this with skips and their role as 'god' without anyone
	seeming to comprehend the skip in a bowls team is only a 25 % technical
	contributor.
	Control – an excess by either coach or selectors; a difficulty I had when
	with the bowls management was the 'control freak' mindset that prevailed
	in dealing with players, which is tantamount to distrust and the road sign
	to failure.
	Emotions – when excess negative levels spill out for all to see and usually
	a strong indicator of frustration.
	Communication – when it has stopped, become dictatorial, confusing, one
	way or limited then signals are flashing for those with their eyes open.

It was all good stuff at the meeting, however there are two teams involved in my view with team performance and these are the visible team (the players be it Rugby or bowls) and the invisible team (represented generally by selectors, management, board, coaches, sports scientists) and all of the members of both teams have to understand their effect on the ultimate success of the team in question.

Lachlan Tighe, 2020