

'Elbows' 2011

Training Session: Rituals & Routines

TRAINING SESSION PURPOSE: Rituals & Routines

PURPOSE of the session

...rituals/ routines as tools to aid focus and consistency
 ...the first error is in not having a concrete pre delivery routine

LESSONS learnt from previous performance (training or competition)

- I remember this situation from training

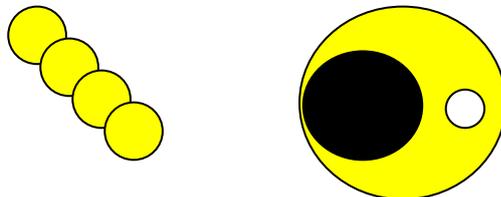
Though emphasis of observations is on player capacity to have

- Pre delivery routine
- Fundamental factors of delivery are sound
- Ease and fluency of delivery
- Get down, stay down
- Disciplined to watch, detect, correct

WARM UP physical toning exercises,

(10 minutes)

warm up caterpillar for 2 to 4 ends AND place 3 different size discs mid green go over largest, middle, then smallest taking each disc away as you do the three



SKILL Rating ,

(20 minutes)

Measuring performance score out of 10 attempts: scoring is done by the number of deliveries ending within 'Mat Length' (ML) of delivery being attempted at the distance indicated below;

Type of delivery -10 attempts at deliveries	Min. Length F/Hand	Max. Length F/Hand
Jack		
Draw		
trail shot – limit metre		

MENTAL / Communications Skill in drills

(60 minutes)

you have the mental edge having a...

Pre Delivery Routine

1. Project a line from a chosen bank mark (peg).
2. Visualize the turn of your bowl to the jack.
3. Recall the flight path of your bowl.
4. Take one step onto the mat with your right foot aligned to the middle mat line and your left foot slightly in front of the right. Aim both feet out along the draw line.
5. Use your cloth to rub the bowl and then move it from your left hand to your right hand, checking the bias and correctly gripped.
6. Decide on the weight and pendulum height for this delivery.
7. Breathe easily.
8. Execute a slow, easy delivery.
9. Bend your knees to ensure you take your body low and through.
10. Deliver the bowl with the focus of eyes, mind and body on that 'spot'.
11. Know how many seconds it takes to do your routine.

...know exactly your personal delivery routine, every time!!!

Attitude: all about practising habits

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Have the player(s) stand behind the mat and verbalise their routine before delivering
 Have the player(s) verbalise their follow through routine as they execute delivery
 Have the player(s) stand after follow through and indicate expected finishing position of their delivery
 Do every delivery for 5 ends, i.e. 20 deliveries

PRE DELIVERY ROUTINE(S)

Variety of thoughts stated by elite bowlers

HANDS	Pick up the bowl Place it in left hand Wipe bowl Place hand on bowl correctly
BODY, FEEL	Take a breath Feet and shoulders square Feel the ‘weight’ of the bowl Check bias Lift bowl to elevation natural for the delivery length
STANCE & MOVEMENT	Step onto mat Right foot first Place left foot 2 inch in front of right Place feet correctly and aligned Feel the weight in feet Two practice swings Swing a natural pendulum
MENTAL	Positive self talk Look at the surrounds Clear the mind of all distractions Pick the delivery wanting to play Take my time Be relaxed & balanced Concentrate on the aiming line Slow and fluid
EYES	Visualising the delivery to play ‘see’ the aiming line Visualise running of bowl from mat to jack Look up toward the line
DELIVERY	Naturally Good release Bend & extend
TIME	Practical survey of Australian/ VIS squad bowlers range from 10-12.5 seconds as pre delivery time

Modified Games

(50 minutes)

players have to stay down for 2 seconds after each delivery OR forfeit a shot regardless of the result of the delivery execution

players have to ‘talk’ the outcome of each delivery before the bowl has reached mid green OR forfeit a shot likewise

FINISH with FUN Completing session with fun programs (10 minutes)

Noughts / crosses or Caterpillar or football, nearest ditch

TRAINING SESSION REVIEW

Attitude: all about practising habits

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