

## 'Elbows' 2011 Training Session: Skill rating

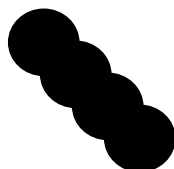
### TRAINING SESSION PURPOSE: Skill rating

#### PURPOSE of the session    SKILL AUDIT

...introduction for this session only of the full range of skill ratings,  
 ...and, knowledge of your technical skill  
 ...use the audit rating in principle to apply for any one delivery in other training sessions

#### WARM UP physical toning exercises, (10 minutes)

caterpillar all 4 deliveries to touch one another for 2 to 4 ends  
 at worst the three deliveries should be no further than a mat length from the original delivery



#### SKILL Rating , (120 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, 19<br>(10 attempts at all deliveries<br>at both lengths) | Min.<br>Length<br>B/Hand | Min.<br>Length<br>F/Hand | Min<br>Length<br>Alt Hands | Max.<br>Length<br>B/Hand | Max.<br>Length<br>F/Hand | Max.<br>Length<br>Alt Hands |
|--|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|-----------------------------|
| 1 Jack   |                          | n/a                      | n/a                        |                          | n/a                      | n/a                         |
| 2 Draw   |                          |                          |                            |                          |                          |                             |
| 3 Wrest out toucher  |                          |                          |                            |                          |                          |                             |
| 4 Add a yard   |                          |                          |                            |                          |                          |                             |
| 5 trail shot – limit m.  |                          |                          |                            |                          |                          |                             |
| 6 trail shot – hide it   |                          |                          |                            |                          |                          |                             |
| 7 yard on shot   |                          |                          |                            |                          |                          |                             |
| 8 2 yard on shot   |                          |                          |                            |                          |                          |                             |
| 9 Drive  |                          |                          |                            |                          |                          |                             |
| 10 Push short bowl ML  |                          |                          |                            |                          |                          |                             |
| 11 caterpillar opposition  |                          |                          |                            |                          |                          |                             |
| 12 Draw to ditch, ML   |                          |                          |                            |                          |                          |                             |
| 13 Draw spot right/ left   |                          |                          |                            |                          |                          |                             |
| 14 resting toucher   |                          |                          |                            |                          |                          |                             |
| 15 widen the head  |                          |                          |                            |                          |                          |                             |
| 16 firm shot & stay  |                          |                          |                            |                          |                          |                             |
| 17 plug / block entry  |                          |                          |                            |                          |                          |                             |
| 18 firm up shot swinger  |                          |                          |                            |                          |                          |                             |
| 19 caterpillar   |                          |                          |                            |                          |                          |                             |

KEEP A SCORE OF ANY OF THESE PERFORMANCES

**In a normal training session choose one or two of the 19 and again choose to attempt one of the hands and lengths as indicated. Never do all as that skill rating is not my intention of a typical training session.**

## **'Elbows' 2011**

### **Training Session: Skill rating**

#### **Knowledge**

|  |  |
|--|--|
| India 2010   | Weale, gold medallist wins at 36%                                  |
| Jersey 2009  | skips calls to leads for first bowl positioning<br>3%; 2%; 4%; 22% |
| RVBA Group 13  | skips calls to leads for first bowl positioning<br>3%; 2%; 5%; 20% |
| Research 2007  | leads/ seconds % skill<br>26-36% at division 1-2                   |
| Premise made that Div.2 pennant standards from 50 deliveries are assumed at this general level |  |
| Lead 18 deliveries (36%) and second 16 deliveries (32%)  |  |
| Third 14 deliveries (28%) and skip 12 deliveries (24%)   |  |
| World 2007   | Nardella and 39/40 diagonal at Darebin                             |
| Skill rating   | acceptable 7/10 for draw and drive                                 |

#### **LESSONS**

Observations of skill development is on player capacity to have discipline in

Pre delivery routine

Fundamental factors of delivery are sound

Ease and fluency of delivery

Get down, stay down

Disciplined to watch the bowl flight, detect, repeat or correct

... Choose to work on scoring for 2 - 3 of the ratings each session;

...keep inserting the known 'pb' current for each of 19 delivery

for each of these in the table below and note who else you train with has a 'pb' for set deliveries

#### **Questions for skill development**

Competition

What is your quest

How are you going to achieve it

Technical

How good are you

How good to you need to become

Tactical

What competence do you have

What is lacking

Mental

What skills do you possess

What do you need to develop

#### **FINISH with FUN**

**(10 minutes)**

Noughts / crosses or Caterpillar or football

Bocce or Target mat or Specified purpose eg world series one bowl nearest ditch

### **TRAINING SESSION REVIEW**

*Attitude: all about practising habits*

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