

'Elbows' 2011

Training Session: Composure to draw

Training Session Purpose- composure in drawing

PURPOSE of the session

.....focus on pre delivery routine
 composure at point of draw delivery

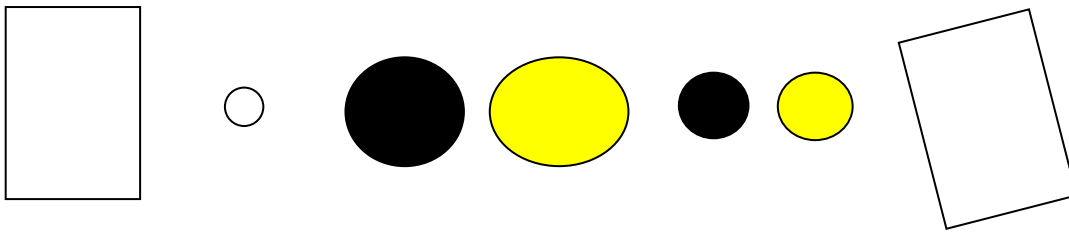
WARM UP physical toning exercises, (10 minutes)
 follow with bowls warm up caterpillar for 2 to 4 ends

SKILL Rating , (20 minutes)
Measuring performance score out of 10 attempts: deliveries ending within **'Mat Length'** (ML)

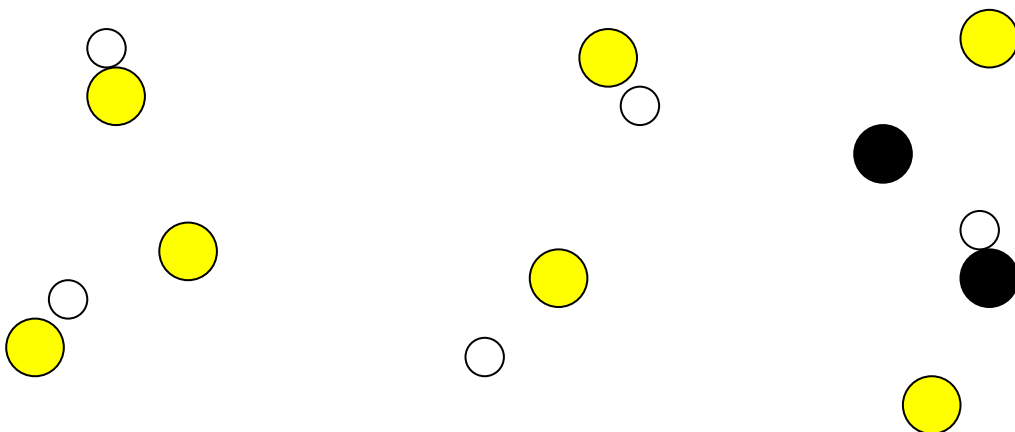
Type of delivery 10 attempts	Min. Length F/Hand	Max. Length F/Hand
draw		
Draw to ditch		
Draw to right spot		

EQUIPMENT

Bowls, jacks, round mats as targets, mats, mats for drive/ yard over, CDs



TACTICAL & MENTAL / Communications Skill in drills (60 minutes)
 each player has 10 attempts at each of the 5 head examples:



MODIFIED Games (50 minutes)
 # simulating pressure: game with head set up from diagram examples, must draw

FINISH with FUN (10 minutes)

TRAINING SESSION REVIEW