

‘Elbows’ 2011

Training Session: Tactics, Thinking Hard(ly)

TRAINING SESSION PURPOSE: Tactics, Thinking hard(ly)

PURPOSE of the session.....train to think ,

defending, maintaining shots, widen the head, take opportunities immediately

LESSONS

- ...we all make mistakes; make the same mistake twice then have a ‘red alert’ signal to alter behaviour
- ...TCUP = thinking correctly under pressure
- ...HICCUP = hell, I can’t cope under pressure
- ...maintain: your hard earned shots advantage
- ...gain: when your final bowl can add to the score
- ...greed: is not good for us and a bonus for ‘them’, live to fight another day
- Competition - love it, love the thrill, love overcoming the adversity
- ...Relish the fact so few are playing in this event
- ...Don’t worry if very few barrack for you as the quality of the support is the value
- ...Hey some of your best games and worst games were in poor conditions

THINKING HARD(LY)

ask questions accordingly to get relevant answers

- Have we the agreed number of bowls in the head
- Have we a back bowl
- What do we expect our opponent will do as he has last bowl
- Where are we in the position/ number of ends of the game
- Attacking or maintaining the momentum
- Defending or chasing from behind
- Being above the shoulders during the game: Trouble shooting in ‘battle’

WARM UP physical toning exercises,

(10 minutes)

warm up caterpillar for 2 to 4 ends

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 Alternate Hands
draw	
2 yard on shot	
Push short bowl ML	
Widen the head	
drive	
Plug/ block entry	

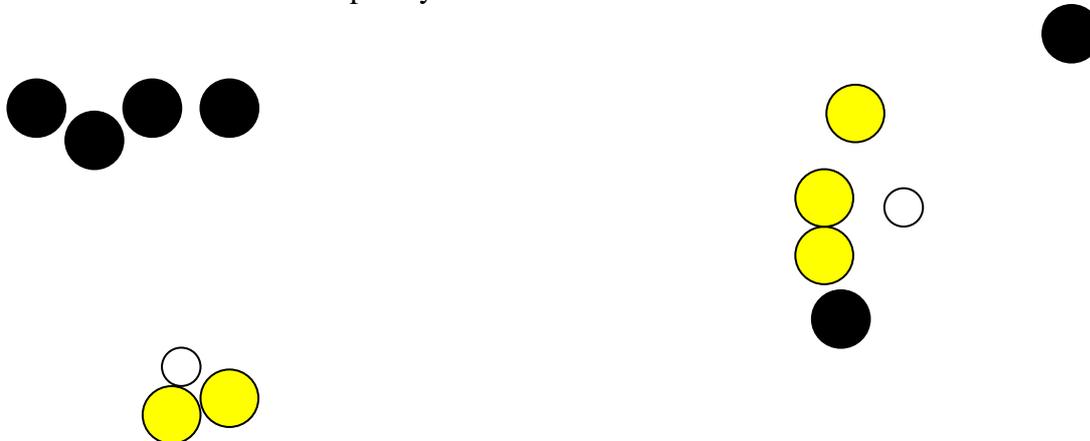
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TACTICAL & MENTAL / Communications Skill in drills (60 minutes)
DEFEND THE HEAD

Defend the head situations

where back bowl is ML from ditch and yellow has first bowl

1 draw to cover back bowls 2 push yellow bowls

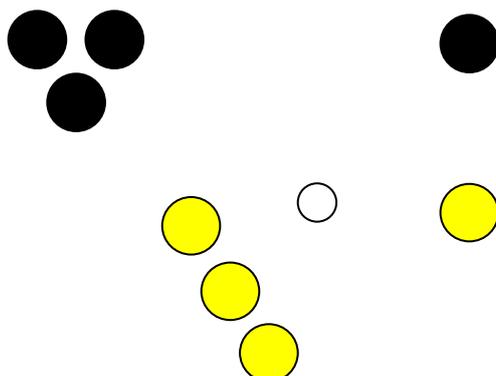


Defend the head options

1 draw to cover back bowls

2 push yellow bowls in and behind jack

3 draw to be a ML short in forehand grass line



defend the head diagram

firstly at minimum length and on both hands then onto maximum length

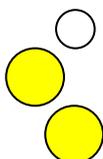
draw deliveries ML short on the forehand, then backhand

then at MW short for all deliveries

now finish on the line in front of 2 bowls to block any drive

now ML behind the head as insurance

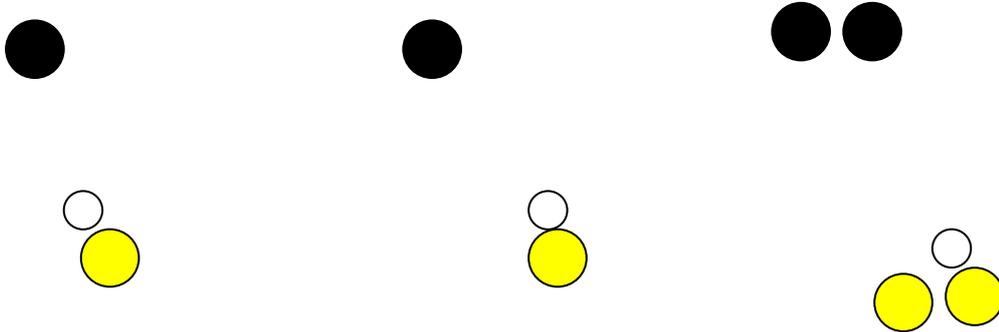
now that you have done deliveries compare standards at various lengths and for various hand



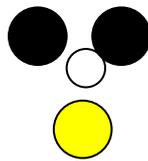
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TACTICAL & MENTAL / Communications Skill in drills
WIDEN THE HEAD

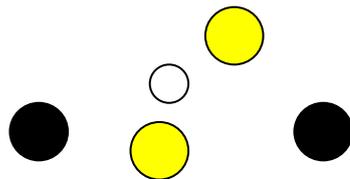
the head situation where back bowl is ML from ditch and BLACK has first bowl



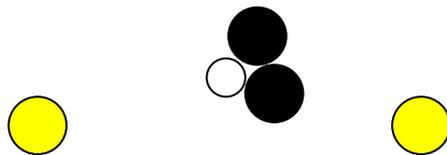
below as YELLOW to deliver



BLACK bowl to be deliberately just wide of head – ML or MW as illustrated

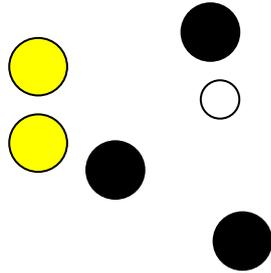


YELLOW bowl to be deliberately just wide of head – ML or MW as illustrated

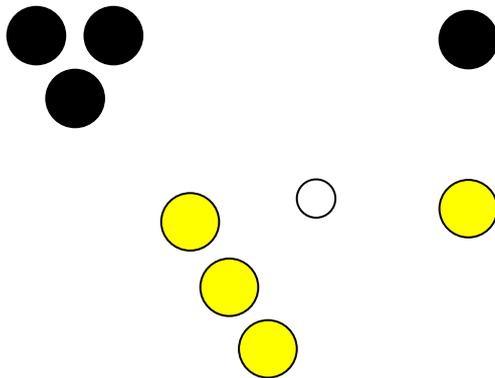


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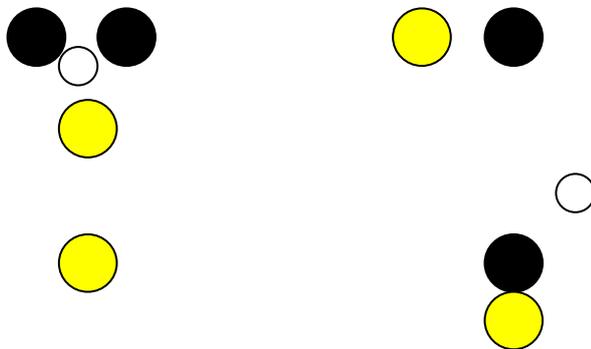
TACTICAL & MENTAL / Communications Skill in drills
TAKE OPPORTUNITY IMMEDIATELY
BLACK to bowl, with opposition to follow



YELLOW first to deliver
BLACK now first to deliver



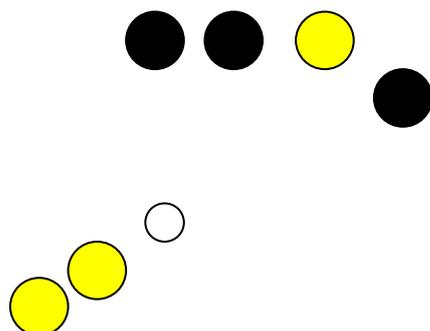
BLACK first to deliver
YELLOW as first to deliver



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TACTICAL & MENTAL / Communications Skill in drills
MAINTAIN & GAIN, NOT GREEDY

Diagram BLACK with one delivery remaining, and

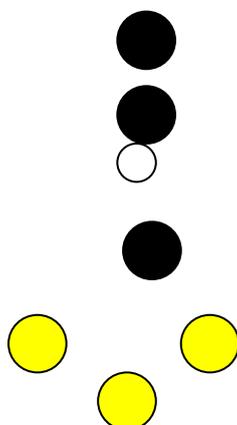


YELLOW with one delivery remaining

diagram

YELLOW with next delivery

BLACK with next delivery



MODIFIED Games

(50 minutes)

use diagrams and apply some of these

- Opponent has one more bowl **BEFORE** you attempt to add
- Opponent has one more bowl **AFTER** you attempt to add
- to win draw shot , forehand then backhand
- to win draw second shot, forehand then backhand
- want a dead end, choose drive
- to get 2 shots must choose a backhand option

KEEP A SCORE OF ANY OF THESE PERFORMANCES

FINISH with FUN Completing session with fun programs

(10 minutes)

Noughts / crosses or Caterpillar or football

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

Attitude: all about practising habits

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TACTICS – Learning the Skill

We pick up our knowledge of tactics by playing, and observing other experienced players.

What if there are conflicting messages? Well there be! Because these bowlers like you play a lot, pick up a lot from that bowls environment and then apply it into their various games.

I believe you will play in any position anywhere to WIN.

I provide you with some prompters that coaches should be doing with bowlers as part of their training.

Tactical factor – deception, difficulty

- How can you make your opponent go onto their non preferred hand or delivery
Play the hand earlier before they have the opportunity
Block their ease of entry in to the head forcing consideration of other lesser options
Cover the back for insurance minimizing the earlier preferred value for an opponent to drive

Tactical factor – risk

- Is the attacking delivery worth the risk
What is the score position of the game
Is my delivery to be the last delivery of the end
How many shots would I concede if damage occurs
Why am I considering this option (only)

Tactical factor – stage of the game

- Three ends to play and in arrears by 3 shots, our mat and jack
Set realistic and achievable objective, say win 2/3 ends aiming to get 4 shots
Reinforce performance objectives for each team member
Play the length of our team strength
Stay firm with the game plan
Expect the chance of losing one end and still having the prospect of winning

Tactical factor – delivery selection and placement of opponent bowls

- Your opponent has a resting toucher making the jack unsighted
Draw second if there are more ends to play
Choose a specific weighted delivery onto toucher subject to where our back bowls are
Choose that delivery also on anticipated flight path of the jack

Tactical factor – time, duration of the game

- How can you enable your team to recover from losing an end where the result was a disastrous score
Reassess your game objectives to see if they can still apply
Appraise comparative situation in the game so far to fulfil the objective
Re-establish each players performance objectives
Thrive on the new challenge

Tactical factor – decision making

- What is the best option for choice of length and hand
Front end team must be directed by the Skip to our strength, maybe their weakness
Bowls in the head as prime objective
Keep risk in mind when considering changes to the head
Composure by Skip in making the decisions
Composure within the team to hold firm emotionally and trust in our plan, objective

Tactical factor – keeping possession of shot bowl

- Do you add, attack, defend
Do all three weighing up the situation as each bowl adds to the head
Do not widen the head which helps to minimise the angles of bowls to wick off into our shot bowl
Ensure your shot bowl(s) are really close, as near enough is not good enough
Short bowls in the draw are advantageous and to be considered as a form of defence
When your shot bowls are directly in line with the jack, other team bowls are best positioned behind the jack and the head
Skip, your job is to steer the team to a win, your job is not to win it by yourself with your two deliveries.

TRAINING SESSION REVIEW