

Question: Repetition In Training

Question:

This same question came from two bowlers from different parts of Australia, so it seems they are reading some of my articles. Here we go.

Response:

Afternoon Gareth:

Interestingly your question was much the same as one given to me this week and the advice I gave the other bowler applies, so here it is copied.

Hi Paul:

You answered your own question with the answer in your statement that using eight bowls appears to have raised intensity and efficient use of time.

I add the notion of increased repetition enabling natural rhythm to occur or be trained.

You can audit a skill, say a minimum length backhand draw, and score out of eight attempts, and each training session do one skill audit from these eight: draw, add a metre draw, draw within a mat length of the ditch, play a metre through, play two metres through, trail a jack, running delivery losing the bowl, drive.

Audit on both backhand and forehand, at minimum and maximum lengths which overall is a total of 32 audits.

One audit per training session means you have 32 sessions to audit each skill once.

If you presently train two times a week, that means it will take you four months to audit all skills that once.

Additionally by using eight bowls you can introduce competition between the two sets of bowls.

And, as we did just last night with two players in competition at training, you have a 'fours team' with your eight bowls to compete against the other bowler and their 'fours team'.

You can modify games as well so one set of bowls has to be all on a backhand for example, which restricts decision making, yet focus increases with that set as no other hand option is available.

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TOPIC repetition in training

Refer to my website menus on training and games are fun training for diagrams to assist your own training;
Enjoy the bowls

Lachlan Tighe, 2018