

Website menu Training Session: Sensory skill

TRAINING SESSION PURPOSE: Sensory skill

PURPOSE of the session

Extend players to a heightened level of sensory awareness for competition.

LESSONS

Feel your body, imagery and feeling.

At training, feel the mistakes as much as feeling the rhythm of that great delivery.

Do that inner review at training so it becomes routine and drilled into the body and mind and used to best effect when the same occurs in the event.

Draw on all your senses, not just the eyes, to feel yourself in the execution of a perfect delivery.

Sing that Michael Jackson song – can you feel it, can you feel it, I can feel it.’

Winning is often at the tips of your fingers.

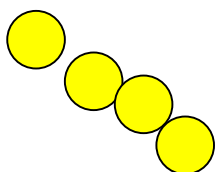
Get in touch with your senses:

- Sense the feel of the bowl.
- Feel the jack when you roll the delivery.
- Collecting the cheque means you stretch your hand out directly in line, feel your body going down low and forward.
Come to your senses.
- Sense the spring in your step when you bowl brilliantly.
- Hear the jack when you 'dribble' the delivery.
- Feel the body when you walk to the head after the third bowl.
- Listen to the calls made by the marker even when it is for the opponent.
- So use your brain to think better to reduce that mistake.
- Listen to the caterpillar that rolls onto the previous magic bowl.
- How do the soles of your feet feel.
- Can you sense the relaxation in your calf muscles.
- Where is your bum pointed when at delivery position.
- Feel your shoulders in the delivery.
- Feel that perfect delivery and embrace that joy.

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: scoring is done by the number of deliveries ending within ‘Mat Length’ (ML) of delivery being attempted at the distance indicated below.

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Type of delivery (10 attempts)	Min. Length B/Hand	Min. Length F/Hand
Block entry		
Push short bowl 2ML		
Hide it trail		

**TACTICAL & MENTAL / Communications Skill in drills (60 minutes)
10 attempts at each program**

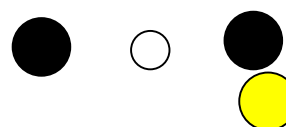
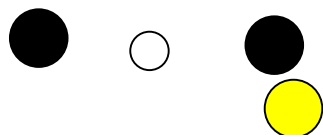
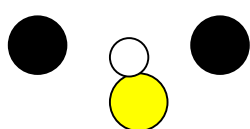
DRILL

Tactical options –10 attempt each diagram

Trail jack

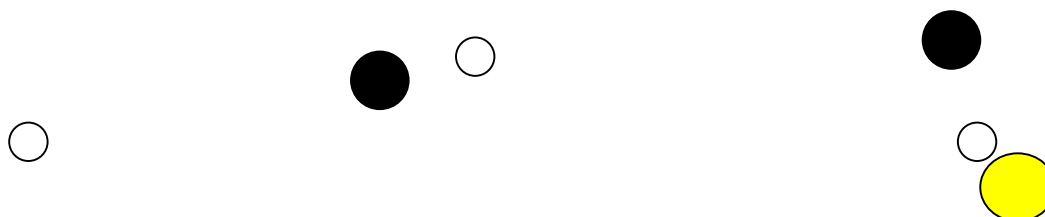
Wrest out right upright bowl

Push out right flat bowl



DRILL Nominate verbally where your bowl is going to finish 3m after you have delivered it.

DRILL Nominate verbally prospect of your bowl doing (once delivered)
resting toucher caterpillar caterpillar opposition shot bowl to move
jack to shot



Tactical / mental SKILL Judging Distances

Top of the bowl to top of the jack Min (ML)

Top of the bowl to top of the jack Max (Metre)

Set up both ends, one to view, the other at feet to discuss

Top of the bowl to bottom of the jack Min (ML)

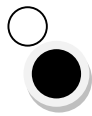
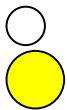
Top of the bowl to bottom of the jack Max (Metre)

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CANUTE composure & tactics

Work with a partner where each player has 10 attempts at each one of the four examples:

- 1 Hold shot yellow draw ML behind.
- 2 Down one shot shunt into black and if missing not to go beyond a ML-metre from head.
- 3 Hold shot yellow conceal jack by drawing ML short in view / line.
- 4 Down one shot try to out draw, or, wrest off, or widen jack high



Modified Games

(30 minutes)

- Set jack at MIN – have 2 bowls each, however if your first bowl is not within ML you do not get to deliver the second bowl – compete for 6 ends before partner swap to.
- Set jack at MAX – same format as above – compete for 6 ends before discussion
- simulating pressure: set heads as per diagrams and compete for 3 ends with a player having the advantage.

KEEP A SCORE OF ANY OF THESE PERFORMANCES

FINISH with FUN Completing session with fun programs (30 minutes)

Focus on Fun from any of these fun games

Noughts / crosses where we have to nominate where bowl will end when delivered.

TRAINING SESSION REVIEW