

The Club Final Training Session Pre Finals, 2016

Program THEME...working toward winning as a TEAM of Bowlers.

This 90-minute practical training session would be followed by a final 20-minute team discussion in readiness for the weekend finals after a long and successful season of pennant bowls.

The warm up may go 10 minutes.

Team spirit / skip with team fun session about 20 minutes.

The drills maybe 30.

Winners and losers games for team spirit another 30, all adding to about 90 minutes. Then we have that TEAMWORK talk on green or in the club rooms for 20 minutes.

PRACTICAL on green session

Warm up as individual players

- Deliveries into nearest ditch.
- Caterpillar.

Team (spirit) aspects (select from these)

- Back of the queue.
- 'Leapfrog' as a team and Team Relay.
- 'Release' player from the bank.

Skip with the team: Tactical aspects & Skip, communicator skills (select from these)

- Connect the jack.
- 'Jacko' game.

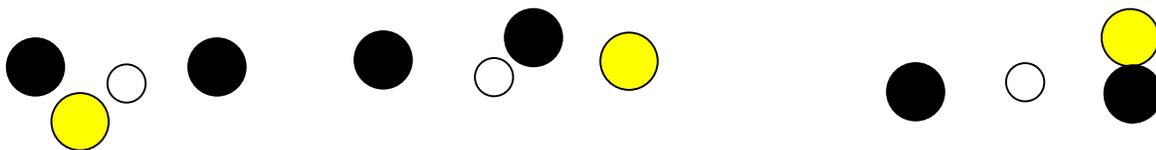
THE DRILLS

Leads & seconds - you are YELLOW bowls

With a partner attempt diagram with 4 deliveries each requested delivery

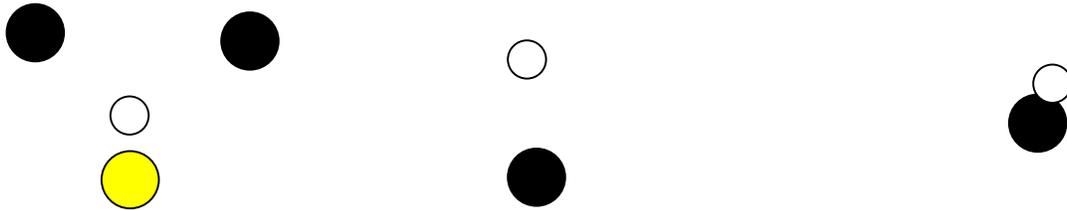
3 requested deliveries for all 6 diagrams

draw behind head draw second shot resting toucher



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& more diagrams



Diagrams 5 & 6 above are set up at the other end of a rink so players choose a diagram 1-4 head set up one end and have one of these two diagrams 5/6 set up at the other end of their rink.

Thirds & Skips- you are YELLOW bowls

With a partner attempt diagram with 4 deliveries each then move to next rink

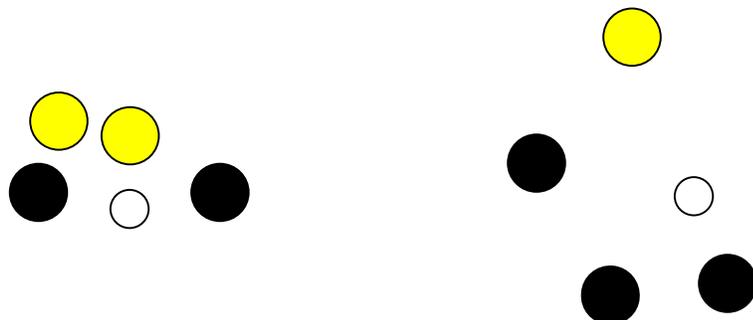
1 trail jack



2 Add shot

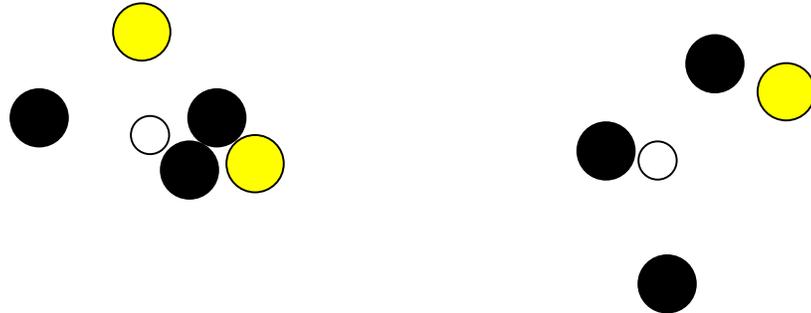


3 Alter the head



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4 be second shot



5 aggressive



GAMES *winners & losers* for these diagrams being either black or yellow.

Discussion with Coach selectors & all team members

TEAMWORK WINS FINALS

Us Them Team role Team awareness, mindset Leadership

Now elaborating on the five points:

1 Us

- Get together, collect thoughts, collect emotions, collect team.
- Get together, energise one another.
- Get together either half time or some time in the game.
- Know why we won to get here, keep doing it.
- Positive people are amazing, be positive in behaviour, in communication within team.
- That winning team has team spirit on display for all to see, hear.
- Invest yourself in the team (spirit).

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Energise yourself for the good of the team - be positive, confident, calm, supportive.

Animated, damn delighted to be out here competing with your team.

Let your team AND the opposition see, hear and sense your tour de force, that energy display that has you / us onward to victory.

The best team wins finals, let that be US.

2 Them

Let them sense your energy throughout.

Let them sense your thirst for victory.

Respect them, be aware of them, defeat them.

3 Team role – know your role as selected in the team position

Selectors chose your playing position, not the skip or other players.

Each player know the role of their team position.

Everyone in the team to respect the value of each role, and player.

Your best contribution on finals day may be as much about your positive behavioural influence as for your bowling performance.

Don't under rate it.

Front End team = lead + second

Front end team - think as a mini team like that every end.

Leads set our Tactical foundation.

Leads have greatest impact with one third of the deliveries.

Two in the head and a back(team) bowl are a sound foundation.

'Team' bowl behind head early.

Accept calls by skip unreservedly.

Jack jack jack (example from Heathmont where 3/8 jacks lost).

Skips & back end team

Tactically plan - make preferred decisions based on plan.

Tactically plan - use & role of each player.

Communicate positivity - Everyone reacts favourably to compliments.

Communicate instructions - be precise, firm, informative.

Communication Behavior – reinforce if good or, change for the better.

Awareness - do you / we know what is winning / wins.

Don't be greedy (hero shot choices).

Maintain then gain (invest on team mates).

Bowls in the head reduces the risk factor.

Minimise errors.

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4 Team awareness, focus on team mindset

Sachin Tendulkar said he never thought of the result when he batted in cricket, as he just gave his all on the cricket field. Listen, learn and apply.

Talk up the good stuff.

Shut up about the bad stuff.

Being confident of winning is shared by them and you.

Sensing or believing you cannot win is disastrous and contagious. Let that be them, not us.

Believe because you trust your preparation will justify the result.

Hear that rapid heart beating, feel that dry mouth, watch that odd lousy delivery. However, know with 15 others you are tougher together than them to warrant the fruits of success.

Call for a higher level of intensity.

Challenge not pressure is how to view these finals.

If our rink is winning and first to finish don't change momentum.

If our rink is losing, get together, plan and act to alter that trend.

Four rink teams make the Club side.

Responsibility is shared equally 25% per player per rink.

5 Leadershi p= accountability & responsibility

Share leadership, support, respect for one another, energy.

Combine the skills of all 16 members of the team.

Winning team has a spread of strong team oriented leadership characters in its 16.

These characters are the ones who push the effort, the pride, the responsibility, the fun and thrill of winning.

Be that leadership person.

Know how to interact as a collective team when pressure mounts and not go into a (personal) shell when behind as that is to be seen as a temporary state during the final.

Caulfield Park example of a skip & team costing the side the loss.

FINALLY

Plan to win.

Think to win.

Act to win.

Team to win.

Talent wins games, team work wins finals.

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Teams work where individual contribution is channelled to team effort.
You get more done (success) when you worry less about who gets the credit.
'...You don't have to be out of the team to be outside the team, if you have all the behaviours / thoughts that mean you already left this team.'

No one, not one of us, is as good as all of us.

Know all - he who does the same gets what he always gets, nothing.

Knowledge - gained through hard work together on the track.

Knowing - how well you did at training and how to apply it out there on the green.

The word **teamwork** includes the word work - you get nothing without hard work.

'WHERE YOUR MIND GOES, EVERYTHING ELSE FOLLOWS'

Lachlan Tighe, 2017