

Training Session Purpose - ALERT

PURPOSE of the session

Alert to:

Opportunities to win, defend

Alert to prospects of danger on the scoreboard

To slower greens that you are used to

Seeing is believing – don't let emotion hide the reality

We all make mistakes; make the same mistake twice then have a 'red alert' signal to alter behaviour

Players who are mentally 'alert' display:

Attitude

Leadership in the squad

Excellence

Repetition of intense quality training

Team oriented all the time

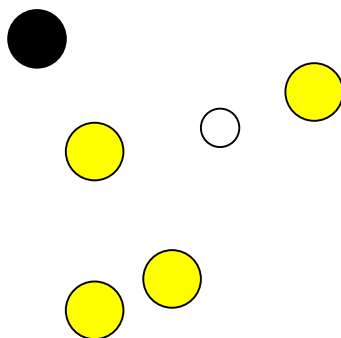
Practical drills

10 attempts at all diagram heads

DIAGRAM:

1. REMOVE one opposition BLACK bowl in the head to add pressure

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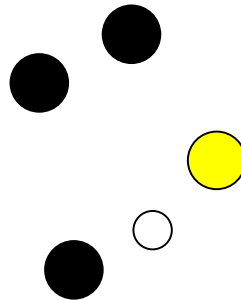


- 2 BLACK: important to add another bowl in this head to avoid big losses

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NEXT DIAGRAM:

1. REMOVE one opposition YELLOW bowl in the head: which option



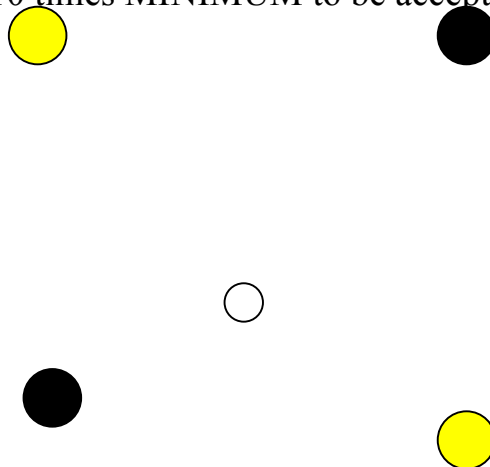
2. ADD when we only have one YELLOW bowl in the head; which hand

Last delivery for the 2006 world women's singles, in NZ (Saunders v. Keegan)

Head below in world final seems easy as all bowls were close to a metre from jack and was a measure.

Keegan had delivered 8/11 forehand and most successfully, whilst 3 backhand were sub standard; yet chose backhand to attempt to win the title - diagram below

your aim– draw shot 8/10 times MINIMUM to be acceptable



Slow green tactical planning - on & beyond

work at maximum length only as this will be the killer length,

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Do a full f/h 4 bowl sequence of five sequence

- Draw a ML to a metre behind head
- Trail jack mentality

& if you place an opposition bowl/bowls a ML short on grass line

- Draw under f/h bowls to gain shot or be behind
- Push bowl on grass line up and out of the way for future tactical value to team

Review ALERT training session