

'Elbows' 2019
The LEAD position Training Sessions,

TRAINING SESSION LEAD player

A combination of practical & discussion programs

PURPOSE of the PRACTICAL session(s)

To know your team role, your measure of performance, your responsibility, your skills

WARM UP bowls,

(10 minutes)

Follow with bowls warm up caterpillar for 2 to 4 ends

TACTICAL & MENTAL / Communications Skill in drills

LEADS

Record if the jack delivery finishes within a metre of stated length training at; do this for 5 ends to record your performance - next time you train you can better that record. No use 2 bowls and record if the first delivery finishes within a MW of jack. Do this for 5 ends to record your performance - next time you train you can better that record.

Disciplined reactions to calls – attempt each diagram with 8 deliveries.

Draw to jack



Draw to be second shot within ML



Holding, draw ML behind



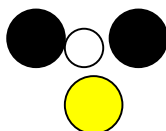
Discipline for lead

BLACK has second delivery – try both hand options to see outcome.

What if both bowlers had played first bowl BH narrow, what hand might we play now?



Tactical options – what might you be asked to do as yellow?

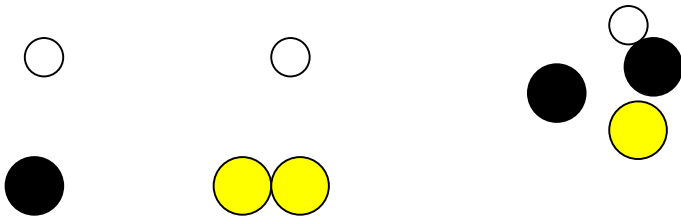


Expect (draw; push bowls; drive; block entry shot; back bowl team bowl)

Tactical options – attempt as black & then yellow at each of the 3 diagram options.

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Think of game plan strategy.



Edited 2019

TRAINING SESSION Lead