

# 'Elbows' 2009

## Training Session: #2 Arousal,

### TRAINING SESSION arousal, bocce #2

Venue: Jersey, UK & Richmond Union bowls club

**Session schedule: Friday & Sunday, 2009 (in season)**

**PURPOSE of the session**

..... arousal- keeping a lid on it  
 And knowing when to 'go for it'

**LESSONS learnt from previous performance (training or competition)**

Mental toughness is a degree of self belief

- you deserve to do well
- Never under estimate any opponent
- Remind yourself you also are a part of ...good company

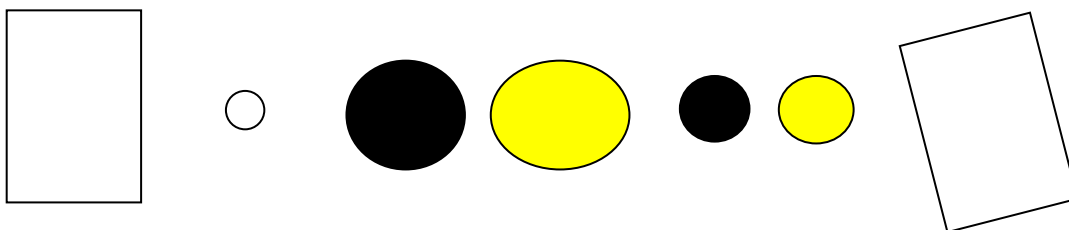
**10.30am WARM UP physical toning exercises, (10 minutes)**  
 follow with bowls warm up caterpillar for 2 to 4 ends

**10.40am 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;

Type of delivery (10 attempts at deliveries)	Min Length Alternate Hands
yard on shot	
Drive	
Add a yard	

**EQUIPMENT**

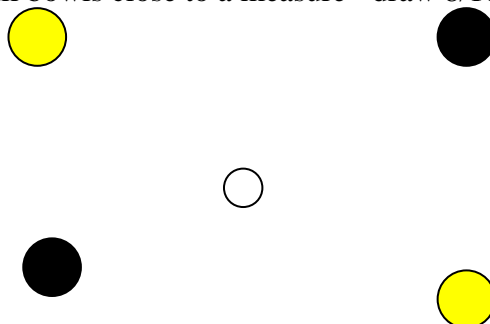
**Bowls, jacks, round mats as targets, mats, mats for drive/ yard over, CDs**



**11. am TACTICAL & MENTAL / Communications Skill in drills (60 minutes)**

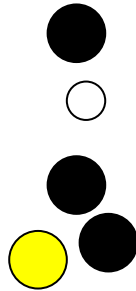
10 attempts at each diagram head  
 You are the YELLOW bowl

Easy head apparently with all bowls close to a measure– draw 8/10 for shot

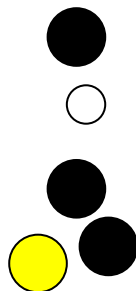


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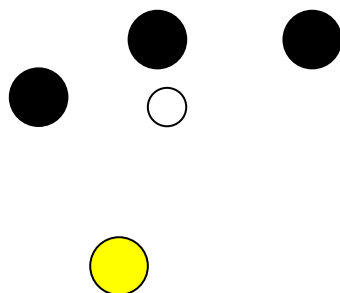
- Decide on a draw within MW to win, yellow is ML away from the jack



- Now you are the BLACK bowl, draw another within ML to win 4 shots (bocce)



- you are the BLACK bowl, opposition a metre short away, draw another within ML to win 4 shots (appears SO easy) –backhand & forehand



**Tactical / mental SKILL**

# mat location for various approaches; have a 'BOCCE' program to force players to focus on that one 'lazy' delivery

# 2m. to draw to the ditch to win the end based on maximum length

# score number of 'bocce' opportunities and success rate in games today

**12.pm MODIFIED Games**

**EASY HEAD (based on world singles in NZ 2006)**

- Must get  $\frac{3}{4}$  to win against an opponent
- Set head and play 5 ends with a bowl each with you as yellow – must win 3/5 to continue

## **'Elbows' 2009**

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#### **MW Draw head**

#### **YELLOW BOWLER**

- Opponent has one more bowl BEFORE you attempt MW draw to reduce to 2 down
- Opponent has one more bowl BEFORE you attempt MW draw to reduce to one down
- Opponent has one more bowl BEFORE you attempt MW draw to win
- Opponent has one more bowl AFTER you attempt MW draw to reduce to 2 down
- Opponent has one more bowl AFTER you attempt MW draw to reduce to one down
- Opponent has one more bowl AFTER you attempt MW draw to win

#### **BLACK BOWLER**

- Opponent has one more bowl BEFORE you attempt to add
- Opponent has one more bowl AFTER you attempt to add

#### **Modified Games (4 BOWLS)**

# set jack at MIN – use first 2 bowls each, and, if your first 2 bowl are within ML you get to play out the 4 end with remaining bowls anyway you choose; so for each of the FIRST 2 deliveries within ML entitles you to a credit to use one / two of the remaining bowls; none of the first 2 in ML forfeit the use of the last 2 bowls that end – compete for 6 ends before partner swap to

# set jack at MAX – same format as above – compete for 6 ends before discussion

#game of 4 ends – where you do not start the game until you achieve a bowl falling within Mat Width (MW) with your first bowl (retrieve and redeliver if first attempt unsuccessful)

#game of 4 ends – where you do not start the game until you achieve a resting toucher with your first bowl (retrieve and redeliver if first attempt unsuccessful)

**PURPOSE** of these 2 games – ensure your next delivery is a caterpillar so as to impose yourself on the game, the opposition and yourself

# one player has to win 3/5 ends of a 5 end game

# one player has to win on the score after playing 5 ends

# one player has to limit all lost ends to a minimum score of one shot down

# one player must only draw all four deliveries in their 5 end game

# one player has to employ one drive per end of the 5 end game

# one player must play a draw bowl as the last bowl in each end of the 5 end game

# 4 end games focus on WIN

to win – you have 4 deliveries to opponent's 3

to win – game score 5-2 after 5 ends having won first set

to win – game score 2-5 after 5 ends where you have 4 deliveries to opponent's 3

to win – game score 2-5 after 5 ends where you have 4 deliveries to opponent's 2

KEEP A SCORE OF ANY OF THESE PERFORMANCES

**12.50 pm FINISH with FUN Completing session with fun programs (10 minutes)**

Focus on Fun from any of these fun games

Noughts / crosses or Caterpillar or football, nearest ditch

Bocce or Target mat or Specified purpose eg world series one bowl nearest ditch

**Attitude: all about practising habits**

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**Training (& coaching) REVIEW**

player/ team to have three fundamentals / purpose to work on each coaching session

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rate your performance out of 10 each training / coaching session =

qualify/ record three things you did well at the session

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qualify/ record three things you need to improve as a consequence of the session

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**1 pm FINISH**

Edited last on 9/8/2009

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