

‘Elbows’ 2011 Training Session: Visualisation

TRAINING SESSION PURPOSE: Visualisation

PURPOSE of the session

..... Visualisation: what you see is what you get

LESSONS

....what the eye sees, the brain transmits, the body executes

Come to your senses

- Collecting the cheque shows your eyes that you have a good extended hand
- Seeing is believing when you make the same mistake
- see all deliveries through your fingertips as part of the outstretched hand
- see the line where you fingers/ hand points
- see all deliveries and judge distances from your end
- see the line and wrap it in your brain for recall
- turning away from your poor delivery disallows your eyes/ brain from ‘computing’

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;

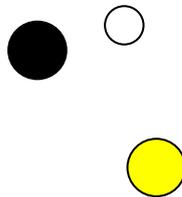
Type of delivery (10 attempts at deliveries)	Max. Length B/Hand	Max. Length F/Hand	Max. Length Alternate Hands
Widen the head			
Wrest shot			
Trail- hide it			

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

DIAGRAM

BLACK hide it (the jack)

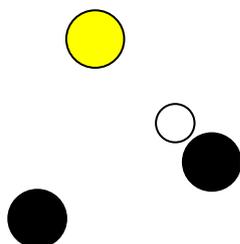
YELLOW draw shot either hand



DIAGRAM

black - ML behind the head where we hold shots;

yellow –wrest shot bowl OR draw second shot either hand OR caterpillar to push jack back



Attitude: all about practising habits

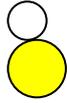
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'Elbows' 2011

Training Session: Visualisation

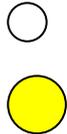
DIAGRAM

black visualise the options to draw shot, hit shot bowl, caterpillar shot bowl



DIAGRAM

black visualise the options to draw shot, draw MW behind, draw jack high



MODIFIED Games

(50 minutes)

game which requires you to set a head per diagram and with your deliveries each has to be a different type of delivery

game which requires you to set a head per diagram and with your deliveries all deliveries have to be on the one hand

variations of games on the diagrams above

KEEP A SCORE OF ANY OF THESE PERFORMANCES

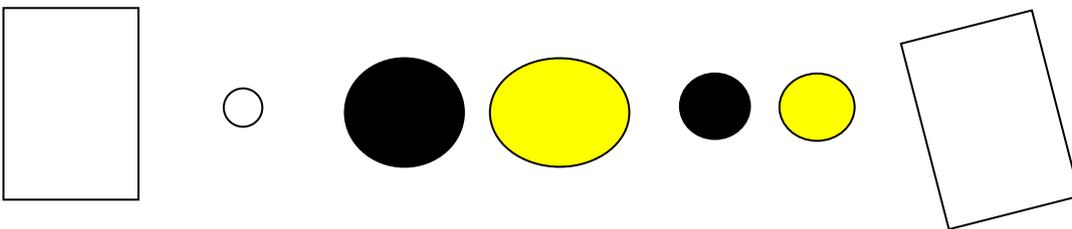
FINISH with FUN (10 minutes)

Noughts / crosses or Caterpillar or football

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

EQUIPMENT

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



Training (& coaching) REVIEW

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

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TRAINING SESSION REVIEW