

'Elbows' 2011 Training Session: Alert

Training Session Purpose - ALERT

PURPOSE of the session

- alert to opportunities to win, defend
- Alert to prospects of danger
- Seeing is believing – in your mind see, correct, retain

Players who are mentally 'alert'

- Attitude
- Leadership in the squad
- Excellence
- Repetition of intense quality training
- Team oriented all the time

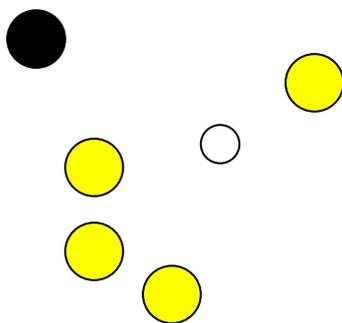
WARM UP physical toning exercises, (10 minutes)
follow with bowls warm up caterpillar for 2 to 4 ends

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;

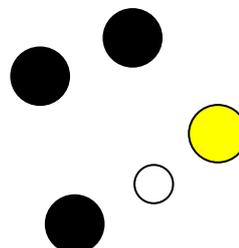
Type of delivery (10 attempts at deliveries)	Min. Length F/Hand	Max. Length F/Hand
Caterpillar opposition		
Draw to ditch		
Trail shot – hide it		

TACTICAL & MENTAL / Communications Skill in drills (60 minutes)
10 attempts at all diagram heads

1. Practice to REMOVE one opposition BLACK bowl in the head
Practice to ADD when we only have one BLACK bowl in the head



2. Practice to REMOVE one opposition YELLOW bowl in the head
Practice to ADD when we only have one YELLOW bowl in the head



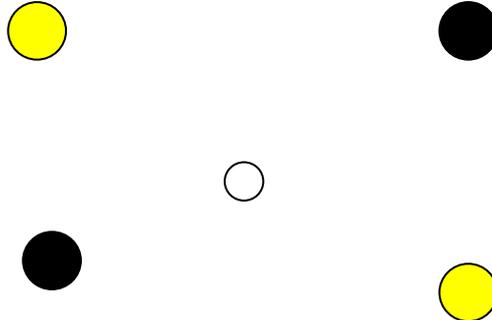
'Elbows' 2011 Training Session: Alert

Julie Keegan v. Julie Saunders

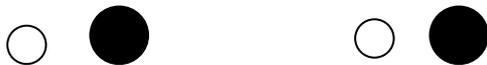
Last delivery for the 2006 world singles, NZ

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

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



THE HEAD SCENARIO- opposition first bowl is jack high and a bowl from the jack the left diagram the black bowl is lying flat; the right diagram it is on its running surface a training partner is required as the head needs to be reset every time which is their role.



The choice of options below reflect the attitude/ approach of the skip (in team format) of the singles player. No one option is better than another, however, the choice says a lot about how you are reading and playing the game. Try numerous attempts at each option for each diagram, for example do 4 attempts at all for each of the options, a total of 40 deliveries, then swap with your partner doing their deliveries;

then do diagram on the right same amount of 28 deliveries in total and see what it feels like to use all options:

- option 1** forehand draw to black bowl to be second shot (caterpillar)
- option 2** forehand draw to be shot
- option 3** forehand draw anywhere within mat length(ML) to be second shot
- option 4** forehand drive at the jack
- option 5** forehand drive to remove shot bowl
- option 6** forehand drive into head
- option 7** forehand draw as a back bowl a ML behind to be second shot
- option 8** forehand push into shot bowl to force it out for you to be shot
- option 9** forehand trail the jack delivery for you to be shot
- option 10** forehand draw within ML of ditch

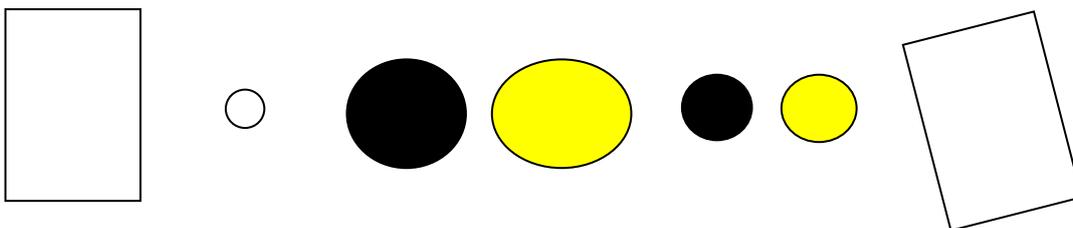
Modified Games

(50 minutes)

Use the illustrated heads above – modify games as such

EQUIPMENT

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



FINISH with FUN Completing session with fun programs (10 minutes)

Noughts / crosses or Caterpillar or football, nearest ditch

Review training session