

Decisions On - Choice Of Weight

My initial session for Tactical skill knowledge and recognition is this routine below.

In fours teams, I want the bowler to realize how many choices they have to deliver at a head. And, I want the bowler to then realize and appreciate the issue for the skip. The bowler needs to be in the head of the skip to understand what choice has to be called for the bowler to execute a delivery.

I use this routine for two reasons:

Allows us to view the competency of the bowler to perform the request.

Might help the bowler to realize that, when in a team, the skip has all these delivery choices to make when calling for deliveries, or, when delivering themselves - the spectrum of tactical choice

Slowest To Fastest Technical Delivery Skill

(Assume the mat is at the bottom of the screen)

Set head with a jack and a bowl, one bowl jack high from jack

Assume this is opposition bowl at head

All attempts are a right hand FH: I tend to favor 4 attempts at each weight or pace, a total of 60 deliveries.

ML means a mat length

8 paces / weighted deliveries are available with **15** tactical choices for the 8 paces as follows

Pace of weight deliveries and the 15 applications:

Slowest (resting toucher draw);

Add a ML behind as our early back bowl yet it remains effective in the head;

ML over into opposition bowl; ML over to trail jack;

Metre over into bowl, now onto jack ;

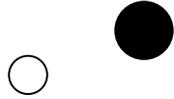
2 metre over into bowl, now onto jack;

4 metre over into bowl without losing your bowl, now onto jack;

Running delivery into bowl, now onto jack ;

Full drive into bowl, now into jack; now into the head

Website menu- Training sessions
Slowest to fastest delivery skills



A variation on the above may be this as follows:

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.



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