

'Elbows' 2011
Training Session: Positivity, Belief, Toughness

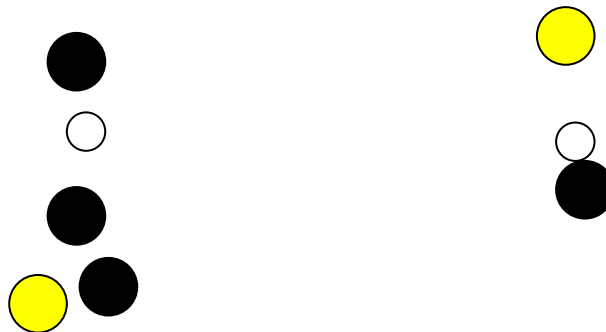
second diagram on right, yellow is third shot

BLACK wrest out yellow as we get 4 shots if we stay

BLACK must draw third shot to come out as a draw

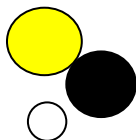
diagrams below

- you are the **BLACK** bowl, draw another to win more shots (bocce)



- you are the **YELLOW** bowl
draw to win shot , forehand then backhand
draw to win second shot, forehand then backhand
drive as want a dead end,
right diagram, caterpillar onto front bowl to move jack for shot
left diagram, firm shot & stay forehand into black bowls

DIAGRAM BELOW



- if black, caterpillar for another shot
- if yellow, slight push into black to move both bowls and stay for shot

MODIFIED Games

(50 minutes)

simulating pressure: use diagrams to apply to a game for all black and yellow options to win, to add, to reduce,

KEEP A SCORE OF ANY OF THESE PERFORMANCES

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

Noughts / crosses or Caterpillar or football

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

TRAINING SESSION REVIEW

Attitude: all about practising habits

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