

Structure In Training

You do tomorrow what you did today (successfully) you are already behind the competition.

In this article, I am specifically referring to the domestic Saturday pennant competition format regardless of the competition skill level.

Those of you readers from overseas interpret for your own domestic environment. We are not talking the state and Australian level, which some players have experienced. In fact recently, I was in the company of two of the national coaches (Steve Glasson and Bryce Stewart) to discover BA has a different and better approach to even premier league. Even now the BA purpose and approach compared to mid-2000s are so, so different.

Question to you players

Last Tuesday afternoon / evening, as traditional club training nights for pennant bowlers in Victoria, did you:

- Train with the team,
- Train independently and individually,
- Compete in night pennant instead,
- Compete in a club championship round instead.

And where you answer YES to any of the four above:

- What purpose / objective did you have?
- How did your performance compare (to the objective)?
- What (lesson) did you learn for further application?

Training

You can not be serious!!! Say so many bowlers.

A refrain from lesser mortals who think they are good bowlers, hello!!!

All sport, except this one, has coach driven training so as to:

- Measure skill - training to gauge skills for technical deliveries,
- Game plan -Tactical skill employed by the skip, decision options,
- Communication skills – calls specific / intense, energizer, identify negativity.

- Mental skill - composure, confidence, team spirit

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Get serious bowlers, do not let the social bowlers dictate to you serious bowlers.

Are we a recreational activity with some competition or a sport in the real sense of the word.

Practice with a purpose: what it is not!

Monday _ Southern Indoor, which is a local competition (I don't value much).

Tuesday _ Mid-week pennant (a lesser level competition here).

Tuesday _ Night pennant (an offering for new and newer bowlers or should be).

Wednesday _ Turkey triples (yeah all over the globe this one).

Thursday _ Roll up with anyone at the club for a bit of competition.

All that time those five competitions helps maintain your technical skill.

Far removed from the improvement of all bowls skills and not near the skills required for your selected position and role for Saturday.

Practice with a purpose: what pennant training can be!

I cite three profile surnames known in sport here in Australia; Hodge, Roos and Kohli (India cricket captain) – who all proclaim the idea.....know role, accept your role, play your role.

What pennant training can be - what you personally need.

What pennant training can be - what other teammates need.

Every club competes in the domestic pennant here in Victoria and historically the teams trained on Tuesdays and Thursdays. Here might be a better system of training for the club:

Tuesdays _ Coach driven especially with the calibre of bowler at premier league clubs.

Specific to enhance your skill and contribution in a position,

Pre-delivery routine exact and constant every bowl: anxiety stress management,

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Visualise every delivery thus we ‘bowl’ 2 bowls to the opposition’s one.

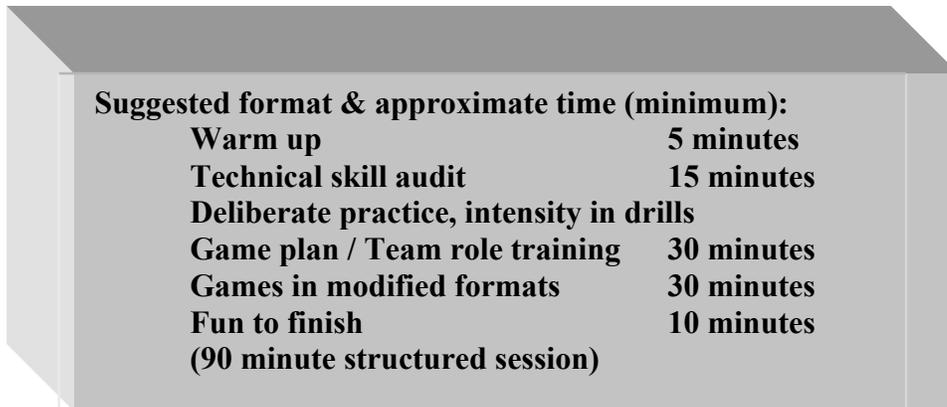
If you must / have to play some of those other five competitions, do a Glasson and go into the game with a purpose for use in pennant next Saturday.

Thursdays - Done only as your rink, your team,
Train and explain the skip game strategy,
Better communication,
Appreciate strengths, quirky factors / limitations in players,
Work at weaknesses,
Unity and trust as a team rink,
Appreciate how skip views the game and adjust to fit in.

FUNDamental *Keep it fun,
Get the basics spot on,
Good teams win, even when not playing too well.*

What might the structure content look like?

PURPOSE and structure of session (Example 1- game plan, team role)



Suggested format & approximate time (minimum):	
Warm up	5 minutes
Technical skill audit	15 minutes
Deliberate practice, intensity in drills	
Game plan / Team role training	30 minutes
Games in modified formats	30 minutes
Fun to finish	10 minutes
(90 minute structured session)	

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Summary

A bit earlier I said get serious, bowlers don't let the social bowlers dictate to you serious bowlers.

I could even say to selectors and head coaches of clubs, you, get serious about pennant bowls.

Back to you the player.

Motivate your fellow members by your shining example through training. We all feel stronger when we see who else is in our team. Be that team member, that one who energizes us by their purpose in making them / us better.

Elbows: all about practising habits.

Lachlan Tighe, 2019