

Bocce - a training idea gained from Bocce scoring.

The Game between two players - each bowler has 4 deliveries, although I prefer they each had used eight bowls, as a minimum every end;
Bowler one delivers their first bowl and will be shot immediately;
Bowler two delivers their bowl and if not then shot, has to deliver more bowls until such time as they are holding shot;
Then bowler one returns to deliver more bowls until they resume being shot;
It will not be unusual for a bowler to still be holding shot with their opponent having no more deliveries and yet have 3-4 more bowls still to deliver;
In that circumstance their priority is to add more shots to what is already a holding shot head for them.



Lessons - learn to draw close early, learn to cope with being down and not succumb to pressure, learn to add with final deliveries when opponent has exhausted their supply of deliveries.

Lachlan Tighe , 2014.