

'Elbows' 2011

Training Session: Push bowls, plug holes

TRAINING SESSION PURPOSE push bowls, plug holes

PURPOSE of the session PUSH BOWLS, PLUG HOLES

...knowledge about the merit of short bowls, the weight to push bowls, plug holes and block entry

LESSONS

-tactical value of being able
 - to push bowls up into the head
 - to push our bowls away from jack high
 - to push bowls out of the head
 - to plug holes to block entry into the head

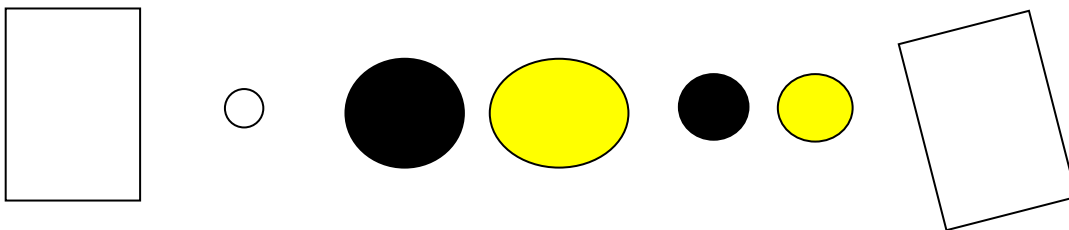
WARM UP physical toning exercises, (10 minutes)
 follow with bowls warm up caterpillar for 2 to 4 ends

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;

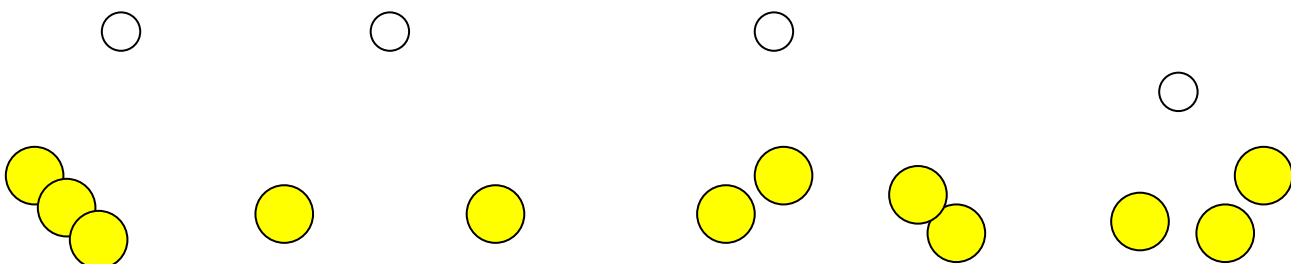
| Type of delivery (10 attempts at deliveries) | Min. Length B/Hand | Min. Length F/Hand | Min Length Alternate Hands |
|-------------------------------------------------|-----------------------|-----------------------|-------------------------------|
| Push short bowl ML | | | |
| Firm shot & stay | | | |
| 2 yard over | | | |
| Plug/ block entry | | | |

EQUIPMENT

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



TACTICAL & MENTAL / Communications Skill in drills (60 minutes)
10 attempts at each diagram
push bowls, plug holes either fore or back hand



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Push bowl Options

YELLOW - Forehand then backhand, reset head

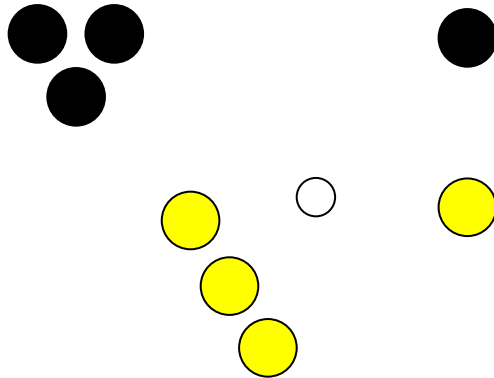


diagram below

Push bowl Options

YELLOW & Black - Forehand then backhand,

Plug hole/ entry Options

BLACK - Forehand then backhand,



MODIFIED Games

(50 minutes)

simulating pressure in these formats for 2 end games:

set heads above and play as **yellow** first

set heads above and play as **black** first

one player to employ a push bowl delivery per end

Rowan's full house concept –nominate 4 delivery options must use all 4 one of which is a push bowl or a plug hole delivery

KEEP A SCORE OF ANY OF THESE PERFORMANCES

FINISH with FUN

(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