

Technical & solitary training for a bowler
A third session

Training by yourself: approach #3

(*Always* use two sets of 4 bowls, 8 deliveries, to maximize efficiency of solitary training for this and any other program that goes about an hour to ninety minutes.)

Session: warm up

- 8 deliveries into nearest ditch from mat placed 4metres from that ditch, staying down
- 2 ends caterpillar onto original delivery

Session: resting toucher draw to jack

- An end where 2/8 backhand delivery is to be a resting toucher
- Return end 2/8 forehand delivery is to be a resting toucher

Session: Deliberate practice training

One

Pressure - bowl placed MW in front of jack so jack is unsighted and for 2 ends to see how many times successful in drawing shot; reasonable target is 4/8 successful deliveries.



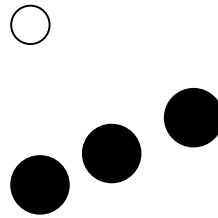
Two

Drill, head with our 3 bowls ML away - 2 ends with different approach/target for same set head

First drill & target to push us in;

Drill two, have to push into these (now) opposition bowls so our delivery continues on to be shot bowl.

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Session: football skill- kicking goals

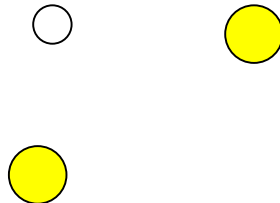


Diagram: Draw through the two bowls for shot; 2 ends with an expectation of 7/8 per end.

Session: football with added weight transfer

heads with front bowls a metre out from jack and a metre space between front two.

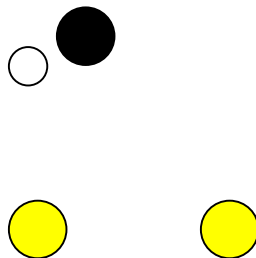


Diagram: Weight between front bowls, dislodge shot bowl & stay for 3 shots; 2 ends with an expectation of 7/8 per end

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Session: drill to cope with changing head

Drill (right forehand) set up 6 heads start from left and with the 8 bowls you can only move along to the next head if you succeed in getting ONE successful delivery, now once 8 bowls delivered see if you have completed the 6 set heads;

Do this session twice FH then twice BH.

Left head: Draw to be shot with bowl shown a ML from jack.

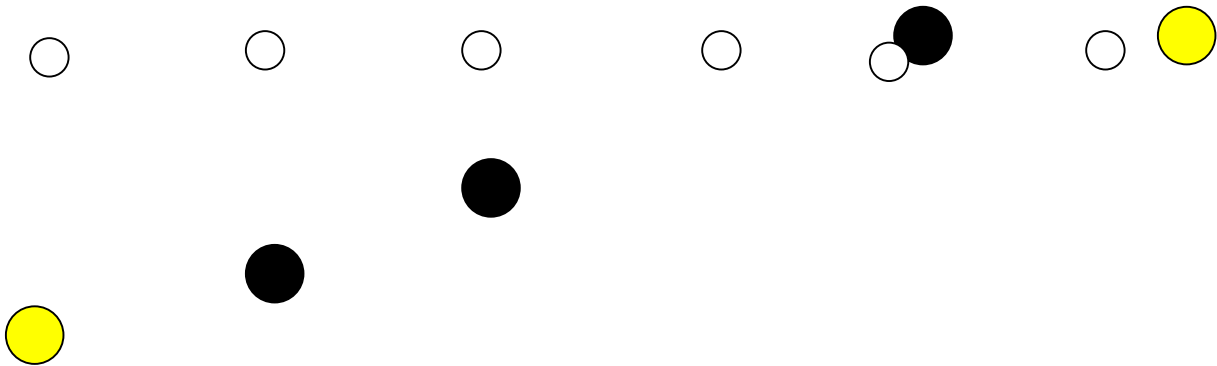
2nd head: Draw to be shot with bowl shown a MW from jack

3rd head: Draw to be shot with bowl a bowl from jack

4th head: Draw resting toucher on shown jack

5th head: Wrest out shot bowl ONLY and stay as shot within a MW of jack

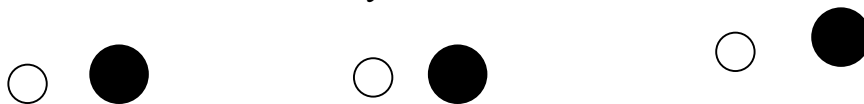
Right head: Drive off both jack & bowl on head



Session: deliberate practice training

(a repeat from session #2 so try different options/ hands this time)

THE HEAD – opposition first bowl is jack high and a bowl from the jack. I suggest you use the width of rink to set up three heads adjacent a metre apart so you can move over if head congested as you will not have a training partner to be reset the head every time.



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The choice of options below reflect the attitude / approach of the skip (in team format) or of the singles player. And the options are doubled as all 10 can be either BH or FH, 20 in all.

No one option is better than another, however, the choice says a lot about how you are reading and playing the game. As there are 20 options, try a few options each session, so for example doing 8 attempts at 5 of the 20 options, a total of 40 deliveries, is demanding enough.

Find out what works, and, what not to try.

- Option 1** Draw to black bowl to be second shot (caterpillar)
- Option 2** Draw as a back bowl a ML behind to be second shot
- Option 3** Draw anywhere within mat length(ML) to be second shot
- Option 4** Draw to be shot
- Option 5** Draw within ML of ditch
- Option 6** Push/ wrest into shot bowl to force it out for you to be shot
- Option 7** Trail the jack delivery for you to be shot
- Option 8** Drive to remove shot bowl
- Option 9** Drive at the jack
- Option 10** Drive into head

Now, you can join in with other bowlers at the club, if their invite still stands as you probably again delivered 168 bowls in this hour/ ninety minute solitary session.

As I stated in other solitary programs, as you are committed enough to train, consider:

- your strengths - list and evaluate you reinforce as training
- knowing what singles skills are necessary to advance
- knowing what team position skills/roles are necessary to advance too
- audit your delivery skills at some training sessions
- appraise some skill defects for further work, and have as part of any session
- see your defects moving to be strengths

Lachlan Tighe, 2016