

# 'Elbows' 2009 Training Session:#53 Team Triples

## TRAINING SESSION Team Triples #53

Venue: Jersey, UK & Richmond Union bowls club

**Session schedule: Friday & Sunday, 2009 (in season)**

**PURPOSE of the session**

.....know your roles, your measures of performance, your responsibilities

**LESSONS learnt from previous performance (training or competition)**

....a total team is one with the third equal load for each member

...Delhi 2010 is 2 bowl triples

**10.30am WARM UP physical toning exercises, (10 minutes)**  
follow with bowls warm up caterpillar for 2 to 4 ends

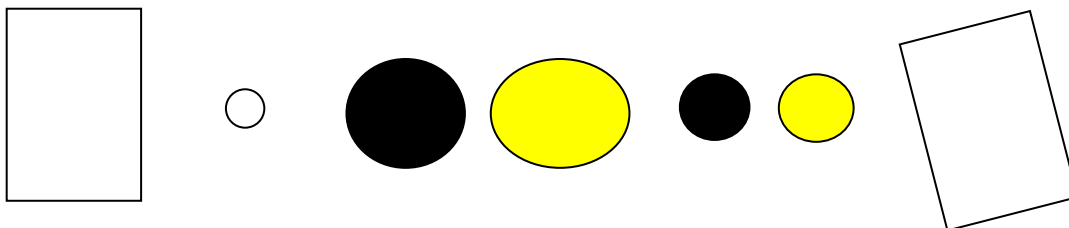
**10.40am SKILL Rating , (20 minutes)**

**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 all deliveries at both lengths)	Min. Length B/Hand	Min. Length F/Hand	Min Length Alternate Hands	Max. Length B/Hand	Max. Length F/Hand	Max. Length Alternate Hands
trail shot – hide it						
Draw spot right						
drive						

**EQUIPMENT**

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

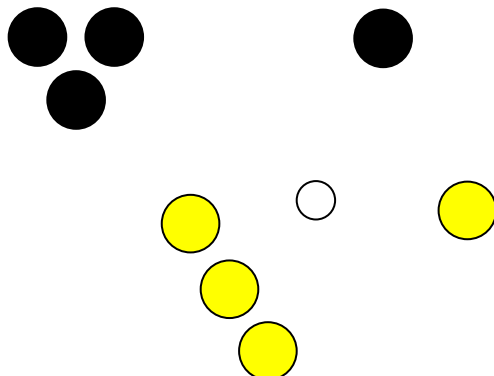


**11. am TACTICAL & MENTAL / skip Skill in drills (60 minutes)**

10 attempts at all diagrams –we are black

Defend the head options where black is ML from ditch and yellow has first bowl

- 1 draw to cover back bowls
- 2 push short yellow bowls in and behind jack
- 3 draw to be a ML short forehand grass line
- 4 draw shot on forehand
- 5 trail to black for 4-5 shots



**Attitude: all about practising habits**

Lachlan Tighe, Email [ltighe@kangan.edu.au](mailto:ltighe@kangan.edu.au) ph 9853 5497, 9425 5759

**'Elbows' 2009**  
**Training Session:#53 Team Triples**

now we are yellow so options 1-4 above still apply

**Milners disc magic drill**

all triples team

draw 4 bowls to each black CD in sequential order left to right

draw 4 bowls to ditch behind each of the 4 back bowls

draw a bowl to each yellow CD in sequential order left to right

second & skip

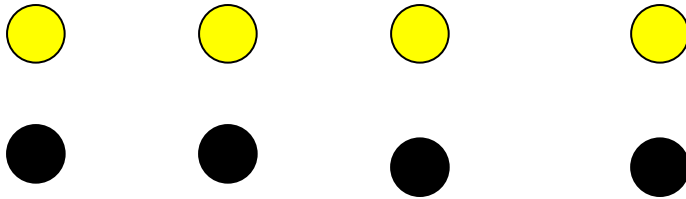
trail 4 bowls over each black CD to a black target placed a metre beyond yellow

drive 4 bowls over each black CD in sequential order left to right

trail a bowl over each yellow CD to the ditch a metre beyond the black

drive a bowl over each yellow CD in sequential order left to right

draw to ditch alternately behind each of the 4 back bowls



**12.pm Modified GAMES**

**(50 minutes)**

#simulating pressure: face resting toucher as first opposition bowls

# any of the diagrams

KEEP A SCORE OF ANY OF THESE PERFORMANCES

**12.50 pm FINISH with FUN Completing session with fun programs**

**(10 minutes)**

Focus on Fun from any of these fun games

Noughts / crosses or Caterpillar or football

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

**Training (& coaching) REVIEW**

player/ team to have three fundamentals / purpose to work on each coaching session

- 
- 
- 

rate your performance out of 10 each training / coaching session =

qualify/ record three things you did well at the session

- 
- 
- 

qualify/ record three things you need to improve as a consequence of the session

- 
- 
- 

**1 pm FINISH**

Edited last on 9/8/2009

**TRAINING SESSION Team Triples #53**

*Attitude: all about practising habits*

Lachlan Tighe, Email [ltighe@kangan.edu.au](mailto:ltighe@kangan.edu.au) ph 9853 5497, 9425 5759