

Elbows

Fours Team- Player Role in each position

Fours Team- Player Role in each Position

The team is expected to have a **game plan**, which includes each player's tasks / roles to enable the to team win. **The content for the four player positions below is described for premier league level and above.**

LEAD

Your MEASURED role

- The jack delivery must be within a metre of requested min / max length 80% of times requested.
- The first bowl should end within ML of jack 7/21 ends.
- 45% acceptable ML deliveries.
- ML contributions 14/21 ends.
- Lead and the second are a 'team' and one 'team' goal is to have 2/4 bowls in the head 15 ends (where head = mat length from the location of the jack).
- The second 'team' goal for the front-end is to have a back bowl beyond the head every end.

Your ATTITUDE role

- Once bowls delivered, turn and be there with and for YOUR other front end team mate, the second.
- **Lead** to record these above on a card for each end for review at team segment meeting.
- Support – once third finishes join him/her and go **together as a trio** to the head.
- Be prepared to readily accept / trust the instruction call from the skip.
- Team meetings - listen, learn, focus on your next segment (e.g. 4 or 5 end) goal.

SECOND

Your MEASURED role

- The first bowl should end within ML of jack 7/21 ends.
- 45% acceptable ML deliveries (or fully effective result bowl).
- ML contributions 14/21 ends.
- Lead and the second are a 'team' and one 'team' goal is to have 2/4 bowls in the head 15 ends (where head = mat length from the location of the jack).
- The second 'team' goal for the front-end is to have a back bowl beyond the head every end.

Your ATTITUDE role

- Support - be there with, and for, YOUR front end teammate, the lead.
- Support - once third finishes, join him / her and go **together as a trio** to the head.
- Be prepared to readily accept / trust the instruction call from the skip.
- Team meetings - listen, learn, focus on your next segment (e.g. 4 or 5 end) goal.

THIRD (VICE CAPTAIN)

Your MEASURED role

- The first bowl should end as an effective delivery 7/21 ends.
- 40% acceptable ML deliveries (or fully effective result bowl).
- Have 2 team bowls in head 75% of ends.
- Not to be >2 down on head when crossing over.
- Hold shot 50% of the ends by the time you cross over.

Your ATTITUDE role

- TEAM leader - the morale voice / presence for the front end team.
- Tactical: be conscious of 2 bowls in head and a back bowl as a core of the game plan.
- Tactical: ensure decisions are made knowing to avoid being >2 down on head.
- Strive to hold shot by the time you finish.
- Mental attitude: reinforce POSITIVE verbal and bodily behaviour from lead and second.
- Mental attitude: reinforce objective of the lead and second as a TEAM.
- Mental attitude: no calling multiple shots down to the skip, simply give her directions.
- Communication: respond to the skip with instructions not information.
- Be prepared to readily accept / trust the instruction call from the skip.

Elbows

Fours Team- Player Role in each position

SKIP

Your MEASURED role

- The first bowl should end as an effective delivery 7/21 ends.
- 40% acceptable ML deliveries (or fully effective result bowl).
- Have 2 team bowls in hand 75% of ends.
- Tactical opportunity: play a shot when presented before the opposition takes it from you.
- Maximum length: stand a metre short of the 2 metre mark to allow the jack delivery to have 3 metres to the ditch for a long end.
- Skips are not to turn over ANY head where the team already holds shot.
- Every end, nearly every delivery, call precise, confident instructions to the team members.
- Keep ends loss to 2 shots.
- Win the game by winning the majority of ends played, thus 11/21 ends as a minimum.
- Reduce the deficit result 50% of times opportunity exists.
- Convert result 50% of times opportunity exists.
- Add to the result 50% of times opportunity exists to use last bowl for that advantage.

Your ATTITUDE role

- **Responsibility:** Take 100% responsibility for skipping the team, managing your teammates.
- Make all 4 player share 25% responsibility for contest and team.
- Priority to watch / observe your players as much as watching the flight of the bowl.
- Challenge their motivation.
- Raise their intensity level by the strength and positivity of your calls for their deliveries.
- Influence the team members to realise how good they are, and can be.
- Don't give up on anyone of them at any time in the contest.
- **Responsibility:** Take 100% responsibility for skipping the team game plan, the tactical strategy.
- **Plan:** you trained together, now meet before the game, monitor your game plan progress in segment meetings with the team providing detail from scorecard.
- Skip with confidence throughout: walk down the rink as if you own it.
- Composure: winners are grinners...enjoy the challenge.
- Thinking hard – don't be a 'hardly thinking' skipper.
- Tactical opportunity: employ a team shot when presented before the opposition takes it from you.
- Tactical: know performance of players today and call according to how they are playing, SWOT.
- Tactical beginning: make full use of the extra delivery your team (lead) has with the jack.
- Do not signal or call multiple shots when down to the team (it feeds the opposition), simply give direction.
- Composure: positive body and verbal language for team always.
- Situation awareness - be on alert for patterns in the game, momentum with certain players.
- **Segment** team meetings - guide and direct, honest review, set your goal / target for the next segment of ends, then encourage teammates to go off apply and enjoy.

PERFORMANCE MEASURES - Fours TEAM

Definition of an effective delivery,

Draw delivery ends within MAT LENGTH of objective; Effective delivery ends / results as asked.

EXPECTED performances for the positions of lead / second / third/ skip as a minimum if wanting success at the four levels of competition at Division One, group, state and finally national.

Mat length (ML) % standard	LEAD	2nd	third	skip
Division 1 pennant level	40	40	30	30
Premier league pennant/ Group level	45	45	40	40
State level	50	50	45	45
National level	55	55	50	50

TEAM _ a bowler, team member, does not have to be physically gone (absent) to be out of the team. If it can be observed they are bored - negative-resentful-disruptive-passive-obstinate-downcast-rattled, they have already left the team. They are passengers, that attitude to be offloaded. Or they will be.

Lachlan Tighe, April 2015.