

# 'Elbows' 2011

## Training Session: Ditch draw

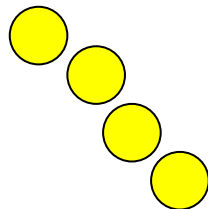
TRAINING SESSION Purpose: ditch draw

**PURPOSE of the session    DRAW TO THE DITCH**

.....ditch draw, a matter of composed execution

**LESSONS** ....ultimate penalty if delivery heavy (in the ditch, out of the game)

**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		Max. Length	
	Alt	Hand	B/Hand	F/Hand
Draw to Ditch				
Caterpillar				
Resting toucher				

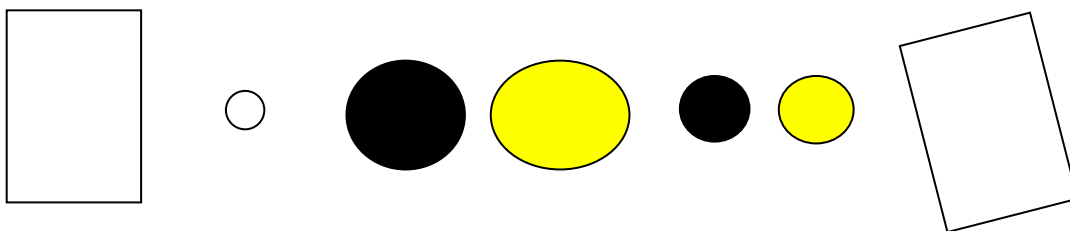
**TACTICAL & MENTAL / Communications Skill in drills** **(60 minutes)**

**10 attempts at each diagram**

- Draw your bowls within ML of the ditch
- retrieve and redeliver any bowl that ends in ditch, or, more than a ML from the ditch
- Place round mat 4 feet from ditch and 'live' bowls to continue to next dot
- Place round mat 3 feet from ditch and 'live' bowls to continue to next dot
- Place round mat 2 feet ML from ditch and 'live' bowls to continue to next dot
- Place round mat a feet MW from ditch and 'live' bowls to continue to next dot

**EQUIPMENT**

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



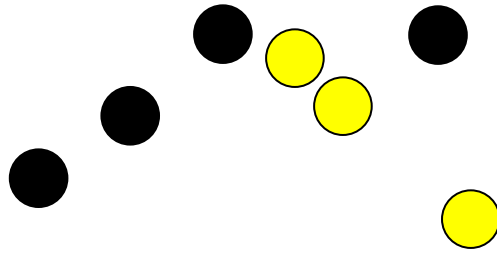
*Attitude: all about practising habits*

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

**'Elbows' 2011**  
**Training Session: Ditch draw**

**DRILLS Forehand**

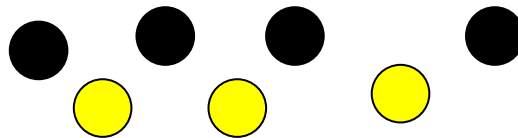
Heads set 4 feet from ditch, with jack in the ditch, as barriers for players  
**to draw**



**to play narrow**



**to draw wide**



**MODIFIED Games**  
**# teams diagram**

**(50 minutes)**

- # draw to ditch in teams, winner closest to the ditch
- # draw to ditch in teams, loser futherest from the ditch
- # score all team bowls within ML of ditch game for 4 ends
- # Restricted delivery choices

**FINISH with FUN**

**(10 minutes)**

world series one bowl nearest ditch

**TRAINING SESSION REVIEW**