

Team Position Skills, Training Session

(This session complements the ‘deliberate technical skill’ training session document)

In that other document I did diagrams for any person to attempt to execute the delivery required for the diagram. My stated intention was for bowlers, and selectors, to know your capabilities and your prospects for positional team selection via these numerous deliberate practice skill sessions.

Now in this document I want players to appreciate their choice may not be the skip choice, so get used to delivering what is asked of you.

Know the range of options and thus you will have an open mind listening to instructions.

You should do the drills as if you could be played in all positions.

‘Deliberate Practice’ for a Team position

Presume you may play in all four positions over a season, therefore know which delivery will be asked of you in competition.

Weight appraisal

Start with this exercise:

Requiring different weighted deliveries to bowl over each of the 4 different mats or CDs placed halfway up the green, up and back to a jack on a 2m mark.

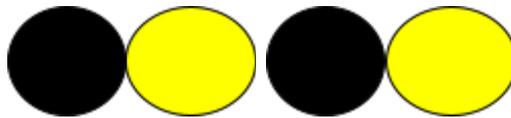


DIAGRAM 1

Here are six options to train for in the roles of lead, second and third, as right FOREHAND (have 8 attempts at all 6 options).

Closest bowl is a mat width from jack & other bowl ML and you are down 2 on the head.

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Lead & second

- Draw toucher.
- Draw to be second shot.
- Need a bowl behind no more than a metre (part of the game plan front end).

Second & third

- Push or wrest out the shot bowl and stay to hold shot.
- Drive to either hit the jack.
- Drive to hit the bowls .

Record result of the 8 deliveries per option and aim for a 4/8 strike rate for each option.

What you now know is your success rate at any option and what score you have to improve on.

DIAGRAM 2

Preparation program with the first 2 deliveries facing resting toucher opposition.



Lead & second objective

- Draw toucher.
- Draw to be the second shot.
- Need a bowl behind no more than a metre (part of the game plan front end).
- A bowl weighted a metre through the head so that if delivery misses, the bowl finishes a metre behind (part of the game plan front end).

Second & third objective

- Push or wrest out the shot bowl and stay to hold shot.
- Draw second shot.
- Drive to hit the bowls.

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Team Trust – Tactical program

Purpose of these below is knowing choice, but, complying with what is asked of you.

DIAGRAM 3

Our 3 bowls placed a ML out, have to push us in closer this drill.

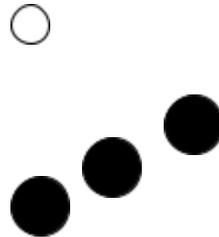


DIAGRAM 4

Opposition has these 3 bowls placed a ML out, have to push into the bowls with apt weight so our delivery continues on to be shot bowl

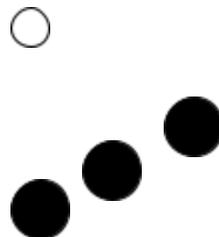


DIAGRAM 5

Again, 3 bowls closest being one bowl from, but adjacent to, the jack with next 2 slightly behind each time.

This time one bowl is an opposition bowl and with 3 scenarios for an opposition bowl.

First scenario, the closest bowl is the opponent.

Second scenario is the middle bowl is opposing.

Third scenario: wide bowl is opponent.

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Drill is move the opposition bowl out in each scenario, and stay yourself, for 3 shot (s).

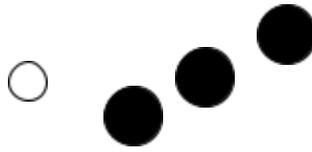
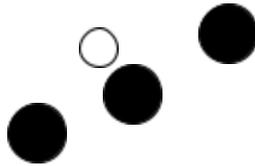


DIAGRAM 6

We hold 3 shots close to jack as viewed.

Drill one to draw BH and a metre or two behind head as a receiver.

Second drill move our wide FH bowl out and around the head to protect our shot(s).



(1) Team spirit

Competition within the team - draw nearest to the ditch in groups of 3

From minimum length on green:

After deliveries complete, bowl furthest from the ditch, and or any bowl that ends in the ditch, is taken OFF the green.

Resume the exercise back at the mat with some players having fewer deliveries due to reasons above.

Winner is the player left with a bowl.

(2) Team Spirit

Equal contributions as a team - draw nearest to the ditch in groups of 2.
(play from minimum length).

Have a lead & skip with lead start delivering while skip waits on the bank.

One bowl from the lead has to be within a ML from the ditch, to enable the skip to come and deliver.

If lead is not successful with any one of the four deliveries, retrieve and replay again till successful.

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Once the lead succeeds, skip attempts to succeed with one bowl within ML of the ditch.

If skip is not successful with any one of the four deliveries, retrieve and replay again till successful.

Winning team is the one where one bowl from each of the 2 players is within ML of ditch.

(3) Team Spirit

Working as a team- draw nearest to the ditch in teams of 3

Start from minimum length on green and as successful move to medium then maximum length, hence 3 lengths.

Each bowler has to have one bowl within a ML of ditch for the team to move to the next length.

If any one player is not successful at a set length with any one of the four deliveries, retrieve and replay again their bowls only till successful.

Winning team is the one where one bowl from each player is within ML of ditch by the time they complete the maximum length exercise.

Option # Skips simulating pressure

3 bowl pairs program

Leads to deliver their 6 bowls to jack on 2m mark and the team to record score as it appears at the head. Now, leave the head set as is, however, now move the JACK 3 feet back from the original 2m mark location and skips to play their half of the match with this head intact.

Score tallied at end and then add the 'leads half end score too to view outcome.

Lachlan Tighe, 2022