

'Elbows' 2011

Training Session: Form (performance) slump

TRAINING SESSION Purpose: form, performance slump

PURPOSE of the session Form or performance slump

- ...coping with a lapse in form during the event
- ...failure turns to success when we learn from it, expect it can occur

LESSONS

Do something (different), try something new

- ...all sportsmen suffer lapses/ loss of form, however not all know how to deal with the situation
- ...focus on the process, not the result and definitely not the technical flaw
- ...know when you are in your C game and not at you're a game, and act accordingly
- ...you will have miserable days
- ...you will have miserable periods within the game
- ...don't dwell on it
- ...set new mini goals or tasks during the event to maintain the situation

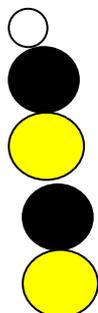
WARM UP physical toning exercises,

(10 minutes)

warm up caterpillar for 2 to 4 ends

diagram – CREEP factor

place jack on 2m mark and set up 4 opposition bowls each one a ML further away from the jack



now out draw bowl 4, the 3 then 2 then shot bowl with your 4 deliveries, and do it both hands

SKILL Rating ,

(20 minutes)

Measuring performance score out of 10 attempts: number of deliveries within '**Mat Length**' (ML)

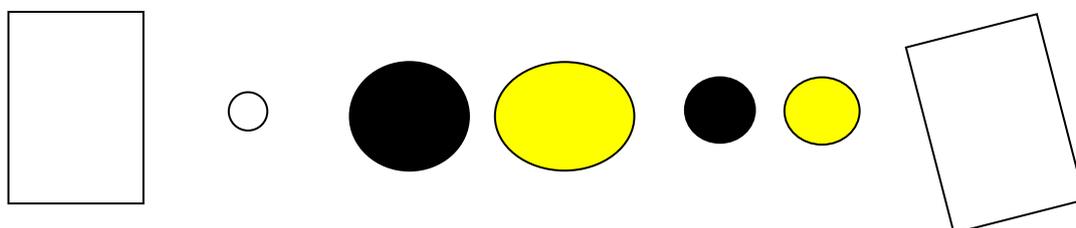
Type of delivery (10 attempts at all deliveries)	Min. Length F/hand	Max. Length b/hand
Wrest out toucher		
2 yard on shot		
Widen the head		

Mental Skill

- review your latest skill delivery rating of all 17 types;
- endeavour to repeat it as part of prolonged training purpose;
- review your lowest result rating and improve it as a goal;

EQUIPMENT

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



Attitude: all about practising habits

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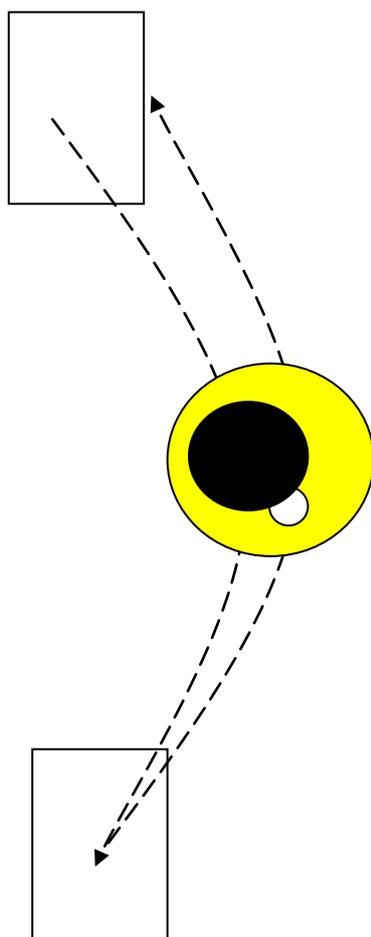
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TACTICAL & MENTAL / Communications Skill in drills (60 minutes)

Discipline & focus

Set up mid rink 3 round discs with largest on top, then middle size and smallest on bottom
Players to deliver up and back over largest disc and after the 2 ends take it away so players deliver up and back over mid size disc and take it away after 2 ends. Now left with smallest disc on rink and players have to deliver over that disc up and back.

(illustration has smallest disc beside others only because as colour would not highlight on top of other two)
After 6 ends that will get their focus and delivery warmed up and measured after 24 deliveries.



now

- Go over largest YELLOW 1 of 4; then 2 of 4; then 3 of 4; now attempt a 'pb'
- Go over middle size BLACK 1 of 4; then 2 of 4; then 3 of 4; now attempt a 'pb'
- Go over smallest WHITE 1 of 4; then 2 of 4; then 3 of 4; now attempt a 'pb'

Modified Games

(50 minutes)

- sets play losing 10-3 after 6 ends, 3 ends to complete, goal to be 3 of 4 deliveries within a metre,
- sets play losing 10-3 after 6 ends, goal to have one delivery within ML,
- sets play losing 10-3 after 6 ends, goal to win one end
- one 9 end set to play, Set new goals each 3 ends

FINISH with FUN Completing session with fun programs (10 minutes)

TRAINING SESSION REVIEW

Attitude: all about practising habits

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