

Deliberate Practice Routines

Audit: All skills can be learned, trained and improved

Technical skill discipline & intensity sessions

Standards Required: Skill for elite levels

Merit of measuring:

David Bryant knew 93% of his deliveries fell within a metre.

Ian Schuback knew 65% of his deliveries were within his zone
(approximately a Mat Length).

Two of the greatest bowlers ever to walk on greens and they applied
this years and years ago.

Leapfrog drill variation

- Place eight bowls a metre apart starting at minimum from the ditch



and first draw to each bowl to add a metre. Then wrest off the located bowl
adding a metre each time. Now drive bowls from front to back off rink. Then
go side on and draw through the gap(s) between all eight bowls. Where a
delivery is unsuccessful that bowl is taken off the green.

Back of the queue:

Set mats diagonally from one corner to corner of the green lining up
the mats on rink line and peg line; hence with a 6-rink green using all pegs
and rinks you would have laid out 13-14 mats diagonally from corner to

Website menu- Training session
Technical skill & audit training session

corner with the first mat on a two-metre mark and the furthest mat on the extreme end two-metre mark.

Start from corner 2m mark to maximum length on green. One of two deliveries to be within mat length (ML) of ditch, then come back via queue on the other side of the green. By the time you are on mat 13/14 you are delivering no more than 2m. to the ditch yet still being within a ML.

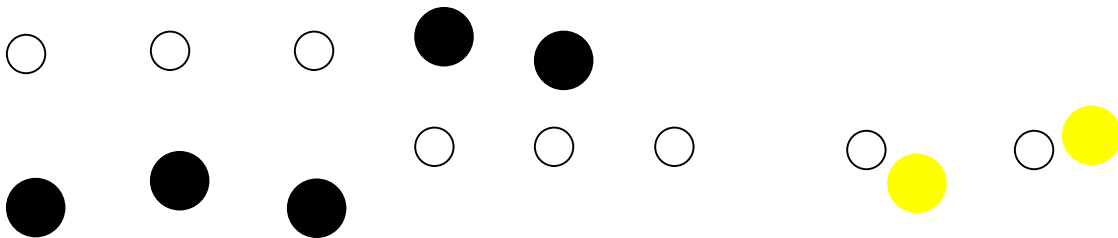
Skill intensity

Attempt diagrams with 4-8 deliveries from left to right

Objectives are immediate intensity in training and provides competition amongst the training squad.

Players start from left of screen / page and ONLY move along to the right as they succeed in getting a set number of successful deliveries (could be 1 or could be 4), otherwise rejoin the queue if there are numerous players (try session first using one bowl; later allow players to use either 4 or 8 bowls).

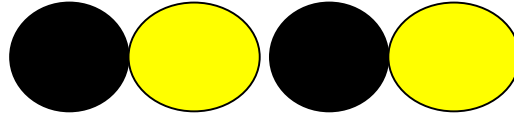
- Left head draw to be shot with bowl shown a ML from jack
- 2nd head draw to be shot with bowl shown a MW from jack
- 3rd head draw to be shot with bowl placed a bowl space from jack
- 4th head draw to be shot with bowl shown a MW from jack
- 5th head draw to be shot with bowl placed a bowl space from jack
- 6th head draw resting toucher on bare jack
- 7th head wrest out shot bowl, stay as shot on green as head within a ML of ditch
- right head drive off both jack & bowl on head



**Website menu- Training session
Technical skill & audit training session**

Weight appraisal

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



Mat use and knowledge

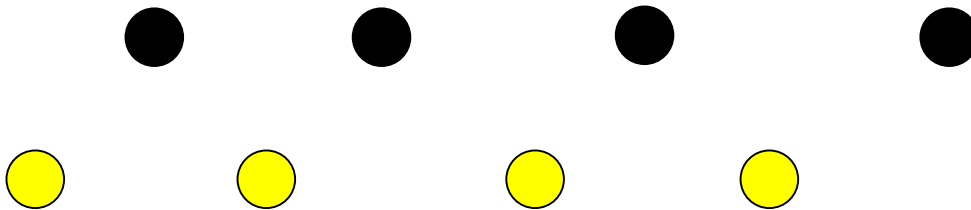
Same target different visual focus line and delivery outcome by using left, middle and right of the mat.

Milner's magic

YELLOW bowls

Draw to each separate bowl
drive off each bowl
each bowl

push out each bowl,
swinger delivery to move



BLACK bowls

Draw to each separate bowl
drive off each bowl
each bowl

push out each bowl,
swinger delivery to move

Lachlan Tighe, 2019