

'Elbows' 2011 Training Session: Motivation

TRAINING SESSION PURPOSE Motivation

PURPOSE of the session MOTIVATION

...if you work hard enough you get to make the choices...if you don't (work hard) others make the choices for you

LESSONS

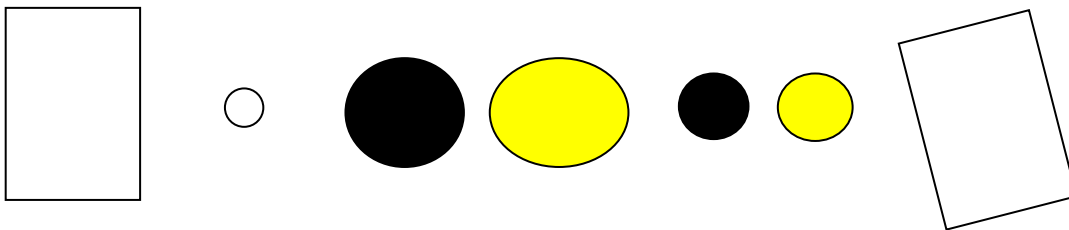
....Start with **yourself**, impress those around you with your level of commitment
....near enough is never good enough

Hints from great players

- set goals, long term and for each session
- You should practice hard because a player cannot achieve their best with less than a total effort done through training
- record what you do (performance) at training and in events
- Great playersrespond to great challenges and your (world title) is no greater
- Great playersneed first a challenging schedule
- And remember, great players may not always win, no realistically they will not always win, but, even when they don't, the level of competitiveness will produce a top level performance by the opponent fro them to win
- And great players ...win the **IMPORTANT** events more than others

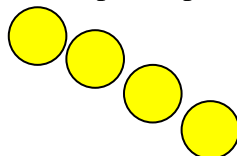
EQUIPMENT

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



WARM UP physical toning exercises, (10 minutes)

follow with bowls warm up caterpillar for 2 to 4 ends



motivationcan best be demonstrated by you when you do not accept a short bowl and retrieve to perform the model caterpillar routine

Motivationcan be identified here with skill ratings – if you are highly motivated you know your 'pb' for each of these below, which are amongst the hardest deliveries to achieve >5 of 10 and you will strive to do even better

Hence for this session the ratings should stretch for 30-40 minutes as you are determined to improve your 'pb' for each of the following

Attitude: all about practising habits

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SKILL Rating , (40 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; **do all these below at maximum length as that is a difficult skill and requires a heightened level of focus to achieve above average ratings**

Type of delivery (10 attempts at deliveries)	B/Hand	Alt. Hands
Push bowl ML		
Plug entry		
Draw		
drive		
Yard over		
Draw to ditch		

TACTICAL & MENTAL / Communications Skill in drills (20 minutes)

Draw to ditch f/hand from Min length- must get 3 of 4 in zone before move to Maximum
 Draw to ditch f/hand from Max length- must get 3 of 4 in zone before move to b/hand
 Draw to ditch b/hand from Min length- must get 3 of 4 in zone before move to Maximum
 Draw to ditch f/hand from Max length- must get 3 of 4 in zone to finish

QUESTION

have you attempted any delivery skill rating this week?
 NO, then you seem to lack the motivation to succeed; and it begs the question why are you attending any squad training;
 YES, well which one did you perform and how did you fare compared to your 'pb' for the delivery?

MODIFIED Games (50 minutes)

Games based on above drills and at maximum length
 Player loses when one player is successful, other is not

KEEP A SCORE OF ANY OF THESE PERFORMANCES

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

Noughts / crosses or Caterpillar or football
 Bocce or Target mat or Specified purpose eg world series one bowl nearest ditch

TRAINING SESSION REVIEW