

**'Elbows' 2011**  
**Training Session: Wet weather plan**

**TRAINING SESSION PURPOSE: Wet weather contingency**

**PURPOSE of the session**

.....capacity to offer program despite inclement weather

**LESSONS**

....you can accomplish anything, provided you do not mind who gets the credit  
....the visible team (players) is only as good as the invisible team (support staff)

**WARM UP physical toning exercises, (0 minutes)**

**SKILL Rating , (10 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;

Did they KEEP A SCORE OF ANY OF THESE PERFORMANCES...seek results

**DISCUSSION**

**TACTICAL & MENTAL no program for this (0 minutes)**

**MODIFIED Games no program for this (0 minutes)**

**TOPICS**

Club/ squad mission statement, values statement

Goals

the Club/ squad/ team/ coach

team

leadership – on the bus simulation

Description of An Effective team

On the bus

Game plans,

Why, why not, how

game analysis - the need to record

coach

is enthusiastic, educated, energiser, enjoyed, exacting

skill rating,

deliveries

Estimating distances- from mat, use of bowls in head as beacons

Communication –role play simulation of good v. individuals

Tactical skill

Create a head for discussion ( Henselite column example)

Decision making

Calls and Calling shots

Skips indicate

location of ideal lead deliveries

location of ideal second's deliveries

Standards of planning

Fluid, ML , jack throwing, roles as players,

mental skill

positiveness in behaviour

specific calls discouraging players coming to head

challenge the player to perform not score

**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: Wet weather plan

trained to negate negativity  
inventory (making sense of the psychological bowls game) \*\*

coach

Bowls as a culture of success Overheads  
Formal reporting (Group 13 contents page)

\*\* How would you, or what would you, conduct in training to simulate these points

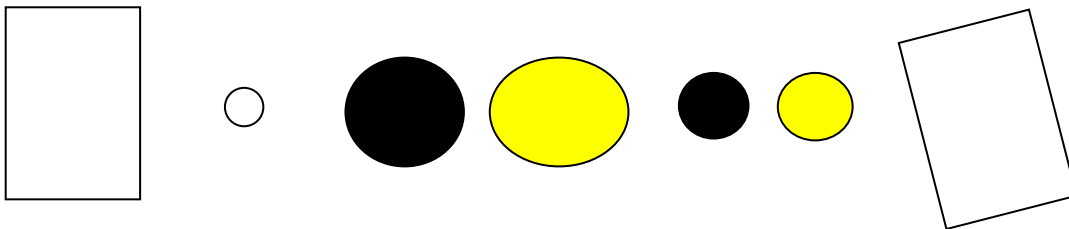
Ideal performance state – IPS	Anxiety	Enjoyment
Automatic	Self confidence / self talk	Visualisation
Imagery	Pressure	Pre delivery routine
Mental toughness (being behind)	Team spirit	Body language
Verbal language	Game plans	Games analysis
Segmenting	tactical skill development	pb measures
Motivation	decision making	Goals

**FINISH with FUN**

**(10 minutes)**

**EQUIPMENT**

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



**Training (& coaching) REVIEW**

player/ team to have three fundamentals / purpose to work on each coaching session

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rate your performance out of 10 each training / coaching session =

qualify/ record three things you did well at the session

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- 
- 

qualify/ record three things you need to improve as a consequence of the session

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**TRAINING SESSION REVIEW**