

Training Session: Mat Knowledge

PURPOSE of the session:

- How the mat is a vital tool in your range of delivery choices
- Estimating distances at the head from the mat
- Estimating weight choice and line from the mat

LESSONS learnt from previous performance (training or competition)

Variation of arc / delivery path as a consequence of different feet placement on the mat
For time convenience do these drills below at minimum length
When you have later sessions for this skill then go to the other lengths

1. Practical skill drill _ Draw



Set two coloured CD discs a bowl apart at 7m. along the grass line you think will have the bowl finish on the rink line.

- Deliver FH over black from left/ middle/ right of the mat to observe the finish point.
- From other end BH deliver over black from left/ middle/ right of the mat to observe again.
- Deliver FH in the gap between yellow & black from left/ middle/ right of the mat & observe finish.
- From other end BH deliver in the gap between yellow & black from left/ middle/ right of the mat to observe again.
- Deliver FH over yellow from left/ middle/ right of the mat to observe the finish point.
- From other end BH deliver over yellow from left/ middle/ right of the mat to observe again.

Remove the above discs in readiness for the session below.

Now, with a jack placed as the target and delivery line for the FH only.



Bowls are now set up, black & yellow, and placed about a Metre out from jack and a MW apart

- Deliver around yellow from left/ middle/ right of the mat attempting to draw shot

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- Deliver between black & yellow from left/ middle/ right of the mat attempting to draw shot
- Deliver under black from left/ middle/ right of the mat attempting to draw shot

2. Practical skill drill _ weight options

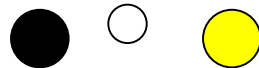
The bowls black & yellow remain again about a metre same as above diagram

- Deliver into yellow from left/ middle/ right of the mat pushing up for shot
- Deliver into black from left/ middle/ right of the mat pushing up for shot

Remove the head above.

Next we learn about weighted choices.

The head is set by two discs each a bowl apart from the jack in between, a total of a MW wide head.



This head is set either end of the rink to allow BH & FH attempts.

Now, we are placing CD disc as per colours below half way up the green;



Explaining position of each colour CD above and let's give it a number

1. Right black is a ML from centre line (rink) (troops 5 bowls are about a ML)
2. Right yellow is a bowl closer to the centre line
3. Middle black is a MW from centre line (note 3 bowls are about a MW)
4. Left yellow is a bowl width from the centre line
5. Left black is on the centre line

Your objective is to disrupt the head with your 4 deliveries at a minimum length.

You bowl one way all FH and return to the other head on BH.

You do 2 ends (BH & FH) finding the weight going over #1, then #2, etc to finish with by going over #5, which means you have experimented with 40 deliveries for 5 weighted shots, 20 on FH & 20 on BH.

I equate this to going from a reasonable speed over CD #1 to a FULL BLOODED drive over #5.

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Today, you do all deliveries from middle of the mat attempting to meet objective.
A later session, you do all deliveries from right of the mat attempting to meet objective.
In the future, you do all deliveries from right of the mat attempting to meet objective.

NOTES TO SQUAD

(All diagrams I send you presume the mat is at the bottom of screen/page and all hand references are for a right hander.

I use CDs as there is no need to replace them when you go over them, as you would if there were bowls.

Where I use bowls I have them on top of a CD so when we have to replace the location is exactly the same.)

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