

'Elbows' 2011

Training Session: Pressure

Training Session Purpose: Pressure

PURPOSE of the session

- ... pressure identified to gain knowledge to apply from training to competition
- Discipline to choose and deliver the best option

LESSONS about perceived pressure

- ...something you place on yourself;
- ...pressure is often one person's (negative) perception
- ...What produces pressure, the human frailty

LESSONS learnt from previous performance (training or competition)

Competition - love it, love the thrill, love overcoming the adversity

- Others don't reckon you should be here
- Crap is happening away from bowls
- You're not feeling a million \$\$\$ right now

Any or all of these are examples of added pressure. Probably they make players feel no chance of challenge, inspiration, determination or even positive EXCEPT the champion player

LESSONS - Mental SKILL on coping

Hints from great players

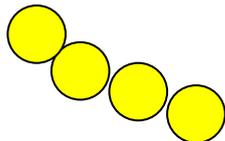
- Great players...keep cool in a crisis
- Great players...work hard in practice
- Great players...don't quit because of hard work
- your last bowl is always your first
- Think 'bonus points' for an extra dimension with your first and last bowl
- Apply caterpillar
- Mat length measure of excellence
- Bocce whenever the opportunity arises

What reduces pressure, the tools to have

- Hey no one died
- This is a challenge not a threat
- Winning / losing is for others, all I do is perform on the green
- I love the adrenalin pump of these tough situations
- That squad I have will still be supportive of me tomorrow whatever

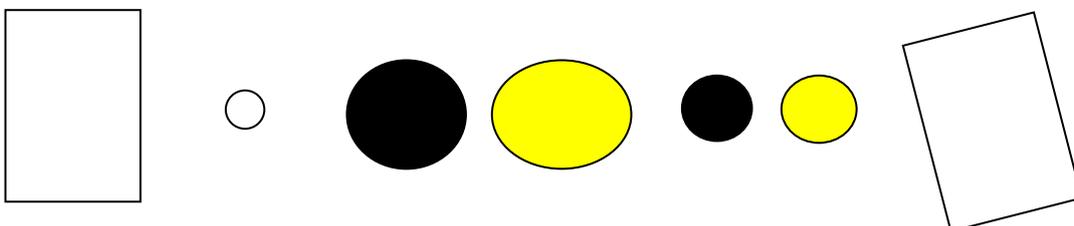
WARM UP physical toning exercises, (10 minutes)

follow with bowls warm up caterpillar for 2 to 4 ends



EQUIPMENT

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



Attitude: all about practising habits

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SKILL Rating ,

(20 minutes)

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

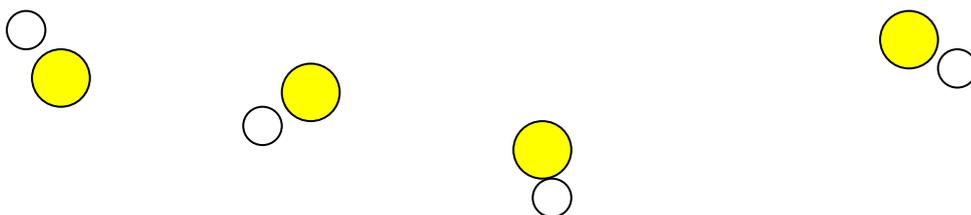
Type of delivery (10 attempts at deliveries)	Min. Length B/Hand
Drive	
Draw jack spot left/ right	
Plug / Block entry	
Wrest out	
Firm shot & stay	
Caterpillar opposition	

TACTICAL & MENTAL / Communications Skill in drills

(60 minutes)

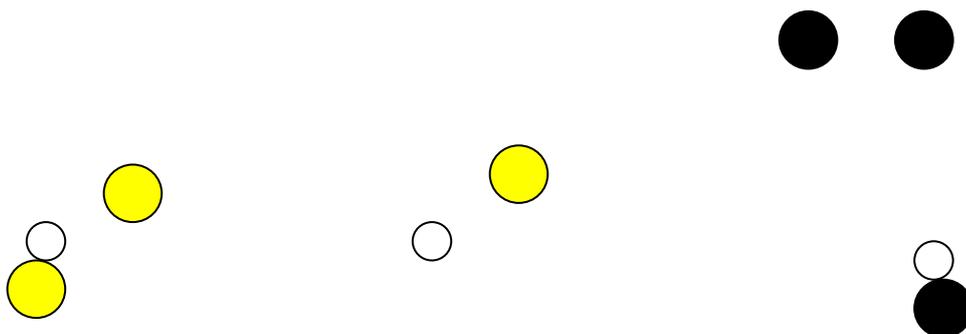
10 attempts as directed for all diagrams

DRAW under pressure: discipline caterpillar opposition either hand



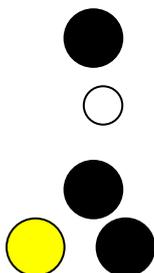
WREST SHOT where if it misses passes the jack but does NOT go beyond a mat length to display mental discipline thus no other shots acceptable for this process;

note your 'pb' and retrieve and redeliver anything defined as short, ie not reaching the head



HEAD ONE YELLOW bowl, back bowl MW second bowl ML short

- to win draw shot , forehand then backhand
- to win draw second shot, forehand then backhand
- want a dead end, choose drive
- to get 2 shots must choose a backhand option



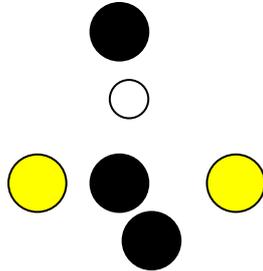
now you are black: win , win by 3, win by 4

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HEAD TWO – YELLOW again with same four outcomes

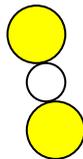
- to win draw shot , forehand then backhand
- to win draw second shot, forehand then backhand
- want a dead end, choose drive
- to get 2 shots must choose a backhand option



now, you are the BLACK bowl – add, form delivery and stay, push up black bowls

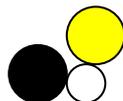
HEAD THREE option below for BLACK

- draw close for third shot within ML
- widen the head to give team more options
- drive the head
- play a 2 end game with that head set up
- apply this for singles, pairs, triples, fours



HEAD FOUR as DRILL option for players

- black to go first delivery
- yellow to go first delivery
- play a 2 end game with that head set up
- apply this for singles, pairs, triples, fours

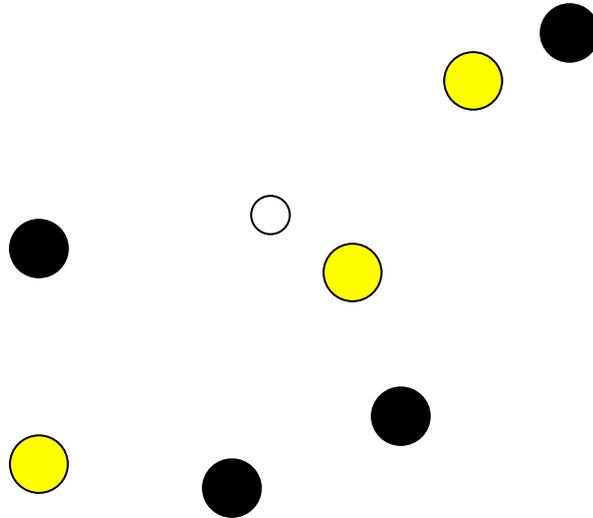


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YELLOW

Backhand trail for the 3 to win; Backhand draw to jack for 2 to draw
Backhand 2 yard over shot onto our short bowl to stay for 3 shots to win #
Forehand draw onto shot to gain 2 or maybe get a 3

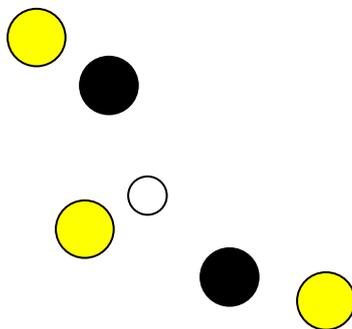


BLACK

Backhand draw to jack for 2 to draw; Backhand 2 yard over onto shot bowl to stay for the 2 to win
Forehand draw for shot; Forehand swinger to push our short bowl in for shot,
Forehand swinger to dislodge shot bowl for shot, or to stay for 2 shots

BACK END TEAM options

OPTIONS BLACK BACKHAND any delivery as 3rd delivery then forehand
OPTIONS YELLOW BACKHAND any delivery as 3rd delivery then forehand



MODIFIED Games

(50 minutes)

head set ups apply and play series of 2 end games where each colour has first or last bowl

FINISH with FUN Completing session with fun programs

(10 minutes)

Noughts / crosses or Caterpillar or football

TRAINING SESSION Review

Attitude: all about practising habits

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