

'Elbows' 2011
Training Session: Familiarity, rehearsal

TRAINING SESSION Purpose: Familiarity, rehearsal

PURPOSE of the session FAMILIARITY & REHEARSAL

...familiar with the head situation from training to be able to confidently execute delivery
 ...familiarity breeds contempt (for the supposed adverse position you face)

LESSONS

...recall drills from training when they appear in events
 ...rehearse pre delivery routines every delivery

Mental SKILL DRILLS

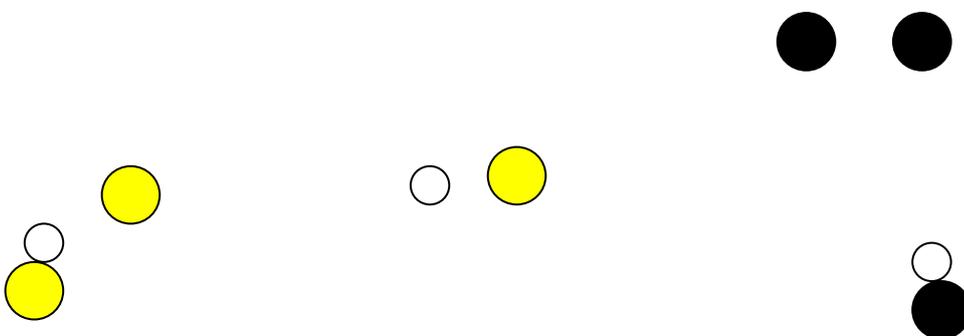
Think 'bonus points' for an extra dimension with your first and last bowl
 caterpillar makes a sound bowl on bowl a ring of familiarity
 Mat length measure of excellence
 Bocce whenever the opportunity arises

WARM UP physical toning exercises, (10 minutes)
 follow with bowls warm up caterpillar 2 to 4 ends

SKILL Rating , (20 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;

Type of delivery (10 attempts at all deliveries)	Min. Length F/Hand	Max. Length F/Hand
Caterpillar opposition		
Widen the head		
Draw to ditch		

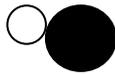
TACTICAL & MENTAL / Communications Skill in drills (60 minutes)
Familiarity to allay pressure – 10 attempts at each diagram
delivery options to attempt: draw, yard over, drive, caterpillar, wrest, etc



- work with a partner where each player has 10 attempts at each option of the three examples:
 yard over: if it misses passes the jack/ shot but does NOT go beyond a metre length to acquire mental discipline thus no other shots acceptable for this process;
- apply sessions at both b/hand and later f/hand and at min & max lengths

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diagram



which deliveries are open to use on either hand;
experiment by doing a series of 4 attempts at ALL the choices you see

MODIFIED Games

(50 minutes)

- # winners and losers sequence of above
- # simulating pressure: set head in the diagrams for 3 different games (every end)
- # 2 delivery per player game
- # 3 delivery per player game
- # 1 delivery per player game
- # One set down and 4/4 after 5 ends

KEEP A SCORE OF ANY OF THESE PERFORMANCES

FINISH with FUN

(10 minutes)

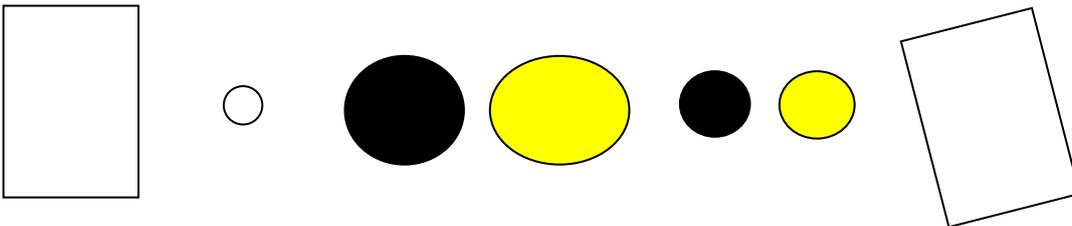
Focus on Fun from any of these fun games

Noughts / crosses or Caterpillar or football

Bocce or Target mat or Specified purpose eg world series one bowl nearest ditch

EQUIPMENT

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



Training (& coaching) REVIEW

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

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FINISH

TRAINING SESSION REVIEW