

Bowls column- Elbows

Alex Marshall – miracle man of bowls, Glasgow CWGs

Two ends where Alex Marshall tore the heart out of the opposition to perform these two utterly brilliant deliveries to win the end, ultimately the game, eventually dual gold medals.

All hail Alex, thank you from wee bowlers and now bowlers are you ready to train for his experience.

End One - Alex has to pick up a four to win and chooses a firm delivery to oust opposition black as his back yellow are among the next shots;

Training - each bowler has up to 8 deliveries, and attempts to

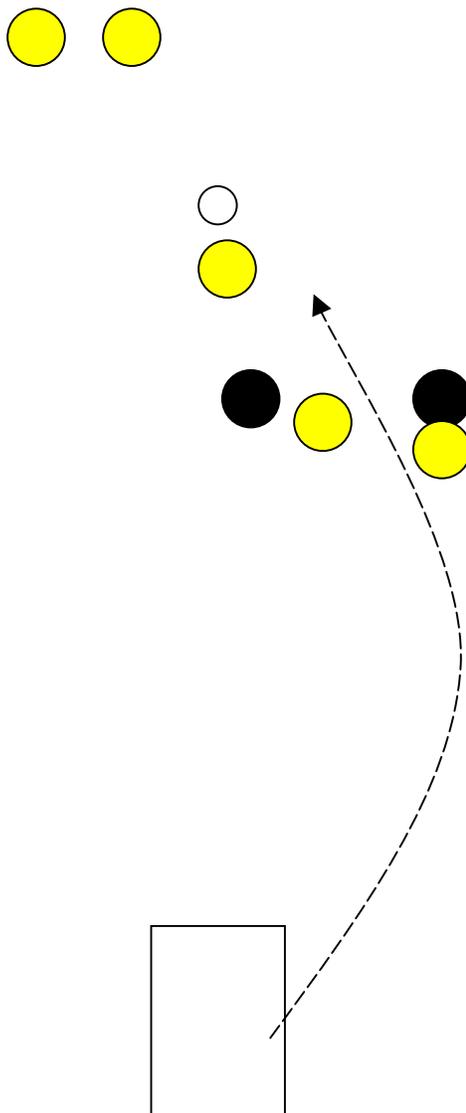
Play RH firm into short bowls to push and run for 4 shots;

Drive/ running shot FH into black to dislodge for 4

Drive/ running shot BH into black to dislodge for 4

The head is re-set by a training partner after every attempt or disruption to the head.

Swap with partner who does the three delivery sequence with 8 attempts at each.



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End two - in this end access on the FH for the RH is a no go, so Alex had to draw BH and needed a shot to win where opposition shot was about just over a full bowl from jack; he goes and draws twice for 2 shots, wow.

Training - each bowler has up to 8 deliveries, and attempts to set these objectives

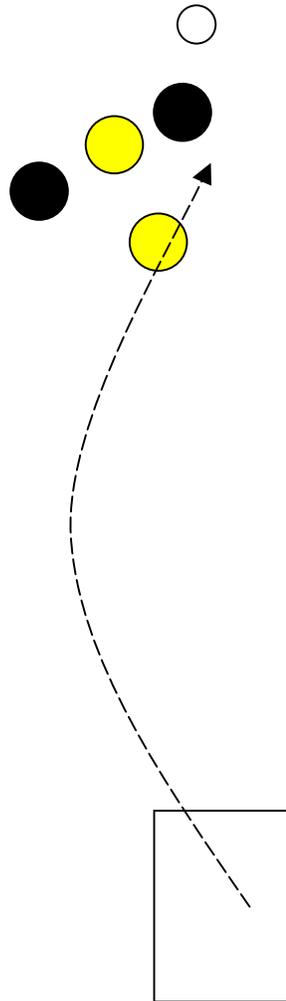
Draw around and behind the head 7/8 attempts

Draw around and within ML (mat length) behind jack

Draw shot 3/8 attempts

The head is re-set by a training partner after every attempt or disruption to the head.

Swap with partner who does the three delivery sequence with 8 attempts at each.



Lachlan Tighe, What's new, website, August 2014.

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