

# 'Elbows' 2011

## Training Session: Team player positions

### TRAINING SESSION PURPOSE: Team player positions

#### PURPOSE of the session

.....know your role, your measure of performance, your responsibility

#### LESSONS

....the role is the bridge spanning our two important halves front & back teams

**you have the competitive edge knowing...**

**the SECOND in the team has an objective  
(example)**

50% deliveries to be within Mat Length (ML)

One delivery per end to be within ML

ML deliveries to be 18/25 ends

Lead & 2nd are a 'team' that aim for 2 of 4 deliveries to be within ML 15/25 ends

Records 'team' progress each end on a card to assess input for rink team meetings

**WARM UP physical toning exercises, (10 minutes)**  
follow with bowls warm up caterpillar for 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	Min. Length B/Hand	Min Length Alternate Hands	Max. Length F/Hand
10 attempts at all deliveries			
Draw			
Wrest out toucher			
trail shot – limit m.			
Drive			
Resting toucher			
Plug/ block entry			

**TACTICAL & MENTAL / Communications Skill in drills (60 minutes)**

#### LEAD

Tactical options –10 attempt each diagram

draw to jack

draw to be second shot within ML

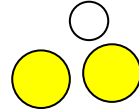
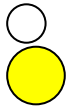
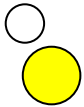
holding, draw ML behind



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**LEAD & SECOND Tactical options –**

Defend the head situation where back bowl is ML from ditch and yellow has first bowl  
 - draw for second shot or to cover back bowls



**SECOND –**  
draw to jack

add a metre

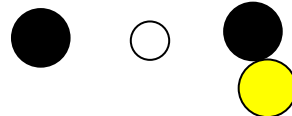
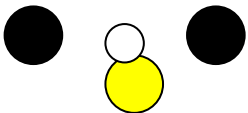
draw ML from the ditch



**Tactical options –**  
trail jack

trail

trail



**black** has next delivery – try both hand options to see outcome



**yellow** has next delivery – try both hand options to see outcome



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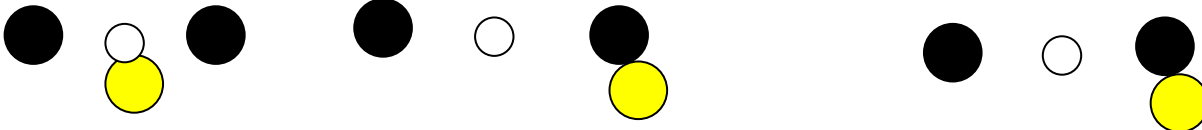
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### THIRD Tactical options –

push shot bowl

wrest out right upright bowl

push out right flat bowl



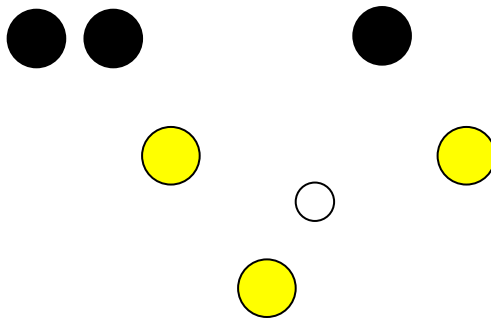
### Tactical options –YELLOW

hide jack

cover back bowls

Draw behind jack

push out 2 back bowls



whereas Tactical options –BLACK in the above diagram

trail jack

draw shot

swinger into ditch

## Skip

### MENTAL SKILL

Composure

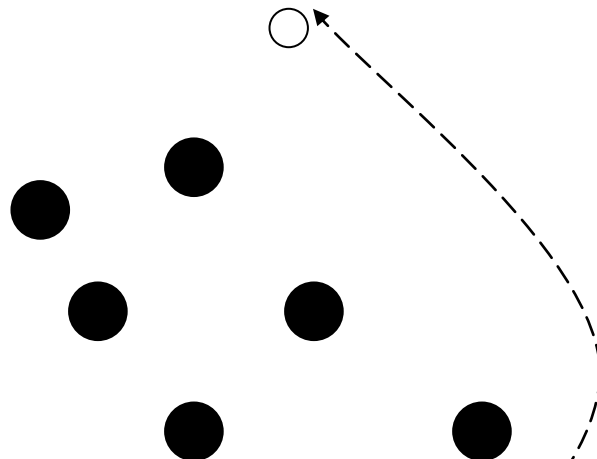
We do not need to hold shot too early

Reduce not win, it is a 15 end event, remember the GAME plan not the outcome of one end

The game requires only 9% of your time in delivery therefore remain positive in the knowledge of the effort you and your team mates have worked on to compete

### last bowl - coping with pressure

objective is to force you to draw past a head to reduce score where opponent has already 6 shots (jack in ditch) as illustrated all opposition bowls with short bowls from 2m mark



**Attitude: all about practising habits**

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**Skips Tactical decisions, not playing**

One Skip (black) v. Two Skip (Yellow) triples

Forcing SKIPS to use their team not wait for the Skip to play to win the game

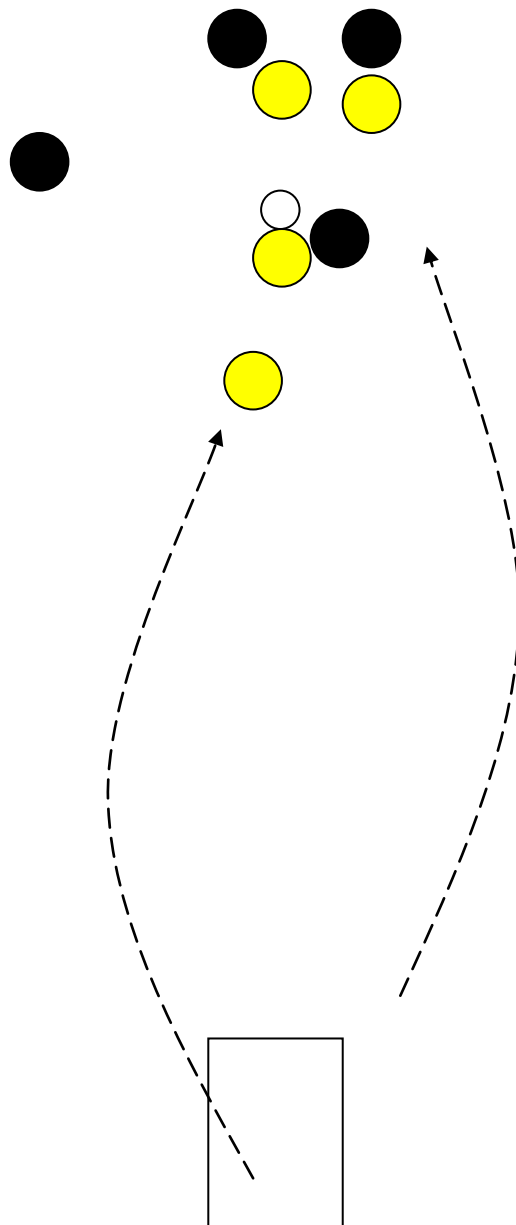
What limited options -

1 both Skips are limited to one delivery

2 BLACK Skip has to employ a BACKHAND delivery only

3 YELLOW Skip has to employ a FOREHAND delivery only

Play 2 ends under the above conditions, then swap conditions of the two Skips to do what the other had to do the previous 2 ends



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**Skips: Decision making, discipline**

Forcing the player to play a disciplined yard over shot in both situations

Situation of the bowls is that the you are yellow bowls and the left 2 bowls are a ML away from the jack, and the bowls on f/h make that option limiting

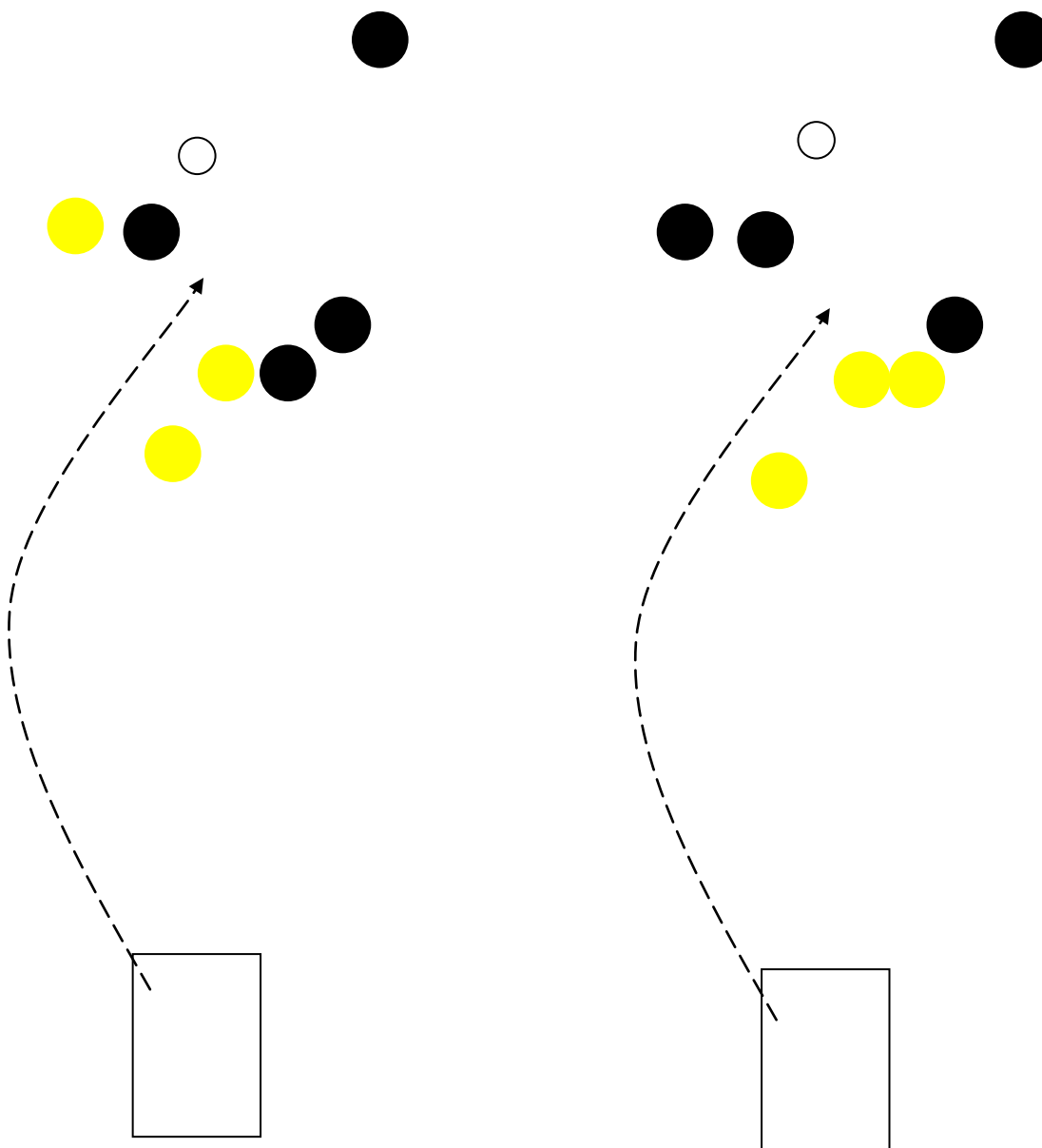
OPTIONS done 10 times each and record your outcomes

Backhand push in between yellow & black and continue on for shot

Backhand push in between 2 black bowls and continue on for shot

Drive forehand into short yellow bowls to move them up for shot, note that black is leaning against yellow in each head which cannot guarantee direct movement of your bowls

I saw this triples head with Saf v. Dave from Nerang, Qld at Rosanna 2008 BA Open



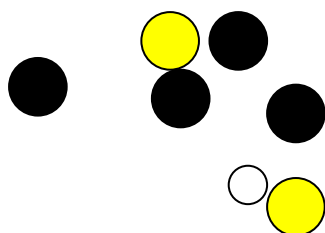
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**Modified GAMES**

**(50 minutes)**

**skip-game sense: first bowl last bowl**

Skip & third to work together with set up –BLACK has use of their set of 4bowls  
YELLOW only has two bowls play ends per game then swap role  
game 1 yellow must use them as their first and final delivery  
game 2 black delivers first 2 bowls then both alternate as skip deliveries  
focus of first bowl to set standard, last bowl to contend with perceived pressure



# leads to draw to jack and assess score as it appears; leave the head as is however now move the JACK 5 feet back for skips to play their match with this head intact  
# apply to each diagram

KEEP A SCORE OF ANY OF THESE PERFORMANCES

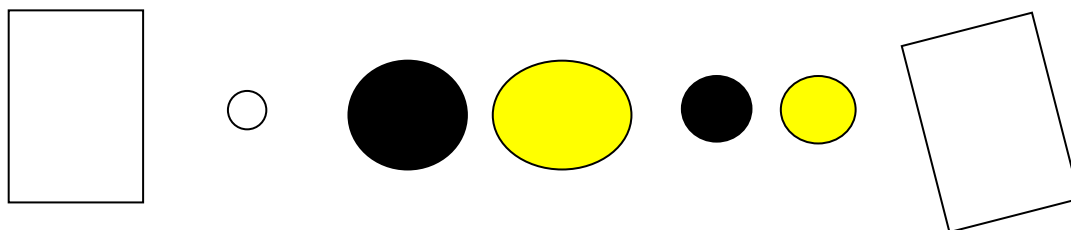
**FINISH with FUN Completing session with fun programs (10 minutes)**

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 did well at the session

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**TRAINING SESSION REVIEW**